



Cookin' Skinny

A Collection of Low-Calorie, Low-Carb,
Low-Fat, and High-Protein Recipes

Helen Martinson



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Low-Carb, Low-Fat, and
High-Protein Recipes

To Martha
Best Wishes
Helen Martinson

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This cookbook is dedicated to all those unfortunate people like me who have battled obesity for any length of time, and to Dr. Jefferson Vaughan, who has been a solid rock for many of us who are his patients.



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Helen's Story

All my adult life, at least from the age of thirty, I've had a terrible problem with obesity. I tried every imaginable diet, from counting calories to South Beach, Atkins, and liquid diets like Medifast. I would lose twenty or thirty pounds; once I even lost eighty-three pounds. But I would always gain it back and then some.

My blood pressure skyrocketed, and I had severe problems with my bladder. I had a bladder infection for about seven years (yes, seven years). That was so painful I sometimes thought I would die and was afraid I wouldn't. Doctors finally diagnosed interstitial cystitis, which, with my weight loss, is now totally under control.

I've lost approximately 140 pounds since my heaviest weight. I did this with Dr. Vaughan's help and encouragement. I went to Dr. Vaughan after hearing about a type of bariatric surgery referred to as "lap band." A band was surgically installed to reduce the size of my stomach, and it worked well ... for a while. I lost about fifty-one pounds, but then the weight loss just stopped. While I was not really gaining weight back, I couldn't lose any more weight, and I was getting sick to my stomach every time I ate. I was spitting up like a baby does.

Dr. Vaughan advised that the band needed to come out. Of course, I expressed my fear of gaining back all the weight I had lost. Then I suffered a bleeding ulcer in the summer of 2014 and ended up in the hospital. I needed three pints of blood to replace what I had lost because of the ulcer. After that episode, I knew I had to make some kind of decision.

After discussing it further with Dr. Vaughan and Dr. Englander, my gastro doctor, we decided to remove the band and install a gastric sleeve. That was done on June 11, 2015, and I haven't been sick once. Best of all, I've lost about sixty pounds more. I hope to lose another twenty-five to thirty pounds, but I feel so much better about myself already. I know it will happen eventually. A current picture of myself follows this page,

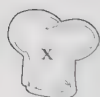


and a “before” picture is the last page in the book, because I have put that part of my struggle behind me.

Obesity is a disease that you must take seriously and fight every day. Please understand that bariatric surgery of any kind is not a solution for weight loss; it is merely a tool. You must learn a new way of eating. You can’t follow the regimen one day and not the next.

Do I get discouraged sometimes? Of course! But I have learned you must get up every morning to a new day with new challenges. You can do it if you want to badly enough.

I wish you every success, and I hope that this book will help you get a little closer to your goal and the reality of learning to eat healthfully.



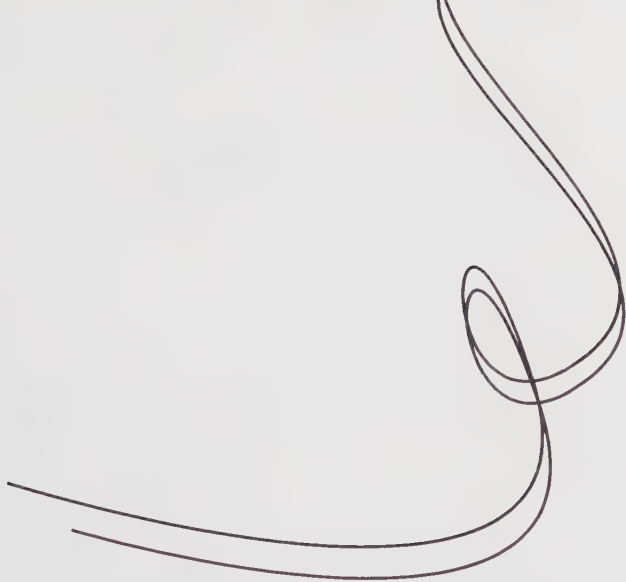




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UP & BE

HAPPY



Breakfast Dishes

Apple-and-Blueberry Cottage-Cheese Parfait

 1 serving

Prep time: 5 minutes

Ingredients

1 Fuji apple, cored and cut into small chunks

3/4 cup 1% cottage cheese

1/2 cup blueberries

Method

1. Place half of the apple chunks in a parfait glass or cereal bowl. Top evenly with half the cottage cheese.
2. In layers, add the blueberries, remaining apple chunks, and cottage cheese.
3. Serve immediately.

Per serving: 174 calories, 15 grams protein, 27 grams carbohydrates, 4 grams fiber, 2 grams fat, <1 gram saturated fat, 5 milligrams cholesterol, 461 milligrams sodium

BLUEBERRY PANCAKES



Blueberry Pancakes

 4 servings

Ingredients

2/3 cup 1% cottage cheese	1 tablespoon sugar or Splenda
1 large egg	1/3 cup 1% milk
2 egg whites	2 tablespoons flax meal
2 tablespoons whole wheat flour	1/2 teaspoon orange zest
1/2 cup cornmeal	1/2 cup blueberries
1 teaspoon baking powder	

Method

1. Lightly coat a griddle with cooking spray and preheat to 350 degrees.
2. Place all ingredients except the blueberries in a blender or food processor and blend for 4-10 seconds. Gently fold in the blueberries.
3. Pour pancake batter by 1/3 cupfuls onto the griddle. Cook for approximately 2 minutes per side, or until bubbles form and the edges are cooked. Flip and cook 2 more minutes, or until the underside is lightly browned.
4. Serve immediately.

Per serving: 171 calories, 10 grams protein, 22 grams carbohydrates, 4 grams fat, 0 grams saturated fat, 5 grams fiber, 6 grams sugar, 48 milligrams cholesterol, 212 milligrams sodium

Breakfast Blintzes

 8 servings

Ingredients

1 1/2 cups low-fat cottage cheese	1/2 teaspoon lemon zest
3 ounces Neufchâtel cheese	8 crêpes
1/3 cup sugar substitute, such as Splenda	1 tablespoon vegetable oil
1 teaspoon pure vanilla extract	Yogurt Berry Sauce (recipe follows)
1 tablespoon fresh lemon juice	

Method

1. In a large bowl, mix together the cottage cheese, Neufchâtel cheese, sugar substitute, vanilla extract, lemon juice, and lemon zest. Fill each crêpe and fold.
2. Preheat oil in a medium sauté pan. Add the stuffed crêpes, and cook until lightly brown.
3. Serve warm, topped with Yogurt Berry Sauce.

Per serving: 142 calories, 2 grams fat, 7 grams protein, 23 grams carbohydrates, 2 grams fiber, 2 milligrams cholesterol, 211 milligrams sodium

Yogurt Berry Sauce

1 cup nonfat plain yogurt	1/2 teaspoon lemon extract
2 cups fresh strawberries, cleaned	1/3 cup sugar substitute, such as Splenda
1 cup fresh raspberries, cleaned	
1 cup fresh blueberries, cleaned	

In a medium bowl, lightly combine all ingredients. Refrigerate until needed.

Note: Any fresh fruit can be used.

Breakfast Mini Frittatas

 4 servings

Prep time: 10 minutes

 Cook time: 10 minutes

Ingredients

1 cup chopped steamed broccoli

2 cups egg substitute

2 ounces (1 cup) finely shredded Cabot 75% Light Cheddar Cheese or your favorite low-fat cheese

Method

1. Preheat oven to 350 degrees. Lightly spray each cup of an 4-cup muffin tin with olive oil in a spray bottle (not store-bought sprayable olive oil).
2. Divide broccoli evenly among the cups (1/4 cup in each).
3. Bake frittatas 8–9 minutes or until almost set.
4. Sprinkle cheese evenly over tops. Bake another 9 minutes or until egg is no longer runny and cheese is melted.
5. Remove from oven and allow frittatas to stand 2 minutes before serving.

Note: Avoid store-purchased sprayable olive oil, which contains a propellant. Make your own instead by putting olive oil in a spray bottle.

Per serving (2 frittatas): 102 calories, 18 grams protein, 4 grams carbohydrates, 1 gram fiber, 2 grams fat, <1 gram saturated fat, 5 milligrams cholesterol, 362 milligrams sodium

Cheese Muffins with Bacon, Egg, and Zucchini

 6 servings

Prep time: 15 minutes

 Cook time: 20 minutes

Ingredients

6 slices turkey bacon, chopped

1 cup zucchini, diced

6 large eggs

6 egg whites

1/4 cup skim milk

salt and pepper to taste

1/2 cup shredded part-skim

mozzarella cheese

Method

1. Preheat oven to 375 degrees. Spray a standard muffin tin with nonfat cooking spray or olive oil in a spray bottle (not store-bought sprayable olive oil).
2. Spray a large skillet with olive oil and heat over medium heat. Add the chopped bacon and cook until crispy. Remove and drain all excess fat from the skillet.
3. Add the zucchini to the skillet. Cook 4-5 minutes or until tender.
4. In a large bowl, whisk together the eggs, egg whites, milk, salt, and pepper until frothy. Stir in the zucchini, bacon, and cheese.
5. Pour the egg mixture into the muffin tins and bake for 20 minutes, or until the egg is cooked through and fluffy.

Per serving (2 muffins): 145 calories, 8 grams total fat, 3 grams saturated fat, 1 gram monounsaturated fat, 1 gram polyunsaturated fat, 199 milligrams cholesterol, 289 milligrams sodium, 3 grams carbohydrates, 1 gram dietary fiber, 2 grams sugar, 14 grams protein

Muffins with Eggs, Cheese, and Zucchini

 6 servings

Prep time: 10 minutes

 Cook time: 20 minutes

Ingredients

1 teaspoon olive oil

1 zucchini, diced

6 whole eggs

6 egg whites

1/4 cup skim milk

salt and pepper to taste

3/4 cup shredded part-skim

mozzarella

Method

1. Preheat oven to 375 degrees. Spray a standard muffin pan with olive oil in a spray bottle (not store-bought sprayable olive oil).
2. Heat a skillet over medium heat. Add the olive oil and zucchini. Cook 4-5 minutes or until the zucchini is tender.
3. In a large bowl, whisk together the eggs, egg whites, milk, salt, and pepper until frothy. Stir in the zucchini and cheese.
4. Pour the egg mixture into the muffin pan and bake for 20 minutes, or until the egg is cooked through and fluffy.

Per serving (2 muffins): 141 calories, 8 grams total fat, 3 grams saturated fat, 193 milligrams cholesterol, 209 milligrams sodium, 4 grams total carbohydrates, 1 gram fiber, 2 grams sugar, 14 grams protein

Tomato-Basil-Zucchini Omelet

 2 servings

Prep time: 5 minutes

 Cook time: 10 minutes

Ingredients

1/2 teaspoon olive oil

salt and pepper to taste

1/2 cup zucchini, diced

2 eggs

1/2 cup tomatoes, diced

1 egg white

2 tablespoons fresh basil

Method

1. Heat the olive oil in a skillet over medium heat. Add the zucchini and tomatoes and cook until tender. Add the basil, salt, and pepper.
2. In a small bowl, whisk together the eggs and egg white.
3. Remove the zucchini and tomatoes from the skillet and set aside. Wipe out the skillet with a paper towel and spray with olive oil in a spray bottle (not store-bought sprayable olive oil). Turn the heat to medium high.
4. Pour the eggs into the skillet, and season with salt and pepper. Cook until the edges begin to set. Using a spatula, gently lift up the edge of the omelet. Tilt the pan and allow the uncooked egg mixture to run to the bottom of the pan. Continue this until the egg is fully cooked.
5. Carefully remove the eggs to a plate. Scoop the vegetables into the center of the omelet and fold over. Divide omelet into two servings.
6. If you plan on adding cheese, and you would like it to melt, add the vegetables and cheese to the omelet while still in the pan and fold over. Let cook 30–60 seconds or until the cheese melts.

Per serving: 103 calories, 6 grams total fat, 3 grams saturated fat, 186 milligrams cholesterol, 103 milligrams sodium, 1 gram fiber, 2 grams sugar, 10 grams protein, 2 grams carbohydrates

Florentine Eggs

 6 servings

Ingredients

1 cup spinach leaves, washed well	6 eggs
3 light multigrain English muffins, halved and toasted	Hollandaise Sauce (recipe follows)
1 1/2 teaspoons white vinegar	1 1/2 teaspoons chopped fresh parsley

Method

1. Lightly coat a skillet with olive oil in a spray bottle (not store-bought). Add the spinach and cook over medium heat until wilted. Transfer spinach evenly to muffin halves.
2. Fill a large skillet with 2 inches of water and the vinegar. Bring to a boil. Reduce heat until water is consistently but very gently boiling.
3. Crack one egg into a small dish and gently pour into the skillet. Repeat with each additional egg, one at a time. Simmer 2–3 minutes or until the yolks are slightly opaque.
4. Using a slotted spoon, carefully remove eggs from the water. Let the excess water drain off and then place the eggs on top of the spinach.
5. Spoon Hollandaise Sauce over eggs. Sprinkle with parsley, and serve immediately.

Per serving: 135 calories, 6 grams fat, 1 gram saturated fat, 10 grams protein, 12 grams carbohydrates, 4 grams fiber, 182 milligrams cholesterol, 222 milligrams sodium

Hollandaise Sauce

1/2 cup low-fat buttermilk	1 1/2 teaspoons lemon juice
1 1/2 teaspoons cornstarch	1 1/2 teaspoons trans-fat-free margarine, melted
1/8 teaspoon salt	
1 large egg, lightly beaten	

In a heavy medium saucepan, whisk together $\frac{1}{4}$ cup of the buttermilk with the cornstarch and salt until smooth. Whisk in the beaten egg and the remaining buttermilk. Cook over low heat, whisking, for an additional 15 seconds. Remove from heat and whisk in lemon juice and margarine.

Plain Ol' Scrambled Eggs

 1 serving

Ingredients

4 egg whites

2 tablespoons skim milk

1/3 teaspoon black pepper

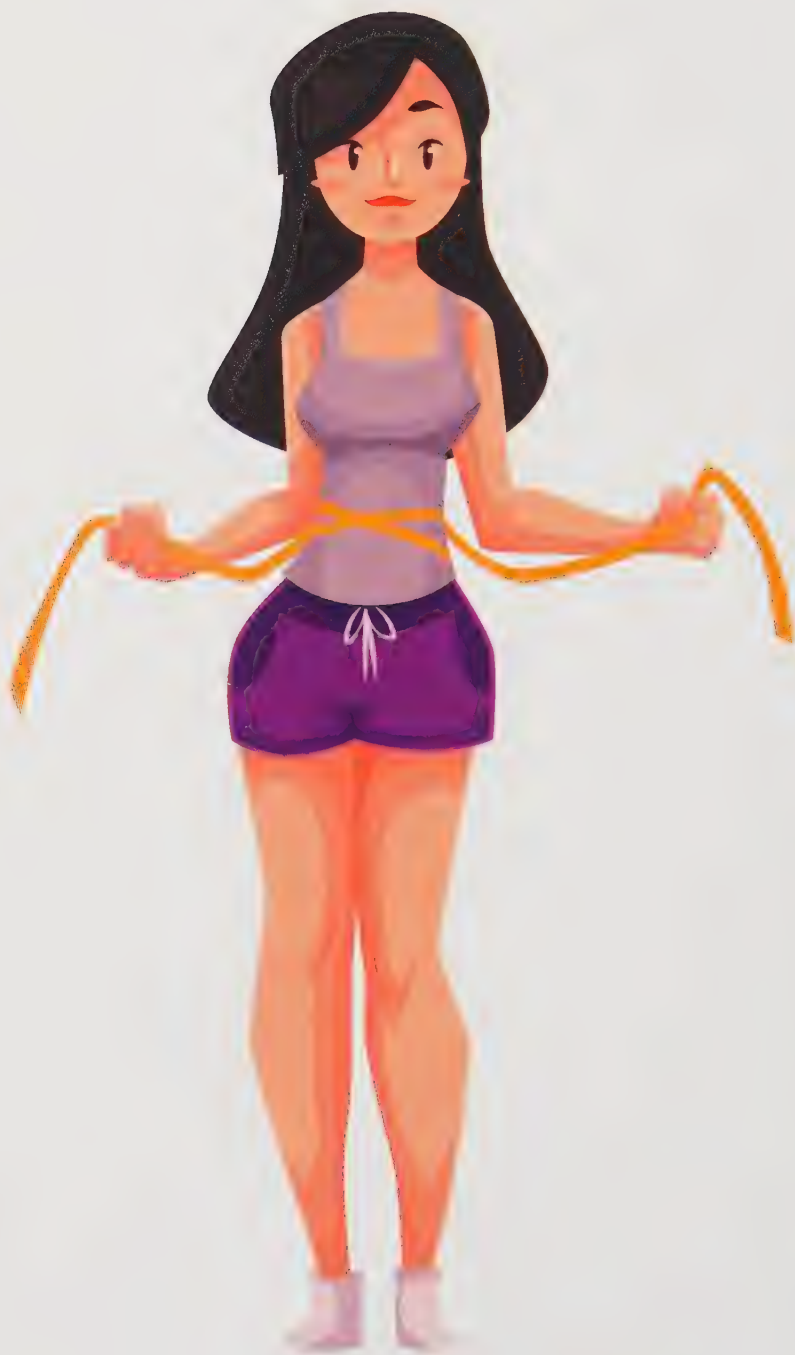
1 teaspoon chopped fresh parsley

salt and pepper to taste

Method

1. Lightly coat a skillet with olive oil in a spray bottle (not store-bought sprayable olive oil). Heat over medium heat until hot.
2. In a small bowl, whisk together the egg whites and milk. Stir in the black pepper.
3. Pour the egg mixture into the skillet, stirring slowly. As eggs set, increase heat to high. Fold the eggs over with a spatula. Cook until no more liquid runs around bottom of the skillet.
4. Garnish with parsley, salt, and pepper to taste.

Per serving: 80 calories, 16 grams protein, 2 grams carbohydrates, 0 grams fat, 0 grams saturated fat, 0 milligram cholesterol, 236 milligram sodium





Lunch Dishes

ALMOST BUN-LESS SALMON BURGER



Almost-Bunless Salmon Burgers

 4 servings

Ingredients

1 pound boneless, skinless salmon fillets	1/2 teaspoon Old Bay Seasoning with 30% less sodium
1/4 cup finely chopped sweet onion	4 tablespoons low-fat mayonnaise
1/4 cup chopped fresh parsley	4 or 8 thin slices tomato
4 teaspoons prepared horseradish	4 small leaves green-leaf lettuce
	4 whole-grain hamburger buns, split and toasted (optional)

Method

1. Cut salmon into cubes and place in food processor. Pulse until salmon is consistency of ground beef.
2. Transfer salmon to medium bowl. Stir in onion, parsley, 2 teaspoons of the horseradish, and the Old Bay Seasoning. Divide mixture in to 4 equal portions and shape into patties.
3. Heat a large nonstick skillet over medium-high heat. Add patties and cook 2 or 3 minutes per side or until outsides are lightly browned. Patties should be light pink throughout.
4. Mix mayonnaise with remaining horseradish until well mixed.
5. Top each patty with a dollop of the mayonnaise mixture, add a tomato slice or two, and fold a lettuce leaf around. If you prefer, you can put each patty on a bun and top with the mayo mixture, lettuce, and tomato.

Per serving (without bun): 162 calories, 27 grams protein, 9 grams carbohydrates, 1 gram fiber, 12 grams fat, 3 grams saturated fat, 67 milligrams cholesterol, 346 milligrams sodium

Per serving (with bun): 361 calories, 27 grams protein, 27 grams carbohydrates, 4 grams fiber, 16 grams fat, 3 grams saturated fat, 67 milligrams cholesterol, 346 milligrams sodium

Beef in Lettuce Wraps

 8 servings

Ingredients

2 heads Bibb or butter lettuce
leaves, separated
8 ounces plain low-fat Greek
yogurt
2 tablespoons tahini
2 cloves garlic, minced, divided
1 tablespoon plus 2 teaspoons
fresh lemon juice
2 tablespoons extra virgin olive
oil, divided


2 cups shredded carrots
1 scallion, finely chopped
1/4 cup chopped fresh cilantro,
plus additional for garnish
2 teaspoons ground cumin
1 teaspoon sweet paprika
1/8 teaspoon salt
1 pound grilled flank steak, very
thinly sliced

Method

1. Wash lettuce leaves, wrap in paper towels, and chill to dry completely.
2. In a small bowl, whisk the yogurt with the tahini, half the garlic, and the 1 tablespoon lemon juice. Whisk in 1 tablespoon of the olive oil.
3. In another bowl, toss the carrots with the scallion, cilantro, cumin, paprika, salt, and the remaining garlic, 2 teaspoons lemon juice, and 1 tablespoon olive oil.
4. Arrange the lettuce leaves on a very large platter and spoon a small dollop of the yogurt mixture in the center, reserving some for garnish. Top with the beef, carrot slaw, another small dollop of yogurt, and additional cilantro, if desired. Serve immediately.

Per serving: 197 calories, 22 grams protein, 5 grams carbohydrates, 10 grams fat, 2 grams saturated fat, 2 grams fiber, 31 milligrams cholesterol, 85 milligrams sodium

Chicken in Lettuce Wraps

 5 servings

Prep time: 10 minutes

 Cook time: 15 minutes

Ingredients

1 2/3 pounds 95% lean chicken, ground	1/2 cup water chestnuts, diced
3 teaspoons sesame oil	1 cup mushrooms, minced
4 green onions, chopped	1 tablespoon water
2 garlic cloves, minced	3 tablespoons soy sauce
2 teaspoons fresh ginger, grated or minced	3 tablespoons hoisin sauce
1 red pepper, diced	hot sauce to taste (optional)
	1 head butter lettuce

Method

1. Heat a skillet over medium heat. Add the chicken and cook until no longer pink. Remove and set aside.
2. Add the sesame oil, green onions, garlic, and ginger to the pan. Cook for 1 minute, then add the red pepper, water chestnuts, and mushrooms. Cook for 4–6 minutes until tender, adding 1–2 tablespoons water if needed.
3. Add the chicken back to the pan and stir in the soy sauce, hoisin sauce, and, if desired, hot sauce to taste. Stir and let cook 1–2 minutes.
4. Serve the chicken mixture in lettuce wraps.

Per serving (3/4 cup): 269 calories, 11 grams fat, 3 grams saturated fat, 108 milligrams cholesterol, 81 milligrams sodium, 8 grams carbohydrates, 33 grams protein

Tilapia-and-Avocado Burgers

 4 servings

Prep time: 15 minutes

 Cook time: 15 minutes

Ingredients

8 portobello mushrooms	1 teaspoon paprika
1 pound tilapia	1 teaspoon onion powder
2 tablespoons flaxseed meal	1 teaspoon salt
1 egg	1/2 teaspoon black pepper
1 egg white	1/2 teaspoon basil
2 tablespoons Dijon mustard	1 teaspoon olive oil
2 garlic cloves, minced	1 avocado, sliced

Method

1. Preheat oven to 400 degrees.
2. Spray the mushrooms with olive oil in a spray bottle (not store-bought sprayable olive oil) and season with salt and pepper. Cook for 10–12 minutes until tender. These will be the hamburger buns.
3. Pulse the fish in a food processor until just chopped.
4. In a large bowl, combine the fish with the flaxseed meal, egg, egg white, mustard, garlic, paprika, onion powder, salt, pepper, and basil. Form into patties.
5. Brush patties with olive oil. Cook in a medium hot skillet for about 4 minutes per side. Serve on mushrooms with avocado and your favorite burger toppings.

Tip: If needed, place the fish mixture in the refrigerator for 10 minutes before forming patties. This will help them stay together.

Per serving (1 burger): 276 calories, 13 grams fat, 2 grams saturated fat, 103 milligrams cholesterol, 81 milligrams sodium, 13 grams carbohydrates, 7 grams fiber, 5 grams sugars, 29 grams protein

Chicken Sandwich Mediterranean-Style



1 sandwich



Ingredients

- | | |
|---|---|
| 4 ounces trimmed boneless skinless chicken breast | 2 slices sesame sprouted-grain bread or whole-grain bread |
| 1/2 teaspoon salt-free garlic herb seasoning (like Mrs. Dash) | 1/2 cup loosely packed fresh spinach leaves without stems |
| salt to taste | 3 slices 1-inch plum tomato |
| 1 tablespoon red-pepper or other-flavor hummus | 4 slices cucumber |
| 1 1/2 teaspoon fat-free yogurt | 2 very thin slices red onion |



Method

1. Preheat grill to high heat.
2. Lightly mist chicken with olive oil in a spray bottle (not store-bought sprayable olive oil). Rub evenly with herb seasoning and lightly season with salt. Grill 3–5 minutes on each side or until chicken is no longer pink and juices are clear. Remove from the grill and let cool.
3. In a small bowl, stir together the hummus and yogurt until completely mixed.
4. Slice cooled chicken thin on an angle. Top 1 slice of bread with the chicken, then the spinach, tomato, cucumber, and onion. Spread hummus mixture on the remaining piece of bread and place on top of sandwich.
5. Serve immediately or seal in plastic wrap. Refrigerate for up to one day.

Per serving: 340 calories, 23 grams protein,, 19 grams carbohydrates, 8 grams fiber, 4 grams fat, < 1 gram saturated fat, 65 milligrams cholesterol, 324 milligrams sodium

Turkey Fajitas

 8 servings

Ingredients

1 tablespoon olive oil	1 tablespoon chili powder
1 pound boneless skinless turkey breast, cut in thin strips	1 teaspoon cumin powder
2 cloves fresh garlic, minced	1/2 teaspoon salt
1 onion, cut into thin strips	1/2 teaspoon white pepper
1 large green bell pepper, cut into thin strips	hot sauce to taste (optional)

Method

1. Add olive oil to a preheated skillet. Once oil is heated, add turkey and sauté for 5 minutes.
2. Add garlic, onion, bell pepper, and the remaining seasonings. Mix well and sauté until turkey is done, approximately 8 minutes. Serve topped with hot sauce, if desired.

Note: Turkey can be replaced by fillet mignon, steak, or pork tenderloin.

Per serving: 93 calories, 2 grams fat, 12 grams protein, 3 grams carbohydrates, 1 gram fiber, 35 milligrams cholesterol, 172 milligrams sodium

Turkey Tacos

 4 servings

Ingredients

1 tablespoon olive oil	1 teaspoon cumin
1 pound ground turkey breast	1 teaspoon chili powder
1/4 cup chopped onion	3/4 cup tomato sauce
2 cloves garlic, minced	salt and pepper to taste

Method

1. Heat olive oil in a large sauté pan over medium heat. Add ground turkey, onion, and garlic. Sauté for 5 minutes. Drain any fat from the pan and return to heat.
2. Add remaining ingredients and bring to a simmer. Let simmer for 8 minutes. Serve.

Note: Ground beef or ground pork can be substituted for turkey.

Per serving: 170 calories, 4 grams fat, 28 grams protein, 3 grams carbohydrates, 1 gram fiber, 70 milligrams cholesterol, 156 milligrams sodium

Wasabi Salmon Burgers

 4 servings

Prep time: 30 minutes

 Ease of prep: moderate

Ingredients

2 tablespoons reduced-sodium
soy sauce

1 1/2 teaspoons wasabi powder
1/2 teaspoon honey

1 pound salmon fillets, skinned
(see tip)

2 scallions, finely chopped

1 egg, lightly beaten

2 tablespoons minced peeled
fresh ginger

1 teaspoon toasted sesame oil

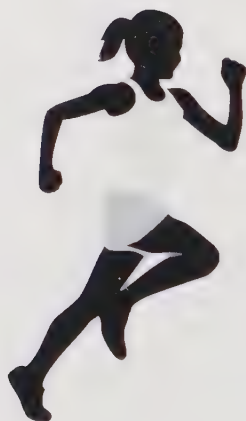
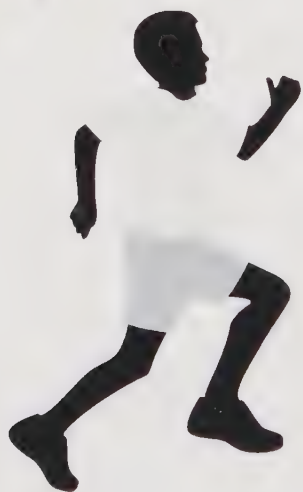
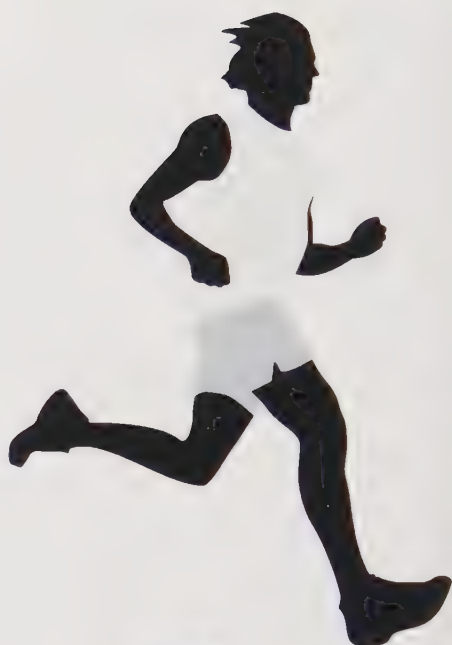
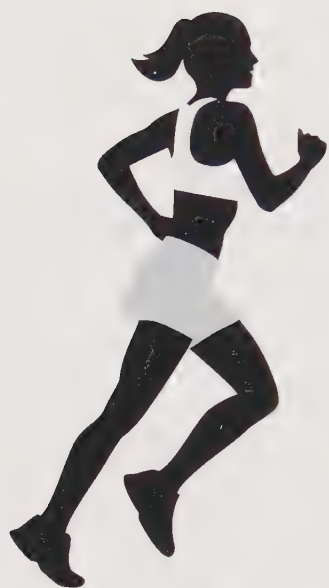
Method

1. In a small bowl, whisk soy sauce, wasabi powder, and honey until smooth. Set aside.
2. With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions. (Do not rock the knife through the fish or it will turn mushy.) Continue chopping, rotating the knife until you have a mass of roughly 1/2-inch pieces.
3. Transfer the fish to a large bowl. Add the scallions, egg, ginger, and oil. Stir to combine.
4. Form the mixture into 4 patties. (The mixture will be moist and loose, but holds together nicely once the first side is cooked.)
5. Coat a large nonstick skillet with Pam and heat over medium heat for 1 minute. Add the patties and cook for 4 minutes. Turn the patties and continue to cook until firm and fragrant, about 3 minutes.
6. Spoon the wasabi mixture evenly over the burgers and cook 15 seconds more. Serve immediately.

Per serving: 184 calories, 7 grams fat (1 gram saturated fat, 2 grams mono), 17 milligrams cholesterol, 3 grams carbohydrates, 27 grams protein, 0 grams fiber, 369 milligrams sodium

Note: Wasabi powder, when mixed with water, becomes a green paste. The power is available in jars in the Asian section of most supermarkets. Store at room temperature for up to 1 year.

Tip: To skin a salmon fillet, place it on a cutting board skin-side down. Starting at the tail, slip the blade between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30-degree angle, separating the fillet from the skin without cutting through either—or have your fishmonger do it for you.





Soups and Salads

Black Bean Soup



6 servings

Prep time: 20 minutes



Cook time: 25 minutes



Ingredients

2 (15-ounce) cans 50%-less-sodium black beans

1 (14.5-ounce) can sliced tomatoes in juice

3/4 cup finely chopped celery

3/4 cup finely chopped onion

2 teaspoons finely chopped seeded jalapeño peppers

1 teaspoon fresh garlic, minced

1 teaspoon ground cumin

black pepper to taste

red pepper flakes to taste



Method

1. In a large nonstick saucepan, combine 1 can of the beans, half the tomatoes, and 2 cups water. Bring to a simmer over medium heat. Puree with immersion blender until mostly smooth.
2. Add the celery, onion, jalapeño, garlic, cumin, remaining beans, and remaining tomatoes. Season with black pepper and red pepper flakes. Cover, but leave the lid slightly ajar to allow steam to escape. Reduce heat to low. Simmer about 25 minutes or until vegetables are tender.
3. Divide soup evenly among 6 bowls and serve.

Per serving: 102 calories, 7 grams protein, 24 grams carbohydrates, 7 grams fiber, <1 gram fat, <1 gram saturated fat, 0 milligrams cholesterol, 450 milligrams sodium

Note: When using the blender, make sure not to scratch the bottom of the nonstick pan.

Chicken Gumbo

 4 servings

Ingredients

9 ounce package Perdue Southwestern-style carved chicken breast

1 pound yellow squash, sliced

1 medium yellow onion, cut in sections

1 (14.5-ounce) can cut okra

1 (14.5-ounce) can diced tomatoes

Method

Combine all ingredients in a crock pot. Let cook on low until vegetables are soft.

Per serving: 118 calories, 18 grams protein, 16 grams carbohydrates, 2 grams total fat, < 1 gram saturated fat, 48 milligrams cholesterol, 5 grams fiber, 265 milligrams sodium, 227 milligrams potassium.

Hot-and-Sour Soup



4 servings

Prep time: 20 minutes



Cook time: 25 minutes



Ingredients

1 tablespoon dark sesame oil
4 ounces fresh shitake mushrooms, finely chopped
2 cloves garlic, minced
2 cups mushroom broth or vegetable broth
1 cup plus 2 tablespoons cold water
1 1/2 tablespoons reduced-sodium soy sauce

1 1/2 tablespoons rice vinegar or white wine vinegar
1/2 teaspoon red pepper flakes
1 1/2 tablespoons cornstarch
2 cups coarse chopped bok choy leaves or Napa cabbage
10 ounces silken extra firm tofu, well drained, cut into 1/2-inch chunks
1 green onion, sliced thin



Method

1. Heat oil in large saucepan over medium heat. Add mushrooms and garlic; cook for 3 minutes, stirring constantly. Add broth, 1 cup water, soy sauce, vinegar, and red pepper flakes. Bring to a boil. Simmer 5 minutes.
2. Combine cornstarch with remaining 2 tablespoons cold water; mix well. Stir into soup. Simmer until soup is thickened, about 2 minutes.
3. Stir bok choy into soup. Simmer 2–3 minutes or until wilted.
4. Stir tofu into soup. Heat thoroughly.
5. Ladle soup into shallow bowls and top with green onion.

Per serving (1 1/4-cup): 114 calories, 9 grams protein, 10 grams carbohydrates, 5 grams fat total, < 1 gram saturated fat, 0 milligrams cholesterol, 2 grams fiber, 374 milligrams sodium

“Just Right” Chili

Lots of flavor, but not too hot

 8 servings

Ingredients

- 1/2 pound lean ground beef
- 1/2 pound lean ground pork
- 2 teaspoons chopped garlic
- 1 bunch scallions, chopped
- 14 ounces tomato sauce
- 12 ounces diced tomatoes, drained
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1 (16-ounce) can pinto beans, drained and rinsed

Method

1. In a medium pot, sauté the beef and pork for 5 minutes. Drain fat.
2. Add remaining ingredients and bring to a simmer. Let simmer for 20 minutes. Serve.

Per serving: 187 calories, 7 grams fat, 11 grams protein, 22 grams carbohydrates, 7 grams fiber, 21 milligrams cholesterol, 344 milligrams sodium

Turkey Soup

 10 servings

Ingredients

1 tablespoon olive oil
1/2 cup chopped onion
1/2 cup diced carrot
1/2 cup diced celery
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/8 teaspoon black pepper
1 (14.5-ounce) can diced tomatoes with liquid
3 cups vegetable broth
1 (15-ounce) can Great Northern beans, rinsed and drained
2 cups cubed cooked turkey
1/2 cup cubed zucchini

Method

1. In a large saucepan, heat oil over medium heat until hot. Add onion and sauté until softened, about 4 minutes. Stir in carrot, celery, oregano, basil, and pepper. Cover and cook over low heat for 5 minutes.
2. Add tomatoes with their liquid, broth, beans, and 3 cups water, and then stir. Cover saucepan and bring to a boil, then add turkey and zucchini. Lower heat and cook until zucchini is cooked through and flavors are blended, 8–10 minutes.

Per serving: 132 calories, 17 grams protein, 12 grams carbohydrates, 2 grams fat, 0 grams saturated fat, 3 grams fiber, 38 milligrams cholesterol, 422 milligrams sodium

Artichoke-and-Ripe-Olive Tuna Salad

 5 servings

Prep time: 15 minutes

Ingredients

2 (6-ounce) cans chunk light water-packed tuna, drained and flaked (see note)

1 cup canned artichoke hearts

1/2 cup chopped black olives

1/3 cup reduced-fat mayonnaise

2 teaspoons lemon juice

1 1/2 teaspoons chopped fresh oregano or 1/2 teaspoon dried

Method

Combine all ingredients in a medium bowl and mix thoroughly.

Per serving (3/4 cup): 210 calories, 8 grams fat, 25 milligrams cholesterol, 12 grams carbohydrates, 20 grams protein, 3 grams fiber, 791 milligrams sodium, 166 milligrams potassium

Note: Canned white tuna comes from the large albacore and can be high in mercury content. Chunk light tuna comes from smaller fish—skipjack or yellowfin—and is best for health-conscious eaters. According to a recent study, canned white tuna samples averaged about 315 percent more mercury than chunk light tuna samples.

Best Cobb Salad

 4 servings

Prep time: 40 minutes

Ingredients

3 tablespoons white wine
vinegar

3 tablespoons extra virgin
olive oil

2 tablespoons finely minced
shallot

1 tablespoon Dijon mustard

1 teaspoon freshly ground
pepper

1/4 teaspoon salt (I use sea salt)

10 cups mixed salad greens

8 ounces shredded cooked
chicken breast

2 large hard-boiled eggs,
chopped

2 medium tomatoes, diced

1 large cucumber, seeded and
sliced

1 avocado, diced

2 slices cooked bacon, crumbled

1/2 cup crumbled blue cheese

Method

1. In a small bowl, whisk vinegar, oil, shallot, mustard, pepper, and salt to combine.
2. In a large bowl, toss the salad greens in a large bowl with half the dressing to coat.
3. Divide the greens among 4 plates. Arrange equal portions of chicken, egg, tomato, cucumber, avocado, bacon, and blue cheese on top of the greens and drizzle with the remaining dressing.

Per serving: 346 calories, 23 grams fat, 142 milligrams cholesterol, 18 grams carbohydrates, 21 grams protein, 8 grams fiber, 397 milligrams sodium, 711 milligrams potassium

Tips

- To poach chicken breasts, place boneless, skinless chicken breasts in a medium saucepan and add lightly salted water to cover. Bring to a boil and cover. Reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10–15 minutes. To shred the chicken, use two forks to pull it apart into long shreds.
- To hard-boil eggs, place them in a single layer in a saucepan. Cover with water and bring to a simmer over medium high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water, and fill pan with cold water with ice cubes. Let stand until eggs are completely cooled.



BEST BROCCOLI SALAD

Broccoli Salad Supreme

 6 servings

Ingredients

- 4 cups raw broccoli, chopped
- 1 cup celery, chopped
- 1/4 cup green onions, chopped
- 4 slices bacon, fried crisp and crumbled
- 2/3 cup slivered almonds, toasted
- 1 cup seedless green grapes
- 1 cup seedless red grapes
- 1/3 cup Splenda (or sugar)
- 1 cup reduced-fat mayonnaise
- 1 tablespoon vinegar

Method

1. In a large bowl, toss together the vegetables, bacon, almonds, and grapes.
2. In a small bowl, combine the sweetener, mayonnaise, and vinegar to make a dressing.
3. Pour the dressing over the veggie mixture and stir gently to allow it to coat the ingredients evenly. Refrigerate overnight or as time allows.

Per serving: 100 calories, 3 grams protein, 2 grams carbohydrates, 6 grams fiber, 6 grams fat, 5 milligrams cholesterol, 239 milligrams sodium

Chopped Greek Salad with Chicken

 4 servings

Prep time: 25 minutes

Ingredients

1/3 cup red wine vinegar	2 1/2 cups chopped cooked chicken (about 12 ounces—see tip)
2 tablespoons extra virgin olive oil	2 medium tomatoes, chopped
1 tablespoon chopped fresh dill or oregano or 1 teaspoon dried	1 medium cucumber, peeled, seeded, and chopped
1 teaspoon garlic powder	1/2 cup finely chopped red onion
1/4 teaspoon sea salt	1/2 cup sliced ripe (black) olives
1/4 teaspoon freshly ground pepper	1/2 cup crumbled feta cheese
6 cups chopped romaine lettuce	


Method

1. In a large bowl, whisk the vinegar, oil, dill, garlic powder, salt, and pepper to make a dressing.
2. Add the lettuce, chicken, tomatoes, cucumber, onion, olives, and feta cheese. Toss to coat. Makes four 3-cup servings, but can be made into smaller servings.

Per serving (3 cups): 343 calories, 18 grams fat, 89 milligrams cholesterol, 11 grams carbohydrates, 31 grams protein, 3 grams fiber, 618 milligrams sodium, 658 milligrams potassium

Tip: If you don't have cooked chicken, poach a 1-pound chicken breast for this recipe. Place boneless, skinless chicken breast in a medium saucepan and add lightly salted water (or chicken broth) to cover. Bring to a boil and cover. Reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10–15 minutes.

Tuna Salad with Crunchy Cabbage

 2-3 servings

Prep time: 5 minutes

 Cook time: 5 minutes

Ingredients

5-6 ounce can white tuna, water-packed

2 cups green cabbage, shredded

2 green onions, chopped

3 tablespoons nonfat Greek yogurt

1 tablespoon light sour cream

1 teaspoon whole grain mustard

salt and pepper to taste

lettuce leaves, for serving (optional)

Method

1. In a medium bowl, use a fork to mince the tuna. Mix in the cabbage and green onions.
2. Add the yogurt, sour cream, and mustard. Season with salt and pepper.
3. Serve in a lettuce leaf if desired.

Per serving (1 cup): 126 calories, 3 grams fat, 1 gram saturated fat, 33 milligrams cholesterol, 325 milligrams sodium, 6 grams carbohydrates, 3 grams dietary fiber, 3 grams sugars, 19 grams protein

Greek Tofu Salad



Makes 4 servings

Total prep time: 35 minutes



Ingredients

- 1/3 cup crumbled feta cheese
- 1/4 cup chopped red onion or scallion
- 8 ounces firm tofu, drained and crumbled (1 cup)
- salt and freshly ground pepper to taste
- 1 ripe tomato, coarsely chopped
- 1 small cucumber, coarsely chopped
- 2 tablespoons chopped fresh parsley
- 12 kalamata olives, pitted and chopped
- 3 tablespoons lemon juice
- 1 tablespoon extra virgin olive oil
- 1 1/2 teaspoons dried oregano



Method

1. In a medium bowl, stir together the feta and onion.
2. Add the tofu and mash with a fork. Season with salt and pepper. Cover and refrigerate for 20 minutes.
3. Add the tomato, cucumber, parsley, olives, lemon juice, olive oil and oregano to Tofu mixture before serving.

Per serving: 152 calories, 11 grams fat, 5 milligrams cholesterol, 7 grams carbohydrates, 8 grams protein, 2 grams fiber, 258 milligrams sodium, 286 milligrams potassium.

Grilled-Chicken Caesar Salad

 4 servings

Prep time: 35 minutes

Ingredients

1 pound boneless, skinless chicken breasts
1 teaspoon canola oil
1/4 teaspoon salt or to taste
freshly ground pepper to taste
8 cups washed, dried, and torn romaine lettuce
1 cup fat-free croutons
1/4 cup light or reduced-fat Caesar salad dressing
1/2 cup Parmesan curls
lemon wedges, for serving

Method

1. Prepare a grill or preheat broiler.
2. Rub chicken with oil and season with salt and pepper. Grill or broil until browned and no trace of pink remains in the center, 3–4 minutes per side.
3. In a large bowl, combine lettuce and croutons. Toss with dressing and divide among 4 plates.
4. Cut chicken into 1/2-inch slices and fan over salad. Top with Parmesan curls. Serve immediately with lemon wedges.

Per serving: 278 calories, 6 grams fat, 76 milligrams cholesterol, 16 grams carbohydrates, 35 grams protein, 1 gram fiber, 724 milligrams sodium

Tip: To make Parmesan curls, start with at least a 4-ounce piece of cheese. Use a swivel-bladed vegetable peeler to shave curls.

Grilled-Chicken Salad

 4 servings

Preparation time: 2 hours

 Cook time: 10 minutes

Ingredients

- 1 pound boneless, skinless chicken breasts
- 2 tablespoons Worcestershire sauce
- 1 tablespoon hot pepper sauce
- 1 tablespoon freshly squeezed lemon juice
- 10 cups spring mix salad greens
- 1 bell pepper, sliced
- 1 large cucumber, seeded and cut into bite-size pieces
- 32 baby carrots
- 1 cup alfalfa, broccoli, or mung bean sprouts
- 4-8 tablespoons light balsamic vinaigrette

Method

1. Combine chicken, Worcestershire sauce, hot pepper sauce, and lemon juice in a large, resealable plastic bag. Seal and shake bag until chicken is coated. Refrigerate 1-2 hours or until seasonings flavor chicken.
2. Preheat grill to high. Remove chicken from the bag and lightly mist with olive oil in a spray bottle (not store-bought sprayable olive oil), then place over the heated grill. Reduce heat to low. Cook 3-6 minutes per side or until chicken is no longer pink.
3. Transfer chicken to plate and let stand for 10-15 minutes. Cover with plastic wrap and refrigerate at least 30 minutes or up to 3 days. Cut cooled chicken into bite-size strips.
4. Divide salad greens, bell pepper, cucumber, carrots, sprouts, and chicken evenly among 4 large re-sealable plastic bags. Seal bags and refrigerate up to 3 days.

5. Add 1-2 tablespoons of vinaigrette to each bag before serving.
Seal and shake bag to coat. Pour into serving bowls.

Per serving: 258 calories, 32 grams protein, 24 grams carbohydrates, 8 grams fiber, 4 grams fat, < 1 gram saturated fat, 66 milligrams cholesterol, 463 grams sodium

Lemony Lentil Salad with Salmon

 6 servings

Prep time: 30 minutes

Ingredients

1/3 cup lemon juice

1/3 cup chopped fresh dill

2 teaspoons Dijon mustard

1/4 teaspoon salt (I use sea salt)

freshly ground pepper to taste

1/3 cup extra-virgin olive oil

1 medium red bell pepper, seeded and diced

1 cup diced seedless cucumber

1/2 cup finely chopped red onion

2 (15-ounce) cans lentils, rinsed, or 3 cups cooked brown or green lentils

2 (7-ounce) cans salmon, drained and flaked, or 1 1/2 cups flaked, cooked salmon

Method

1. In a large bowl, whisk together lemon juice, dill, mustard, salt, and pepper. Gradually whisk in oil.
2. Add bell pepper, cucumber, onion, lentils and salmon. Toss to coat.

Per serving (1 cup): 354 calories, 18 grams fat (3 grams saturated, 12 grams monounsaturated), 31 milligrams cholesterol, 25 grams carbohydrates, 23 grams protein, 9 grams fiber, 194 milligrams sodium (regular salt), 743 milligrams potassium

Tip: To cook lentils, place in saucepan, cover with water, and bring to a boil. Reduce heat to a simmer and cook until just tender, about 20 minutes. Drain and rinse under hot water.

Make-ahead tip: Cover and refrigerate for up to 8 hours.

Power Salad



2 large salads

Prep time: 10 minutes



Ingredients

6 cups mixed salad greens

1 cup shredded carrots

2 tablespoons chopped red onion

1/4 cup Creamy Dill Ranch dressing (see recipe)

10 cherry tomatoes

4 slices roast turkey breast (3 ounces), cut julienne

2 slices reduced-fat Swiss cheese (2 ounces), cut julienne



Method

1. In a large bowl, toss greens, carrots, onion, and dressing until coated.
2. Divide between plates, and arrange tomatoes, turkey, and cheese on top of each salad.

Per serving: 180 calories, 4 grams fat, 27 milligrams cholesterol, 19 grams carbohydrates, 21 grams protein, 5 grams fiber, 757 milligrams sodium, 956 milligrams potassium



SHRIMP COBB SALAD

Shrimp Cobb Salad



1 serving

Prep time: 10 minutes



Ingredients

3 cups chopped heart of romaine lettuce

6 grape or cherry tomatoes

1/4 cup sliced cucumber

1 hard-boiled egg, sliced

6 cooked peeled shrimp (31–40 per pound)

freshly ground pepper to taste

2 tablespoons Light Blue Cheese Dressing (see recipe at end of chapter)



Method

Combine ingredients in individual salad bowls and toss with dressing. Season with pepper.

Per serving: 273 calories, 13 grams fat, 348 milligrams cholesterol, 13 grams carbohydrates, 27 grams protein, 5 grams fiber, 563 milligrams sodium, 894 milligrams potassium

Shrimp-Salad-Stuffed Tomatoes

 4 servings

Prep time: 35 minutes

Ingredients

1 pound cooked, peeled shrimp (thawed if frozen), chopped
1 stalk celery, finely diced
1/4 cup minced fresh basil
10 kalamata olives, pitted and finely chopped
1 medium shallot, minced
2 tablespoons reduced-fat mayonnaise
1 tablespoon white wine vinegar
pinch freshly ground black pepper
4 large ripe tomatoes, cored

Method

1. Combine shrimp, celery, basil, olives, shallot, mayonnaise, vinegar, and pepper. Stir to combine.
2. With a melon baller or small spoon, carefully hollow out the inside of each tomato. Reserve scooped tomato for another use.
3. To serve, fill each tomato with a generous 1/2 cup of shrimp salad.

Per serving: 192 calories, 5 grams fat, 1 gram saturated fat, 223 milligrams cholesterol, 12 grams carbohydrates, 26 grams protein, 2 grams fiber, 504 milligrams sodium

Creamy Blue Cheese Dressing



Makes 1 1/4 cups

Prep time: 10 minutes



Ingredients

1/3 cup reduced-fat mayonnaise

1/3 cup nonfat buttermilk or nonfat milk

1/3 cup nonfat plain yogurt

2 tablespoons tarragon vinegar or white vinegar

1 tablespoon Dijon mustard

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

1/4 cup crumbled blue cheese (1 ounce)



Method

1. In a medium bowl, whisk mayonnaise, buttermilk, yogurt, vinegar, mustard, salt, and pepper until smooth.
2. Add cheese and stir, mashing with a spoon until the cheese is incorporated.

Per serving (2 tablespoons): 38 calories, 3 grams fat, 4 milligrams cholesterol, 2 grams carbohydrates, 1 gram protein, 0 gram fiber, 215 milligrams sodium, 8 milligrams potassium

Make-ahead tip: Cover and refrigerate up to a week.

Creamy Dill Ranch Dressing



Makes 1 1/4 cups

Prep time: 10 minutes



Ingredients

1 small shallot, peeled

3/4 cup nonfat cottage cheese

1/4 cup reduced-fat mayonnaise

2 tablespoons buttermilk powder (see note)

2 tablespoons white wine vinegar

1/4 cup nonfat milk

1 tablespoon chopped fresh dill

1/4 teaspoon salt

tsp freshly ground pepper



Method

1. With the food processor running, add shallot through the feed tube and process until finely chopped, add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary about 3 minutes. Pour in milk while processor is running, . Add dill, salt, and pepper, and process until combined.

Per serving (2 tablespoon): 19 calories, 1 gram fat, 1 milligram cholesterol, 2 grams carbohydrates, 2 grams protein, 0 grams fiber, 125 milligrams sodium, 10 milligrams potassium

Note: Look for buttermilk powder in the baking section or with the powdered milk in most supermarkets.

Make-ahead tip: The dressing will keep in the refrigerator for up to a week.

Garlic-Dijon Vinaigrette Dressing



Makes 1 3/4 cups

Prep time: 10 minutes



Ingredients

1/2 cup extra virgin olive oil

1/2 cup lemon juice

1/2 cup red wine vinegar

1/4 cup Dijon mustard

4 small cloves garlic, minced

1/2 teaspoon salt

freshly ground pepper to taste



Method

Combine all ingredients except salt and pepper in a blender, a jar with a tight-fitting lid, or a medium bowl. Blend, shake, or whisk until smooth. Season with salt and pepper.

Per serving (1 tablespoon): 38 calories, 4 grams fat, 0 milligrams cholesterol, 1 gram carbohydrates, 0 gram protein, 0 gram fiber, 70 milligrams sodium, 7 milligrams potassium

Make-ahead tip: Cover and refrigerate for up to 1 week.

Roasted-Tomato Vinaigrette Dressing



Makes 1 cup

Prep time: 10 minutes



Total time: 2 hours



Ingredients

12 ounces plum tomatoes, halved lengthwise and cored

1 tablespoon chopped garlic

1 tablespoon extra virgin olive oil

1 teaspoon Italian seasoning mix

1 teaspoon kosher salt

freshly ground pepper to taste

2 tablespoons red wine vinegar



Method

1. Preheat oven to 300 degrees. Coat an 8-inch-square baking dish with cooking spray.
2. In a medium bowl, toss tomatoes, garlic, oil, Italian seasoning, salt, and pepper. Spread the tomatoes in the prepared baking dish. Bake until the tomatoes are broken down and the juices are thick and syrupy, 1 hour 20 minutes to 1 hour 35 minutes.
3. Transfer the tomatoes to a blender. Add vinegar and puree. (Use caution when blending hot mixtures.) Cool completely before using.

Per serving (2 tablespoons): 19 calories, 1 gram fat, 1 gram carbohydrates, 0 gram protein, 0 gram fiber, 0 milligram cholesterol, 99 milligrams sodium, 59 milligrams potassium

Make-ahead tip: Cover and refrigerate for up to a week. Stir before using.

Soy-and-Roasted-Garlic Dressing



Makes 3/4 cup

Total prep time: 1 hour



Ingredients

1 head garlic

4 tablespoons extra virgin olive oil

juice of one lime

2 tablespoons red wine vinegar

1 tablespoon grated fresh ginger

1 tablespoon toasted sesame oil

1 TBSP reduced-sodium soy sauce

freshly ground pepper to taste



Method

1. Preheat oven to 400 degrees.
2. Rub excess papery skin off garlic head without separating cloves. Slice the tip off, exposing the ends of the cloves. Place the garlic head on a piece of foil, drizzle with 1 tablespoon olive oil, and wrap into a package. Put in a baking dish and bake until the garlic is very soft, 40 minutes to 1 hour. Unwrap and cool slightly.
3. Squeeze the garlic pulp into a blender (discard the skins). Add the remaining 3 tablespoons olive oil, lime juice, vinegar, ginger, sesame oil, and soy sauce. Blend until smooth. Season with pepper.

Per serving (1 tablespoon): 62 calories, 6 grams fat, 0 milligrams cholesterol, 2 grams carbohydrates, 0 gram protein, 0 gram fiber, 33 milligrams sodium, 30 milligrams potassium

Make-ahead tip: Cover and refrigerate for up to 3 days.





Supper Dishes

Crispy Fish Sticks

 8 servings

Prep time: 45 minutes

Ingredients

3 tablespoons light mayonnaise

2 teaspoons water

1 teaspoon fresh lemon peel

1 teaspoon lemon juice

1 1/2 pounds dolphin fillet, cut into bite-size pieces

1/2 cup almond flour

Method

1. Preheat oven to 350 degrees, combine mayonnaise, water, lemon peel, and lemon juice; stir well.
2. Dip fish in mayonnaise mixture and then dredge in almond flour. Place on a baking sheet lightly coated with cooking spray.
3. Bake for 22–25 minutes or until crispy and browned.

Per serving: 120 calories, 17 grams protein, 3 grams fat, <1 gram saturated fat, 6 grams carbohydrates, 64 milligrams cholesterol, 252 milligrams sodium

Tip: Eat fish at least twice a week. It seems to help you lose more weight.

Fajitas in the Skillet



2 servings

Prep time: 25 minutes



Cook time: 15 minutes



Ingredients

2 (7 1/2-inch) low-carb whole wheat flour tortillas

1/2 onion, cut into strips

1 large red or yellow bell pepper, cut in strips

1/2 large jalapeño pepper, finely chopped

1/2 zucchini, cut in strips

1 1/2 teaspoons crushed garlic

1/2 pound boneless, skinless chicken breast, trimmed

1/2 cup salsa, drained if watery

low-fat cheese, for serving

fat-free sour cream, for serving

avocado, sliced, for serving



Method

1. Preheat oven to 400 degrees.
2. Stack tortillas on large sheet of aluminum foil. Roll foil into a tube, enclosing tortillas, and seal ends. Set aside.
3. Mist large nonstick skillet lightly with olive oil in a spray bottle (not store-bought sprayable olive oil). Set over medium high heat. Add onion, bell pepper, jalapeño, zucchini, and garlic. Cook, stirring occasionally, 8 minutes or until tender. Transfer to plate and cover.
4. Spray pan again with olive oil and return to medium high heat. Add chicken and cook, stirring occasionally, 3–4 minutes, or until chicken is browned outside and no longer pink inside. Add salsa and reserved vegetable mixture.
5. Reduce heat to low. Cook another 2 minutes or so or until warm.

6. Heat tortillas in oven about 5 minutes or until warm. Unroll tortillas and place on serving plate. Fill each with one half of vegetables and chicken. Serve immediately with cheese, sour cream, and avocado.

Per serving: 253 calories, 32 grams protein, 20 grams carbohydrates, 5 grams fiber, 4 grams fat, < 1 gram saturated fat, 66 milligrams cholesterol, 570 milligrams sodium

Salmon Poached in Champagne

 4 servings

Ingredients

1/2 cup honey Dijon mustard
1 1/2 teaspoons chopped fresh tarragon, plus 4 sprigs
4 (4-ounce) salmon steaks, skinned and boned
salt and pepper to taste
2 cups champagne
1/4 cup fresh lime juice
4 slices red onion
4 sprigs fresh tarragon
1 tablespoon capers (optional)

Method

1. Mix together mustard and chopped tarragon. Set aside.
2. Season salmon lightly with salt and pepper. Place in a pan just large enough to hold the salmon in one layer. Add the champagne, lime juice, and just enough water to cover the fish. Remove the fish and bring the liquid to a boil.
3. Return the fish to the pan, top each with an onion slice, a tarragon sprig, and capers. Reduce heat to a simmer. Cover pan with foil and poach at no more than a simmer for 6–10 minutes (depending on the thickness of the salmon).
4. Remove salmon from the liquid and place on 4 warm serving plates. Top each piece of fish with 1 ounce of the mustard mixture and serve.

Per serving: 130 calories, 2 grams fat, 28 grams protein, 10 grams carbohydrates, 1 gram fiber, 20 milligrams cholesterol, 49 milligrams sodium

STUFFED BEEF TENDERLOIN



Stuffed Beef Tenderloin

 6 servings

Ingredients

1 pound beef tenderloin, butterflied and pounded thin	1/2 teaspoon red pepper flakes
2 cloves garlic, minced	1 teaspoon Worcestershire sauce
1 teaspoon chopped thyme	3 tablespoons olive oil
1 teaspoon whole basil leaves	1/2 cup grated Asiago cheese
1 teaspoon chopped oregano	1/4 cup red wine

Method

1. Pound the butterflied beef thin. Rub garlic, thyme, basil, oregano, red pepper flakes, Worcestershire sauce, and 1 tablespoon of the olive oil over the top of the fillet. Top with cheese.
2. Starting at one end of the meat, roll tightly. Using butcher twine, tie fillet to keep it rolled together.
3. In a large skillet, add remaining olive oil and sauté meat over medium heat, turning every 5 minutes for 30 minutes (cooking time will vary depending on how you like your beef cooked). Remove meat from skillet and deglaze pan with red wine. Place stuffed fillet on a serving dish and pour red wine over meat. Serve.

Per serving: 243 calories, 19 grams fat, 15 grams protein, 1 gram carbohydrates, trace of fiber, 59 milligrams cholesterol, 87 milligrams sodium

Note: The meat can also be baked in the oven at 350 degrees for 35 minutes or longer if you like it well done. Also, you may have your butcher prepare the raw beef for this dish; this will save time in the kitchen.

Sweet-and-Sour Chicken

 6 servings

Ingredients

1 tablespoon olive oil
1 pound boneless, skinless
chicken breasts, sliced bite-size
1/8 teaspoon salt
black pepper to taste
2 garlic cloves, minced
1 red bell pepper, chopped
1 green bell pepper, chopped
4 green onions, chopped

1 cup pineapple chunks packed
in juice, drained, 1/2 cup juice
reserved
2 tablespoons light brown sugar
(or brown sugar substitute)
1/4 cup rice wine vinegar
1/2 cup gluten-free chicken stock
2 tablespoons cornstarch

Method

1. In a large skillet, heat oil over medium high heat until hot.
2. Season chicken with salt and pepper. Add chicken to skillet and cook until it is no longer pink. Remove chicken from skillet and set aside.
3. Add garlic, bell peppers, and green onions to skillet; cook for 1 minute.
4. Add pineapple, reserved juice, brown sugar, vinegar, and chicken stock; bring to a simmer. Simmer until sauce begins to reduce, about 8 minutes.
5. In a cup, stir together cornstarch and 2 tablespoons water.
6. Reduce heat to low. Add cornstarch mixture to skillet and bring liquid to a simmer.
7. Return chicken to the skillet and cook for 5 minutes or until thick and heated through.

Per serving: 148 calories, 17 grams protein, 11 grams carbohydrates, 3 grams fat, 44 milligrams cholesterol, 145 milligrams sodium, 1 gram fiber

Szechwan Beef with Broccoli

 4 servings

Prep time: 25 minutes

 Cook time: 15 minutes

Ingredients

1 pound top round steak, sliced against the grain in 1/4-inch strips	freshly ground pepper to taste 5 cups (14 ounces) frozen broccoli 1 tablespoon minced garlic
1 teaspoon garlic powder salt to taste	2 teaspoons sesame oil 1/4 cup Szechwan stir-fry sauce

Method

1. In a large bowl, combine steak, garlic powder, salt, and pepper. Mix together until well combined.
2. Place large nonstick skillet or wok over high heat. Mist with olive oil in a spray bottle (not store-bought sprayable olive oil) when hot. Add broccoli and garlic. Cook, stirring, 4–6 minutes, or until garlic softens and broccoli is crisp tender (be careful not to burn garlic). Transfer to large bowl and cover to keep warm.
3. Return pan to high heat and add 1 teaspoon of the sesame oil. Add half of the steak in a single layer when oil is hot. Cook, stirring occasionally, 2 minutes or until steak is lightly browned on both sides. Transfer to bowl with vegetables and re-cover. Repeat with remaining sesame oil and steak.
4. Return all steak and vegetables to pan and remove from heat. Add stir-fry sauce and mix well. Divide among 4 plates and serve.

Per serving: 191 calories, 25 grams protein, 10 grams carbohydrates, 2 grams fiber, 6 grams fat, 2 grams saturated fat, 50 milligrams cholesterol, 599 milligrams sodium



Tilapia

 3 servings

Prep time: 12 minutes

 Cook time: 10 minutes

Ingredients

2 Wasa Crisp 'n Light 7-Grain Cracker Breads or Wasa Light Rye Crispbreads, crushed fine
2 tablespoons egg substitute
3 medium tilapia fillets, about 4 ounces each
lemon wedges or salsa, for serving

Method

1. Place crumbs in shallow medium bowl. Place egg substitute in another shallow bowl.
2. Dip a tilapia fillet into egg substitute until coated and then into crumbs to coat. Repeat with remaining fillets.
3. Mist large nonstick pan lightly with olive oil in a spray bottle (not store-bought sprayable olive oil). Place over medium high heat until hot enough that a drop of water sizzles.
4. Place fillets in pan. Cook 2 minutes per side and then reduce heat to medium. Cook 3–4 minutes longer per side, or until fillets flake easily with a fork. Serve immediately with lemon wedges or salsa.

Per serving: 188 calories, 27 grams protein, 14 grams carbohydrates, 3 grams fiber, 3 grams fat, < 1 gram saturated fat, 57 milligrams cholesterol, 144 milligrams sodium

Tuna and White Beans

 4 servings

Prep time: 20 minutes

Ingredients

- 1/2 cup green onion, chopped
- 2 tablespoons red wine vinegar
- 1 1/2 cups canned white kidney beans
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon salt
- 1/3 teaspoon black pepper
- 8 ounces light tuna, water packed
- 1 tablespoon chopped fresh parsley

Method

1. In a small bowl, marinate the onion with the vinegar for 15 minutes; drain.
2. In a serving bowl, combine the beans with the onion, oil, salt, and pepper.
3. Drain the tuna, break it into flakes or chunks with a fork, and scatter it on top of the bean mixture. Sprinkle with the parsley.

Per serving: 221 calories, 18 grams carbohydrates, 19 grams protein, 8 grams fat, 17 milligrams cholesterol, 343 milligrams sodium

Tip: Be mindful while eating to ensure that you are chewing each bite well. Take eraser-size bites and eat slowly.

Turkey Meatloaf

 8 servings

Prep time: 20 minutes

 Cook time: 60 minutes

Ingredients

2 pounds ground turkey breast	1 tablespoon low-carb ketchup (4 grams sugar or less)
1 cup grated unpeeled zucchini	1 teaspoon Dijon-style mustard
3/4 cup diced red bell pepper	1 teaspoon dried thyme
3/4 cup diced green pepper	1/2 teaspoon black pepper
1/2 cup old-fashioned oats	1/2 teaspoon sea salt
2 eggs, beaten	chopped fresh parsley (optional)

Method

1. Preheat oven to 400 degrees.
2. In a large bowl, combine all ingredients and mix well.
3. Coat 9-by-5-by-2-inch loaf pan with nonstick cooking spray (like Pam). Line bottom with waxed paper or parchment paper cut to fit. Spray lightly with Pam. Add meatloaf mixture, pressing down to pack firmly and level top. Bake 1 hour or until cooked thoroughly. (If you use a meat thermometer inserted in the center of the loaf, it should read 165 degrees when done.) Remove from the oven and let cool for 15 minutes.
4. Use spatula around the edges of the meatloaf to loosen. To unmold, place a plate (about 10 inches wide) on top of loaf pan and invert. Remove the waxed paper or parchment from the bottom.
5. Sprinkle the meatloaf with parsley if desired. Cut into 8 (1-inch-thick) pieces before serving.

Per serving: 179 calories, 2 grams total fat, <1 gram saturated fat, 31 grams protein, 7 grams carbohydrates, 123 milligrams cholesterol, 1 gram fiber, 219 milligrams sodium

Turkey Piccata

Heart healthy recipe—great diabetes recipe.

 6 servings

Quick and easy prep time

Ingredients

2 lemons	1/2 cup dry white wine
1/3 cup whole wheat flour	1 shallot, minced
1/4 teaspoon salt	2 tablespoons capers, rinsed and drained
black pepper to taste	1 tablespoon trans-fat-free margarine
1 pound turkey breast cutlets	1 tablespoon chopped fresh parsley
1 pint cherry tomatoes	
1 tablespoon chopped fresh basil leaves	

Method

1. Cut off peel and pith from lemons. Cut into slices, then cut slices in half; reserve.
2. In a shallow bowl, combine flour, salt, and pepper. Coat turkey cutlets in flour mixture until covered on both sides.
3. Lightly coat a large skillet with olive oil cooking spray and heat over medium high heat until hot. Lightly spray cutlets with cooking spray. Cook for 2 1/2 minutes per side, or until golden and cooked through. Remove to a platter and keep warm.
4. Add tomatoes and basil to skillet, raise heat to high, and cook, shaking pan, for 2–3 minutes, or until tomato skins start to char and split in spots; transfer to platter.
5. Add wine, shallot, and capers to skillet. Boil for 1 minute or until wine is reduced by half. Reduce heat and swirl in margarine and reserved lemon slices until margarine is melted.

6. Spoon sauce and arrange lemon slices over turkey. Garnish with parsley and serve with tomatoes.

Per serving (2 1/2 ounces): 139 calories, 20 grams protein, 7 grams carbohydrates, 3 grams fat, 30 milligrams cholesterol, 1 gram fiber, 231 milligrams sodium



COCONUT CRUSTED SALMON

Coconut-Crusted Salmon

 5 servings

Prep time: 5 minutes

 Cook time: 10 minutes

Ingredients

1 egg white

1/4 cup unsweetened shredded coconut

1 pound boneless salmon

salt and pepper to taste

Method

1. Preheat oven to 400 degrees.
2. Whisk the egg whites and place in a shallow dish. Spread out the coconut on another shallow dish.
3. Season the salmon with salt and pepper. Dip one side of each piece in the egg wash and then press into the coconut.
4. Place the salmon on a wire rack over a baking dish. Bake for 10-12 minutes until cooked through.

Per serving (3 ounces): 146 calories, 7 grams total fat, 2 grams saturated fat, 39 milligrams cholesterol, 51 milligrams sodium, 1 gram carbohydrates, 20 grams protein





Side Dishes

Asparagus

Asparagus is considered one of the aristocrats of the vegetable kingdom. White and green asparagus are available in most markets today. White asparagus has a stronger, earthier flavor. Size does not influence the quality of the asparagus, but is a matter of preference.

Selection and storage: When purchasing asparagus, look for tips that are tight and firm and come to a point. If the tips are open or have gone to seed, the asparagus may be usable, but it is past its prime. If the tips are wet or slimy, this is a sign of decay. As in most cases, your nose should be able to pick out a fresh bunch. To store, keep cold in the refrigerator and wrap the bases in a damp paper towel.

Preparation and cooking: Rinse asparagus in cold water, then slice off tough ends and discard. Asparagus can be boiled, steamed, microwaved, or stir-fried. Asparagus is ready when it is tender when pierced with a fork. Boil spears in a wide frying pan covered with an inch of water until tender, approximately 7 minutes. A classic cooking method is to use an asparagus steamer or a deep pot that allows the spears to stand upright. Tie the spears together with string, if necessary. Add enough water to just cover the thick ends and steam for 8–12 minutes.

Per serving (5 spears or 3.5 ounces): 18 calories, 2 grams protein, 2 grams carbohydrates, 0 grams fat, 0 milligrams cholesterol, 2 grams fiber, 0 milligrams sodium

Brussels Sprouts

Brussels sprouts are a member of the cruciferous vegetable family—a group of powerhouse veggies that are especially important for helping you fight cancer, reach a healthy weight, and feel more energetic. Best of all, they don't add excess calories. By eating more of this family of vegetables, you decrease your risk of obesity, cancer, diabetes, heart disease, and other neurodegenerative disorders. They bring your whole body into heath.

Brussels sprouts can be prepared in many different ways: boiled, baked, broiled, or in casseroles. Each 1-cup serving contains 56 calories, 4 grams protein, 4 grams fiber, and 270 milligrams of omega-3 fatty acids. It also contains the following percentages of your recommended daily allowances: 274% vitamin K; 162% vitamin C; 24% vitamin A; 24% folate; 18% manganese; 14% potassium; 14% vitamin B6; 12% thiamine (vitamin B1); and 10% iron.

Roasted-Brussels-Sprouts Casserole

 6 servings

Ingredients

1 tablespoon olive oil	1 medium apple, cored and cut into 1-inch chunks
1 teaspoon garlic powder	2 tablespoons dried cranberries
1 teaspoon onion powder	2 tablespoons balsamic vinegar
1/4 teaspoon coarse ground pepper	1 tablespoon honey
1 pound Brussels sprouts, trimmed and halved	

Method

1. Preheat oven to 375 degrees.
2. In a large bowl, mix together oil, garlic powder, onion powder, and pepper. Add Brussels sprouts and apple; mix to coat well.
3. Spread the mixture in a single layer in a foil-lined 15-by-10-inch baking pan. Roast 30–35 minutes or until Brussels sprouts are browned and tender.
4. Meanwhile, mix cranberries, vinegar, and honey in a small bowl. Drizzle over roasted Brussels sprouts and apple. Toss to coat well.

Per serving: 98 calories, 21 milligrams sodium, 2 grams total fat, 17 grams carbohydrates, 3 grams protein, 4 grams fiber

Collard Greens

 4 servings

Prep time: 10 minutes

 Start to finish: 35 minutes

Ingredients

- 1 pound collard greens, chopped
- 1 tablespoon butter
- 2 teaspoons garlic, chopped
- 1/4 cup macadamia nuts, chopped
- 1 1/2 teaspoons salt

Method

1. Trim the stems from the greens, and then soak in a lot of cool water to wash away the sand. Shake the water from the greens and dry them (they must be totally dry when they are cooked).
2. Heat the butter in a wide and heavy sauté pan. Add the garlic and macadamia nuts, and then immediately add the greens—all at once if possible.
3. Stir continuously for about 5 minutes. Let greens cook until soft, approximately 15 minutes. Season with salt and serve.

Per serving: 120 calories, 10 grams fat, 4 grams protein, 7 grams carbohydrates, 5 grams fiber, 0 milligrams cholesterol, 828 milligrams sodium

Note: Mustard, turnip greens, or spinach may be substituted for collards.

“Faux” Fried Rice

 3 servings

Prep time: 30 minutes

 Cook time: 30 minutes

Ingredients

2 teaspoons low-sodium soy
sauce
1 teaspoon hot mustard
1 teaspoon chili paste
1 teaspoon toasted sesame oil
3 ounces trimmed boneless,
skinless chicken breast, cubed
salt to taste

freshly ground pepper to taste
1/2 cup minced scallions
1/4 cup chopped carrot
1 clove garlic, minced
3/4 cup cooked short-grain
brown rice
1/4 cup frozen peas
2 large egg whites

Method

1. In a small bowl, combine soy sauce, mustard, chili paste, and sesame oil. Stir to mix and set aside.
2. Season chicken with salt and pepper. Set nonstick skillet over medium-high heat until hot enough for a drop of water to sizzle. Off heat, lightly mist with olive oil in a spray bottle (not store-bought sprayable olive oil). Add chicken. Cook, stirring occasionally, 3 minutes or until chicken is browned and white inside.
3. Place chicken on plate. Mist pan lightly with olive oil away from heat. Set over medium high heat. Add scallions, carrot, and garlic; cook, stirring frequently, 2–3 minutes.
4. Add rice and peas. Cook, stirring often, 2 minutes or until hot. Create a well in middle to expose center of pan. Remove from heat, and mist empty center with olive oil.
5. Add egg whites and mix into rice. Cook another minute or two or until egg whites are completely cooked.

6. Return chicken to pan, and stir in reserved soy sauce mixture. Cook, stirring constantly, about a minute or until hot. Serve immediately.

Per serving: 138 calories, 11 grams protein, 17 grams carbohydrates, 3 grams fiber, 3 grams fat, <1 gram saturated fat, 16 milligrams cholesterol, 253 milligrams sodium

“Different” Sweet Potatoes

 5 servings

Prep time: 25 minutes

 Cook time: 90 minutes

Ingredients

1 bulb garlic
1/4 teaspoon extra virgin
olive oil
salt to taste
freshly ground pepper to taste

2 pounds sweet potatoes, peeled
and cut into 1-inch cubes
3 tablespoons fat-free sour cream
1 tablespoon fat-free milk
4 tablespoons chopped fresh
chives

Method

1. Preheat oven to 400 degrees.
2. Slice off the end of the garlic bulb to expose top of cloves. Place bulb, cut-side up, on an 8-by-8-inch piece of aluminum foil. Spoon olive oil over cut side of garlic. Season lightly with salt and pepper. Wrap foil to seal tightly. Bake 45 minutes or until cloves are tender when pierced with sharp knife. Let stand 5 minutes. Squeeze garlic cloves from skins into small bowl. Smash with back of spoon. Set aside.
3. In a pot of boiling salted water, cook potatoes for 15 minutes or until tender when pierced with a fork. Drain and place in a large bowl.
4. In a small microwaveable bowl, combine sour cream and milk and microwave on high power about 1 minute or until just warm.
5. Add sour cream mixture, garlic, and 3 1/2 tablespoons of chives to potatoes. Beat with electric mixer until fluffy. Season with salt and pepper to taste.
6. Garnish with remaining chives and serve immediately.

Per serving: 149 calories, 4 grams protein, 33 grams carbohydrates, 5 grams fiber, <1 gram fat, <1 gram saturated fat, 1 milligram cholesterol, 61 milligrams sodium

Spicy Eggplant

 4 servings

Prep time: 20 minutes

 Cook time: 25 minutes

Ingredients

1 teaspoon extra virgin olive oil	6 tablespoons water
1 cup chopped yellow onion	1/4 cup ponzu sauce
2 tablespoons finely chopped peeled fresh ginger	1/2-1 teaspoon chili-garlic sauce
2 tablespoons minced garlic	2 teaspoons toasted sesame oil
1 1/2 pounds eggplant, seeded and cut into 3/4-inch cubes	4 tablespoon finely chopped cilantro

Method

1. Heat a large nonstick skillet over medium-high heat. Add oil and heat. Add onion, ginger, and garlic. Cook, stirring occasionally, until onion begins to soften, about 3 minutes.
2. Add eggplant and cook, stirring frequently, until lightly browned in spots and tender, about 10 minutes. Add water, ponzu sauce, chili-garlic sauce, sesame oil, and 2 tablespoons of the cilantro. Reduce heat to medium and cover pan. Cook, stirring occasionally, about 12 minutes or until eggplant is very tender and liquid is absorbed.
3. Pour into serving bowl, sprinkle with remaining cilantro, and serve.

Per serving: 107 calories, 3 grams protein, 18 grams carbohydrates, 7 grams fiber, 4 grams fat, < 1 gram saturated fat, 0 milligrams cholesterol, 447 milligrams sodium

YELLOW SQUASH



Squash

According to the Library of Congress, Squash comes from the Narragansett Native American word “askutasquash”, which means “eaten raw or uncooked”, however, it may be steamed, cooked on top of the stove, in the oven or in a microwave.

Squashes are one of the oldest known crops—10,000 years by some estimates of sites in Mexico. Squashes come in many different shapes and colors including tan, orange and blue. There are many kinds of squashes, all part of the genus *Cucurbita* (Family Cucurbitaceae).

C.pepo (pentagonal, prickly steam) are summer squash, and includes zucchini, marrow, courgette (French), yellow squash, ornamental gourds, crookneck, spaghetti squash and summer pumpkins. Usually soft edible shell and seeds, they ripen in summer and need to be eaten soon after harvest.

Steamed Yellow Summer Squash



4 servings

Prep Time: 5 minutes



Cook Time: 5 minutes



Ingredients:

4 medium Yellow Summer
Squashes

1 teaspoons butter

Salt and pepper to taste

1 medium sweet onion



Method:

Wash squashes and cut into 1/2 inch slices, peel onion and cut into quarters, separate onion quarter into pieces. Put into a steamer bag with the butter, salt and pepper. Steam in the microwave oven approximately five minutes.

Per Serving: 43 calories, 2 grams protein, 6 grams carbohydrates, 11 grams fat, 1 gram fiber, 330 milligrams potassium, 12 milligrams cholesterol, 8 milligrams sodium.

Snow Peas

Vegetables of the pea family have been part of the food pattern from the earliest times of man's history. To select snow peas, look for firm, crisp, green pods. Allow about 1/4 pound of pods per serving. Refrigerate pods unwashed in a plastic bag for up to three days at home. To prepare pods for use, wash and trim the stem end and pull off any attached strings. A thirty-second blanching in boiling water followed by a plunge in ice water will turn the pods a brilliant green and ready to add to salads, or cook them according to recipe directions for the dish you have selected. Always cook snow peas until tender and crisp to the bite for their best flavor.

Snow Pea Salad

 6 servings

Ingredients

- 1/2 pound snow peas, trimmed
- 1/2 pound fresh mushroom caps
- 1 large red bell pepper, seeded
- 6 tablespoons reduced-calorie vinaigrette or lite Italian dressing

Method:

1. Blanch snow peas in boiling water for up to 1 minute or until they turn bright green. Drain and plunge into ice water. Drain well on paper towels and pat dry. Cut pods in half on slight diagonal and place in salad bowl. Set aside to cool.
2. Thinly slice mushrooms and add to cooled snow peas.
3. Cut red pepper into thin strips and add to salad bowl.
4. Toss vegetables with dressing and serve.

Per serving: 40 calories, 2 grams protein, 6 grams carbohydrates, 1 gram fat, 2 grams fiber, 1 milligram cholesterol, 82 milligrams sodium

Sweet Potatoes

Native to tropical America, the sweet potato is widely cultivated in the southern United States, the warmer islands of the Pacific, Japan, and the Soviet Union. Available year round, the sweet potato falls into two categories: the pale yellow with a dry flesh and the dark orange with a moist flesh. When purchasing, look for firm, smooth sweet potatoes with no wrinkles, sprouts, or decay.

Scrub sweet potatoes well in cold water, rinse, and drain. Cook whole when possible, as most of the nutrients are next to the skin. Also, they are difficult to peel when raw and will darken quickly. Whether baked or boiled, microwaved or fried, sweet potatoes are a delicious addition to any meal. Use these potatoes in soups, casseroles, puddings, or baked goods—or as a substitute for white potatoes in your favorite recipes.

Nutritional values for 1 medium potato (5 inches long, 2 inches in diameter, or about 4.5 ounces): 140 calories, 2 grams protein, 32 grams carbohydrates, 0 grams fat, 0 milligrams cholesterol, 15 milligrams sodium, 3 grams fiber

Twice-Baked Sweet Potatoes



6 servings



Ingredients

3 medium sweet potatoes

1/3 cup plain nonfat yogurt

1 tablespoon skim milk

1/8 teaspoon parsley

1/8 teaspoon curry

Parmesan cheese

Method

1. Bake potatoes at 400 degrees for 1 hour or until tender. Cool. Cut potatoes lengthwise and scoop out meat from shell. Save shells.
2. In a bowl, combine sweet potato meat, yogurt, milk, parsley, and curry. Beat until fluffy.
3. Stuff potato shells with mixture and place on a baking sheet. Bake at 350 degrees until thoroughly heated, about 15–20 minutes.
4. Sprinkle with grated Parmesan.

Per serving (1/2 potato): 83 calories, 3 grams protein, 15 grams carbohydrates, 1.4 grams fiber, 1 gram fat, 3 milligrams cholesterol, 80 milligrams sodium

Zucchini

Zucchini can be very versatile and has become one of the biggest sellers in the produce department. Zucchini can be baked, boiled, fried, and even used for baking breads and muffins. It's often deep-fried and served as a finger food or appetizer. The seeds inside the zucchini are important because they contain most of the flavor. The smaller the seed, the better the flavor.

Zucchini with Lemon and Parmesan

 2 servings

Ingredients

1 pound small zucchini
1/2 teaspoon olive oil
1/2 teaspoon grated lemon peel
1 tablespoon Parmesan cheese
freshly ground pepper to taste

Method

1. Cut the zucchini into quarters lengthwise, then in half crosswise.
2. In a 10-inch skillet, heat the olive oil over medium-high heat. Add the zucchini and lemon peel; cook, stirring frequently, until zucchini is lightly browned and tender-crisp, about 3 minutes.
3. Toss with the Parmesan and pepper.

Per serving: 65 calories, 5 grams fiber, 5 grams protein, 10 grams carbohydrates, 2 grams fat, 5 milligrams cholesterol, 50 milligrams sodium





“Sweets for
the Sweet”

Blueberry-and-Peach Crisp

 6 servings

Ingredients

- 4 medium peaches, sliced
- 1 cup fresh or frozen blueberries
- 1 tablespoon unpacked brown sugar (or Splenda brown sugar)
- 2 tablespoons orange juice
- 1 tablespoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/3 cup chopped walnuts
- 1/4 cup Honey Nut Clusters cereal, slightly crushed

Method

1. Preheat oven to 375 degrees. Lightly coat bottom and sides of square baking dish (8-by-8-inch) or rectangular dish (11-by-7-inch) with nonstick cooking spray.
2. Place peaches and blueberries in baking dish.
3. In a small bowl, mix brown sugar, orange juice, cinnamon, and nutmeg. Drizzle mixture over the fruit. Sprinkle with walnuts and cereal.
4. Bake for 10–15 minutes or until peaches are tender when pierced with a fork. Serve warm or cold.

Per serving (1/2 cup): 106 calories, 1 gram protein, 16 grams carbohydrates, 2 grams fiber, 0 grams fat, 0 milligrams cholesterol, 24 milligrams sodium, 10 grams sugar

Chocolate Cheesecake

 4 servings

Prep time: 20 minutes

 Cook time: 15 minutes

Ingredients

1/4 cup Grape Nuts cereal,
finely crushed into crumbs
4 ounces fat-free cream cheese,
at room temperature
2 tablespoons honey
1 large egg white

1/4 cup fat-free vanilla yogurt
with Splenda
1/4 teaspoon vanilla extract
1/4 cup cocoa powder, plus
more for garnish
4 tablespoons fat-free whipped
topping in spray can

Method

1. Preheat oven to 350 degrees. Mist four 3-inch-wide ovenproof Pyrex bowls lightly with cooking spray.
2. Divide cereal crumbs among the bowls, spreading in an even layer on the bottom. Set aside.
3. In a small bowl, beat cream cheese and honey with an electric mixer on medium speed until smooth. Add egg white, yogurt, and vanilla extract. Beat on medium speed just until smooth.
4. Turn mixer to lowest speed and mix in cocoa. Spoon mixture over crumbs in the prepared bowls. Bake 13–15 minutes or until centers are set. Let stand 15 minutes to cool.
5. Refrigerate at least 2 hours. Top each serving with 1 tablespoon of the whipped topping and dust with cocoa before serving.

Per serving: 107 calories, 5 grams protein, 21 grams carbohydrates, 2 grams fiber, 1 gram fat, < 1 gram saturated fat, 1 milligrams cholesterol, 449 milligrams sodium

“Ice Cream” Sandwiches

 2 servings

Prep time: 20 minutes

Ingredients

2 low-fat graham crackers, any flavor

1/4 cup light or fat-free frozen whipped topping, any flavor, thawed

Method

1. Break each graham cracker in half to get 4 squares total.
2. Spread 2 squares evenly with whipped topping. Top with remaining squares to make 2 sandwiches.
3. Transfer to freezer in safe airtight plastic container. Cover tightly and freeze at least 2 hours or up to 1 month. Serve frozen.

Per serving: 150 calories, 2 grams protein, 25 grams carbohydrates, <1 gram fiber, 4 grams fat, 2 grams saturated fat, 0 milligrams cholesterol, 150 milligrams sodium

Meringue Cookies

 24 cookies

Ingredients

4 egg whites

1/2 cup granulated sugar (or Splenda)

1/2 cup confectioners' sugar

food coloring, nuts, or dark chocolate chips (optional)

Method

1. Preheat oven to 200 degrees.
2. With a hand mixer, beat egg whites until frothy. Mix in sugars until stiff peaks start to form. Do not overmix. Tint with food coloring if desired, or add nuts or dark chocolate chips and fold in gently.
3. Transfer dough to a pastry bag fitted with a fluted tip and pipe meringues 2 inches apart onto a baking sheet. Or use 2 spoons to drop mounds of meringue onto baking sheet.
4. Bake in oven for at least 2 hours. Turn off oven but do not remove cookies. Leave in oven for at least 2 hours or overnight. Do not open oven door. Store in airtight container.

Per cookie: 29 calories, 1 gram protein, 7 grams carbohydrates, 0 grams fat, 0 grams cholesterol, 0 grams fiber, 9 milligrams sodium, 7 grams sugar

Note: If Splenda is used instead of granulated sugar, the calorie count as well as the sugar grams will be substantially less.

Pineapple Sorbet

 2 servings

Prep time: 10 minutes

Ingredients

1 1/4 cups frozen pineapple chunks

1/3 cup fat-free piña colada, coconut, or vanilla yogurt sweetened with Splenda or Stevia

1 teaspoon fresh-squeezed lemon juice

1-2 packets sugar substitute (like Splenda)

Method

1. Place pineapple in food processor. Pulse, scraping down sides as needed, until finely chopped.
2. Add yogurt and lemon juice. Process, scraping down side of bowl again until very smooth. Stir in Splenda, if using.
3. Divide between 2 dessert bowls or martini glasses. Serve immediately.

Per serving: 78 calories, 2 grams protein, 19 grams carbohydrates, 2 grams fiber, < 1 gram fat, < 1 gram saturated fat, 23 milligrams sodium

Raspberry Sundaes

 4 servings

Ingredients

1/3 cup rolled oats
8 ounces low-fat (1%) cottage cheese
4 teaspoons honey
1 cup fat-free Greek yogurt
2 teaspoons vanilla extract
1 cup fresh raspberries

Method

1. In a blender, grind the oats to a fine meal. Set aside.
2. In a medium bowl, beat the cottage cheese with a hand mixer until smooth. Add the honey, yogurt, and vanilla; mix well.
3. Divide the cottage cheese mixture evenly among 4 dessert glasses or cups. Top with the raspberries and sprinkle with the oats. Chill for at least 30 minutes before serving.

Per serving: 139 calories, 14 grams protein, 18 grams carbohydrates, 2 grams fiber, 1 gram fat, 2 milligrams cholesterol, 9 grams sugar, 256 milligrams sodium



STRAWBERRIES AND CREAM

Strawberries and Cream

 4 servings

Ingredients

- 1 pound fresh strawberries, hulled and sliced
- 4 teaspoons sugar (or Splenda)
- 1 tablespoon Grand Marnier or other orange liqueur
- 1 teaspoon lemon juice
- 1/4 cup nonfat vanilla Greek yogurt
- 4 teaspoons sliced almonds

Method

1. In a large bowl, combine strawberries, sugar, Grand Marnier, and lemon juice. Let stand for about 30 minutes or until the strawberries release their juices.
2. Serve in wine glasses, compotes, or martini glasses, topped with Greek yogurt and almonds.

Per serving (3/4 cup): 77 calories, 1 gram protein, 15 grams carbohydrates, 0 grams fat, 2 grams fiber, 0 milligrams cholesterol, 3 milligrams sodium

Be Fit!





“Fun Foods”

Cacciatore Meatballs

 6 servings

Ingredients

- 1 pound ground chicken
- 1/2 cup seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1/4 cup white wine
- 1 large egg
- 3 teaspoons chopped black olives
- 2 cloves garlic, minced
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups tomato sauce, canned, not seasoned

Method

1. In a large bowl, combine all ingredients except the tomato sauce. Mix well. Form into 1 1/2-inch meatballs.
2. In a large pot, bring tomato sauce to a light simmer. Add meatballs and let simmer, covered, for 25 minutes or until meatballs are thoroughly cooked. Do not stir for 10 minutes or meatballs may break apart.

Per serving: 146 calories, 2 grams fat, 20 grams protein, 8 grams carbohydrates, 1 gram fiber, 47 milligrams cholesterol, 568 milligrams sodium

Note: Ground turkey can be substituted for chicken.



Mini Taco Salads

Great party food! Guests will love them!



6 servings

Prep time: 15 minutes



Cook time: 8 minutes



Ingredients

12 small square wonton

wrappers

1 cup ground sirloin beef,
cooked well and drained

1/2 cup fat-free refried beans

1-1/2 teaspoons taco

seasoning mix

1 1/2 cup shredded lettuce

1/2 cup shredded reduced-fat

Mexican-blend cheese

6 tablespoons chunky salsa

1 tablespoon chopped black
olives

2 tablespoons fat-free sour cream



Method

1. Preheat oven to 350 degrees. Coat the reverse side of a 12-cup muffin pan with cooking spray (Pam). Place 1 wonton wrapper around each muffin cup, pressing the sides against the pan to form the shell. Lightly spray wrappers with cooking spray. Bake approximately 8 minutes or until browned lightly.
2. In a glass or microwave-safe bowl, mix beef, beans, and seasoning. Microwave on high in 30–45 second intervals until hot. Stir well. Once cool, transfer wonton shells to a large serving plate.
3. Evenly divide lettuce among shells. Top with meat mixture. Top each with 1/2 tablespoon salsa, 2 teaspoons Mexican-blend cheese, 1/2 teaspoon olives, and 1/2 teaspoon sour cream.

Per serving (2 tacos): 119 calories, 9 grams protein, 2 grams fat, <1 gram saturated fat, 16 grams carbohydrates, 11 milligrams cholesterol, 446 milligrams sodium, 2 grams sugar, 3 grams fiber

Fruit Salsa with Chips

 10 servings

Prep time: 15 minutes

 Cook time: 10 minutes

Ingredients

2 kiwis, peeled and diced
2 Golden Delicious apples,
peeled and diced
8 ounces fresh red raspberries
1 pound fresh strawberries,
sliced

2 tablespoons white sugar
1 tablespoon brown sugar
3 tablespoons sugar-free
preserves, any flavor
10 (10-inch) flour tortillas
2 tablespoons cinnamon sugar

Method

1. In a large bowl, mix the kiwis, apples, raspberries, strawberries, white sugar, brown sugar, and preserves. Cover and refrigerate at least 20 minutes.
2. Preheat oven to 350 degrees.
3. Coat one side of each tortilla with butter-flavored cooking spray (Pam). Cut each tortilla into 10 wedges and sprinkle with desired amount of cinnamon sugar. Spray again with cooking spray. Bake for 8–10 minutes. Repeat with any remaining tortilla wedges.
4. Allow tortilla wedges to cool for approximately 15 minutes. Serve with chilled fruit salsa.

Per serving: 150 calories, 30 grams carbohydrates, 4 grams protein, 3 grams fiber, 0 milligrams cholesterol, 231 milligrams sodium, 3 grams fat

Note: You may use sugar substitutes for white and/or brown sugar and make the cinnamon sugar mixture with sugar substitute and cinnamon to reduce the calories slightly.

White Albacore Spread

 3 servings

Ingredients

- 1 (7-ounce) can water-packed albacore tuna
- 2 tablespoons fresh dill weed (optional)
- 1 teaspoon hot sauce (Tabasco)
- 1 teaspoon minced garlic
- 1 tablespoon fresh lemon juice
- 1/4 cup light mayonnaise
- 1/4 cup light sour cream
- salt and pepper to taste

Method

1. Put tuna, dill, hot sauce, garlic, and lemon juice in a 3-cup food processor. Puree for 20 seconds. Using a spatula, wipe down the side of the processor bowl.
2. Add mayonnaise, sour cream, salt, and pepper. Puree for another 30 seconds. Serve.

Per serving: 147 calories, 6 grams fat, 18 grams protein, 5 grams carbohydrates, 36 milligrams cholesterol, 405 milligrams sodium

Note: This spread should be stored in an airtight container. It will stay fresh for 2 days.

Stuffed Mushrooms

 16 servings

Ingredients

1 1/2 pounds white button mushrooms (30-36)	1 tablespoon chopped fresh parsley
1 tablespoon olive oil	1 tablespoon chopped fresh basil
3/4 cup chopped sweet onion	1 tablespoon chopped fresh thyme
4 garlic cloves, minced	1/2 cup panko bread crumbs
3 cups spinach, chopped	1/2 cup grated Parmesan cheese
black pepper to taste	

Method

1. Preheat oven to 350 degrees.
2. Remove stems from mushrooms and dice. Set aside.
3. In a skillet, heat the oil over medium heat. Add the onion and mushroom stems and sauté until tender, about 4 minutes. Add the garlic and continue to sauté for 1 minute.
4. Add the spinach, pepper, parsley, basil, and thyme. Sauté until the spinach is wilted, about 2 minutes. Remove from heat.
5. Add the panko bread crumbs and all but 2 tablespoons of the Parmesan. Stir to combine.
6. Stuff the mushrooms with the spinach mixture and arrange on a baking sheet. Sprinkle with the remaining 2 tablespoons Parmesan and bake until the cheese is melted, about 20 minutes. Serve warm.

Per serving (2 mushrooms): 45 calories, 2 grams protein, 4 grams carbohydrates, 1 gram fat, 0 grams fiber, 2 milligrams cholesterol, 50 milligrams sodium

Spinach Meatballs



4 servings

Prep time: 15 minutes



Cook time: 20 minutes



Ingredients

10 ounces frozen chopped
spinach

1 pound 95% lean ground beef
(or turkey)

1/2 cup onion, minced

4 garlic cloves, minced

1 egg

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon oregano

1/4 teaspoon basil



Method

1. Preheat oven to 375 degrees.
2. Defrost the spinach and squeeze out all the excess moisture using cheesecloth or a paper towel. Make sure to really squeeze out the moisture, because too much moisture will cause the meatballs to crumble.
3. Combine the ground beef, spinach, onion, garlic, egg, salt, pepper, basil, and oregano with your hands until just mixed. Roll out the meatballs to make 16 in all and place on a prepared baking sheet. Bake for 18-20 minutes, until cooked through.

Per serving: 198 calories, 8 grams total fat, 3 grams saturated fat, 117 milligrams cholesterol, 441 milligrams sodium, 5 grams total carbohydrates, 2 grams fiber, 1 gram sugar, 29 grams protein



HINTS & TIPS





Helpful protein Info

Protein Sources

Protein in your diet is primary. It is important to consume protein first before you eat anything else. If you have room for veggies, they come second, and then fruits and finally breads (but you won't have room for that!). Protein helps you feel full for a longer time after a meal.

Protein helps maintain lean muscle mass. Without adequate protein intake, your body will favor burning muscle tissue instead of fat. Protein is important for wound-healing and hair growth. Without protein, hair loss that occurs during a period of rapid weight loss can be significant. I know this to be a fact: I lost a bunch before I realized what was happening.

The following pages list foods containing protein, the portion size, the protein grams, and the calories.

	Portion	Protein (grams)	Calories
Anchovies, canned	5	6	43
Bacon, cooked	3 strips	6	109
Beans			
baked	1/2 cup	8	118
black	1/2 cup	8	114
fava, canned	1/2 cup	7	90
Great Northern	1/2 cup	8	105
kidney, cooked	1/2 cup	8	100
lima, canned	1/2 cup	6	93
navy, cooked	1/2 cup	20	296
pink, cooked	1/2 cup	7	125
pinto, cooked	1/2 cup	5	90
refried	1/2 cup	6	134
red, canned	1/2 cup	6	160
white	1/2 cup	9	100

	Portion	Protein (grams)	Calories
Beef			
brisket, braised	3 ounces	21	309
chuck pot roast	3 ounces	23	282
corned brisket	3 ounces	15	213
corned, canned	3 ounces	10	85
ground	3 ounces	21	246
porterhouse steak	3 ounces	21	260
roast beef	3 ounces	16	105
short ribs	3 ounces	18	400
T-bone steak	3 ounces	21	253
Black-eyed peas	1/2 cup	7	99
Broccoli, cooked	1/2 cup	3	25
Cheese			
most types	1 ounce	8	100
ricotta	1/2 cup	14	200
Chicken			
boneless breaded	4 ounces	17	300
breast	1/2 breast	35	364
canned	2 1/2 ounce	16	117
deli thin-sliced breast	2 ounces	11	60
roasted breast	2 ounces	11	60
wings	5 ounces	15	230
Chickpeas	1 cup	6	142
Clams, cooked	20 small	23	133
Cottage cheese			
creamed	1/2 cup	13	108
1% fat	1/2 cup	14	82
2% fat	1/2 cup	16	101

	Portion	Protein (grams)	Calories
Crab			
blue cooked	3 ounces	17	87
cakes	one 2-ounce	12	93
king cooked	3 ounces	16	82
Cream cheese	1 ounce	2	99
Deli meat			
beef bologna	1 ounce	4	88
salami	1 ounce	4	71
Spam	1 ounce	3.5	85
Duck, without skin	4 ounces	26	222
Eel, smoked	3 ounces	18	300
Egg, hard-boiled or poached	1	6	75
Egg Beaters	1/4 cup	5	25
Falafel	2 ounce	4	105
Fish			
bass, striped, baked	3 ounces	9	105
blue, baked	3 ounces	22	135
butterfish, baked	3 ounces	19	159
cake	one 4.5 ounce	18	166
carp	3 ounces	19	138
catfish, breaded	3 ounces	15	194
cod, baked	3 ounces	20	90
flounder, cooked	3 ounces	21	99
grouper, cooked	3 ounces	21	100
haddock, cooked	3 ounces	21	95
halibut, cooked	3 ounces	23	119
herring, Atlantic cooked	3 ounces	20	172
mackerel, cooked	3 ounces	20	223
monkfish, baked	3 ounces	16	82
perch	3 ounces	21	99

	Portion	Protein (grams)	Calories
pike, cooked	3 ounces	21	96
pollack, baked	3 ounces	21	100
pompano, Florida, cooked	3 ounces	20	179
roughy, orange, baked	3 ounces	16	75
salmon			
baked	3 ounces	22	155
cake	one 3-ounce	18	241
canned pink	3 ounces	17	118
smoked	3 ounces	15	99
shark	3 ounces	16	145
smelt, cooked	3 ounces	19	106
sole, cooked	3 ounces	21	99
swordfish, cooked	3 ounces	22	132
trout, baked	3 ounces	23	162
tuna	3 ounces	25	160
Ham			
boneless, cooked	3 ounces	14	90
deviled, canned	3 ounces	14	200
honey	3 ounces	15	150
Hummus	1/3 cup	4	140
Lamb			
ground boiled	3 ounces	21	240
lean braised	3 ounces	29	190
loin chop, lean	3 ounces	19	225
Lentils	1/2 cup	9	115
Liver, beef or chicken	3 ounces	23	184
Lobster, cooked	1/2 cup	15	71
Meat substitutes, burger	3 ounces	18	140

	Portion	Protein (grams)	Calories
Milk			
1%	1 cup	8	102
2%	1 cup	8	119
buttermilk	1 cup	8	99
Mussels, cooked	3 ounces	20	147
Octopus, steamed	3 ounces	25	140
Oysters			
steamed	1 medium	5	41
canned	3 ounces	10	100
Peanut butter	2 tablespoons	8	188
Peas			
green	1/2 cup	4	59
split, cooked	1/2 cup	8	115
Pork			
center loin	3 ounces	24	265
roast	3 ounces	15	105
spare ribs	3 ounces	26	338
Quiche lorraine	one 3-ounce slice	15	352
Rabbit, roasted	3 ounces	25	167
Sardines in oil	2	6	50
Scallops	2 large	6	67
Surimi mix	3 ounces	13	84
Shrimp			
canned	3 ounces	20	102
cooked	4 medium	5	22
Snails, cooked	3 ounces	41	233
Soy milk	1 cup	7	79

	Portion	Protein (grams)	Calories
Soybeans			
cooked	1/2 cup	15	150
dry roasted	1/2 cup	34	387
sprouts	1/2 cup	5	43
Spinach, cooked	1/2 cup	3	21
Squid	3 ounces	15	149
Sturgeon, smoked	3 ounces	27	147
Tofu			
firm	1/2 cup	20	183
soft	4 ounces	12	120
Tongue, beef	3 ounces	19	241
Turkey			
bologna	3 ounces	12	165
breast	3 ounces	20	92
canned	2.5 ounces	17	116
ground cooked	3 ounces	20	188
Veal			
ground, broiled	3 ounces	21	146
cutlet, lean	3 ounces	31	172
Venison	3 ounces	26	134
Yogurt			
fruit low fat	4 ounces	5	113
plain low fat	4 ounces	6	65

Be sure to read all food labels to determine the nutrient content. Watch for hidden sugars. When reading labels at the market, the quoted protein amounts are based on certain serving sizes; you might not be able to eat a whole serving, so the product that appears to be high in protein may not be at all.

Also, check the other nutrients. A food high in protein but also high in carbs and/or fats would not be a good choice.

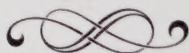
Just remember: eat your protein first! Then eat the other things if you have room.



Obesity is a serious disease in the United States and around the world. No one knows that more than Helen Martinson who has lost more than one hundred and forty pounds. Through her personal experiences and guidance from medical professionals, Martinson has learned how to eat healthfully.

In her first cookbook, Martinson shares low-calorie, low-carb, low-fat, and high-protein recipes that utilize simple, easy-to-find ingredients to create delicious meals anytime of the day. From blueberry pancakes to mini-frittatas to beef in lettuce wraps to a power salad to spinach meatballs, and finally to strawberries and cream, Martinson leads lifestyle changers on a tasty journey that includes not just her recipes, but also helpful and carefully researched supplemental information such as portion sizes, calories, and grams of protein.

Cookin' Skinny shares one woman's weight loss success story through appealing and easy-to-prepare recipes that will help anyone rework a meal plan to include healthy options every day.



Helen Martinson is a retired insurance agent who is an active member of the international sorority, Beta Sigma Phi. She has six grandchildren, and eight great-grandchildren. Helen resides in Elizabethtown, Kentucky, where she enjoys cooking and watching baseball and college basketball.

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