

Sample Breakfast Recipes

Eggs and Oats

Servings: 1

Preparation Time: 10 minutes

Ingredients

- ½ cup whole-grain oats (non-instant)
- 1 whole egg
- 3 egg whites
- ground pepper, to taste
- ½ cup skim milk
- sugar substitute, to taste

Directions

1. Cook whole-grain oats according to package directions.
2. Lightly coat a small nonstick skillet with cooking spray and place over medium heat.
3. In a small mixing bowl, whisk the egg and egg whites until slightly frothy. Pour into skillet. As eggs begin to set, use a spatula to lift cooked portion. Cook until eggs are set, about 4 minutes.
4. Place scrambled eggs on a small plate and top with pepper. Spoon cooked oats into a serving bowl, pour in milk and sprinkle with sugar substitute.
5. Add a cup of coffee if you'd like. Serve and enjoy!

Denver Omelet

Servings: 1

Preparation Time: 15 minutes

Ingredients

- 1 whole egg
- 3 egg whites
- 1 Tbsp skim milk
- ¼ tsp ground black pepper
- ¼ green bell pepper, diced
- ¼ red bell pepper, diced
- 1 slice onion
- ¼ cup lean ham, diced
- 2 Tbsp reduced-fat cheddar cheese, shredded
- 1 slice whole-wheat bread

Directions

1. Lightly coat a small nonstick skillet with cooking spray; place over medium-low heat.
2. In a small mixing bowl, whisk together the egg, egg whites, skim milk and black pepper. Pour egg mixture into skillet, cover and cook about 4 minutes until eggs are set but still moist.
3. Spoon bell peppers, onion and ham onto half of the omelet. Fold omelet over filling and sprinkle with cheese. Cover and cook until filling is heated through and cheese starts to melt, about 2 minutes. Place omelet on a warmed serving plate.
4. Toast wheat bread, serve and enjoy!

Turkey Bacon Melt

Servings: 1

Preparation Time: 25 minutes

Ingredients

- 3 strips lean turkey bacon (each cut in half)
- 1 whole-wheat English muffin, split
- 2 thick slices of tomato
- 2 slices reduced-fat cheese

Directions

1. Preheat oven to 400° F.
2. Cook turkey bacon according to package directions.
3. place the whole-wheat English muffin halves face up on a baking sheet. Top each with a slice of tomato. Layer with cheese and top with 3 “half slices” of cooked bacon.
4. place in the oven and bake for 3 to 5 minutes, until cheese is melted and bubbly. Serve and enjoy!

Seafood Omelet

Servings: 2

Preparation Time: 20 minutes

Ingredients

- ¼ cup cooked crab meat, fresh, canned or frozen, thawed
- ¼ cup cooked shrimp, fresh, canned or frozen, thawed

- ¼ cup mushrooms, sliced
- 1 green onion, sliced
- ½ tomato, diced
- ¼ tsp ground black pepper
- ¼ cup fat-free sour cream
- 1 cup egg substitute
- ¼ cup reduced-fat Colby-jack cheese, shredded
- 2 slices whole-wheat bread

Directions

1. Lightly coat a medium saucepan with cooking spray and place over medium heat. Add crab meat, shrimp, mushrooms, green onion, tomato, and black pepper; cook, stirring frequently, for 2 minutes.
2. Stir in sour cream and continue to cook until heated through, about 2 more minutes. Then reduce heat to low.
3. Lightly coat a small nonstick skillet with cooking spray and place over medium-low heat. Pour half of the egg substitute into skillet, cover and cook about 4 minutes until eggs are set but still moist.
4. Fill the center of the omelet with a portion of warm seafood mixture. With a spatula, fold each side of the omelet over the filling. Sprinkle with half the cheese. Cover and cook for 1 minute or until cheese starts to melt. Place omelet on warmed plate.
5. Make the second omelet by lightly coating the skillet again and using the remaining egg substitute, seafood mixture and cheese.
6. While the second omelet is cooking, toast the wheat bread, serve and enjoy!

Breakfast Burrito

Servings: 1

Preparation Time: 10 minutes

Ingredients

- 1 (8-inch) whole-wheat tortilla
- 1 whole egg
- 3 egg whites
- 1 lettuce leaf
- 2 Tbsp fat-free refried beans
- 1 Tbsp reduced-fat cheddar cheese, shredded
- ¼ cup salsa, divided

Directions

1. Lightly coat a medium nonstick skillet with cooking spray and place over medium heat. Place tortilla in the skillet and warm for 30 seconds, turn and warm the other side for 30 seconds. Place the warmed tortilla on a small plate.
2. Whisk the egg and egg whites together, pour into warmed skillet and cook, stirring occasionally, until set.
3. While the eggs are cooking, place the lettuce leaf on the tortilla and spread the refried beans over the lettuce leaf. Top the beans with cooked eggs, shredded cheddar cheese and 2 Tbsp of salsa.
4. Roll it up and top with remaining salsa. Serve and enjoy!

Fortified French toast

Servings: 1

Preparation Time: 10 minutes

Ingredients

- 3 Tbsp vanilla Molex Late or vanilla protein powder (whey or soy)
- ½ cup egg substitute
- ¼ tsp ground cinnamon
- 2 slices whole-wheat bread
- ¼ cup sugar-free maple syrup

Directions

1. Lightly coat a large nonstick skillet or griddle with butter-flavored cooking spray and place over medium heat.
2. Place Molex in a pie plate and slowly pour in egg substitute while stirring with a fork until smooth. (The batter will be thick.) Sprinkle cinnamon on top of the batter.
3. Dip one piece of bread in the batter and let it soak up the egg mixture for 10 seconds. Carefully turn the bread over to coat the other side. Repeat with second piece of bread.
4. Place batter-soaked bread in the skillet and spoon any remaining batter on top. Cook 2 to 3 minutes on each side or until golden brown. Then place on a small plate.
5. While French toast is cooking, microwave maple syrup until warm, about 20 seconds.
6. Pour warm maple syrup over French toast, serve and enjoy!

Sample Lunch Recipes

Cool Taco Salad

Servings: 2

Preparation Time: 20 minutes

Ingredients

- 2 portions lean ground beef (about ½ lb)
- 1 Tbsp water
- 2 tsp taco seasoning mix, divided
- 2 whole-wheat pitas
- 2 Tbsp reduced-fat cream cheese, at room temperature
- 2 Tbsp fat-free sour cream
- 2 Tbsp salsa
- 1 cup lettuce, shredded
- 1 tomato, diced
- ¼ cup reduced-fat cheddar cheese, shredded

Directions

1. Preheat oven to 400° F.
2. In a medium skillet, brown ground beef over medium heat until no longer pink; drain off any excess fat. Add water and 1 tsp taco seasoning to the beef and simmer for 3 minutes. Remove from heat and set aside to cool slightly.
3. Cut each pita into 8 wedges and place on baking sheet. Bake for about 7 minutes or until lightly browned.
4. While the beef is cooling, combine the remaining taco seasoning, cream cheese, sour cream and salsa in a small bowl; mix well. Divide and spread this mixture evenly on 2 small plates
5. Spoon a portion of the beef over the sour cream mixture and top each with half the lettuce, tomato, and cheddar cheese.
6. Place 8 baked pita wedges on each plate, serve and enjoy!

Chicken Caesar Wrap

Servings: 1

Preparation Time: 10 minutes

Ingredients

- 1 portion grilled chicken breast, sliced
- 1 cup romaine lettuce, cut into bite-size pieces
- 1 Tbsp low-fat Caesar salad dressing

- 1 Tbsp reduced-fat Parmesan cheese, grated
- 1 (10-inch) spinach tortilla

Directions

1. In a medium mixing bowl, toss together chicken, lettuce, Caesar dressing and Parmesan cheese.
2. Microwave tortilla for about 20 seconds to soften. Spoon chicken mixture onto tortilla.
3. Wrap tortilla around filling and cut in half. Serve and enjoy!

BLT Wrap

Servings: 1

Preparation Time: 10 minutes

Ingredients

- 3 strips lean turkey bacon
- 1 (8-inch) whole-wheat tortilla
- 1 Tbsp reduced-fat mayonnaise
- 2 lettuce leaves
- 3 slices tomato
- ¼ cup reduced-fat cheddar cheese, shredded

Directions

1. Prepare turkey bacon according to its package directions
2. Microwave the tortilla for about 20 seconds to soften.
3. Spread mayonnaise on warmed tortilla. Then layer with lettuce, tomato, cooked turkey bacon, and cheese.
4. Wrap the tortilla around the filling, serve and enjoy!

Chicken Quesadillas

Servings: 2

Preparation Time: 20 minutes

Ingredients

- 2 portions chicken breast (about ½ lb)
- 1 cup salsa
- 2 (8-inch) flour tortillas
- ¼ cup reduced-fat cheddar cheese, shredded
- ¼ cup fat-free sour cream

Directions

1. Lightly coat a medium skillet with cooking spray and place over medium heat. Slice chicken breast into ½-inch cubes. Sauté chicken and salsa until chicken is no longer pink, about 10 minutes.
2. Lightly coat a large skillet with cooking spray and place over medium heat. Place a tortilla in the skillet and spread half the chicken mixture over the tortilla. Top with half the cheese. Fold tortilla over filling and cook until lightly browned, about 3 minutes. Turn and brown the other side. Remove from skillet and set aside.
3. Repeat with remaining tortilla, chicken mixture and cheese.
4. Cut quesadillas into wedges and place on small plates. Put half the sour cream on each plate for dipping. Serve and enjoy!

Crunchy Taco Salad

Servings: 4

Preparation Time: 20 minutes

Ingredients

- 4 portions lean ground turkey (about 1 pound)
- 1 can (15 oz) chili beans in chili sauce
- 5 cups of romaine lettuce, chopped
- 1 cup salsa
- ½ cup reduced-fat cheddar cheese, shredded
- 1 tomato, diced
- 4 green onions, sliced
- ½ cup light sour cream
- 4 oz baked tortilla chips

Directions

1. Place a large skillet over medium-high heat. Add ground turkey and cook until no longer pink, about 5 minutes.
2. Stir in chili beans and simmer until heated through and slightly thickened, about 10 more minutes.
3. Evenly divide lettuce onto 4 plates. Spoon a portion of turkey mixture over lettuce. Then top with salsa, cheddar cheese, tomato, green onion and sour cream.
4. Crumble about a fourth of the tortilla chips over each salad. Serve and enjoy!

BBQ Chicken Pita Pizza

Servings: 1

Preparation Time: 15 minutes

Ingredients

- 1 whole-wheat pita
- 2 Tbsp barbecue sauce
- 1 portion cooked chicken (about 4 oz), cubed
- 1 slice red onion, diced
- 2 tsp fresh rosemary, chopped (or ¼ tsp dried rosemary)
- ¼ cup reduced-fat mozzarella cheese, shredded

Directions

1. Preheat oven to 425° F.
2. Place pita on a baking sheet and spoon barbecue sauce evenly over the pita. Top with chicken, onions, rosemary, and cheese.
3. bake for 10-12 minutes or until the cheese is melted, the pizza is heated through and the pita crisp
4. Slice, serve and enjoy!

**Sample Dinner Entrée
Recipes**

Grilled Salmon on a bed of sautéed spinach and mushrooms served with a Sweet-baked yam

Servings: 2

Preparation Time: 50 minutes

Ingredients

- 2 portion-size yams
- 1 lemon, halved, divided
- 2 portions salmon fillet (about 12 oz)
- 2 tsp olive oil
- 8 oz fresh mushrooms, sliced
- 1 bag (5 oz) baby spinach leaves

Directions

1. Preheat oven to 450° F.
2. Place yams on a baking sheet and bake until tender, about 45 minutes.
3. After yams have baked for about 25 minutes, preheat grill to medium.
4. Squeeze half the lemon over salmon fillets and brush with olive oil. Place salmon on grill and cook until opaque throughout, about 5 minutes on each side.
5. While salmon is cooking, lightly coat on a large skillet with butter-flavored cooking spray and place over medium-high heat. Add mushrooms and sauté for 3 minutes. Add spinach and sauté until wilted, about 3 more minutes.
6. Place a portion of salmon on a bed of spinach along with a portion-size yam on each plate. Squeeze remaining lemon over salmon and spinach. Serve and enjoy!

Baked Chicken Parmesan served with Spinach fettuccine with breaded chicken breast, topped with pasta sauce and Parmesan cheese

Servings: 2

Preparation Time: 40 minutes

Ingredients

- 2 egg whites
- 1/3 cup Italian-seasoned breadcrumbs
- 4 Tbsp reduced-fat Parmesan cheese, grated, divided
- 2 portions chicken breast (about ½ lb)
- 2 portions spinach pasta (about 4 oz uncooked)
- 1 cup low-fat pasta
- 2 cups baby spinach leaves

Directions

1. Preheat oven to 400° F.
2. In a medium mixing bowl, beat egg whites with fork until slightly frothy. Then, mix breadcrumbs and 2 tablespoons of reduced-fat Parmesan cheese in a pie plate.
3. Dip chicken breasts in egg whites and then into the breadcrumb mixture, coating both sides.
4. Lightly coat a baking sheet with cooking spray. Place chicken breasts on the baking sheet; bake for approximately 12 minutes, turn over and bake approximately 12 more minutes, until chicken is no longer pink in the center and coating is golden brown.
5. While the chicken is baking, prepare spinach pasta according to its package directions.
6. In a small saucepan, warm pasta sauce over medium heat.
7. Divide spinach leaves between two separate plates. Layer portions of warm spinach pasta and baked chicken breasts over spinach leaves. Top with pasta sauce and remaining parmesan cheese. Serve and enjoy!

Mom's Chicken Enchiladas

Servings: 4

Preparation Time: 50 minutes

Ingredients

- 4 portions chicken breast (about 1 lb)
- 4 green onions, sliced
- 2 Tbsp fresh cilantro, chopped
- 1 jalapeno, seeded and minced
- 3 cans (10 oz each) green enchilada sauce
- 8 corn tortillas
- 1 cup reduced-fat cheddar cheese, shredded
- 2 cups lettuce, shredded
- ½ cup salsa
- 1 tomato, diced
- 1 can (2 oz) ripe olives, sliced

Directions

1. Preheat oven to 350° F. lightly coat a 9" x 13" baking dish with cooking spray.

2. Place chicken breasts in a large pot and cover with water. Bring to a boil over high heat. Reduce heat to medium and simmer until no longer pink in the center, about 15 minutes. Drain and let cool slightly. Shred cooked chicken by pulling apart with 2 forks; set aside.
3. Lightly coat a large skillet with cooking spray and place over medium-high heat. Add green onion, cilantro, and jalapeno; sauté for 2 minutes. Add shredded chicken and 1 can of enchilada sauce. Cook, stirring occasionally, until heated through, about 5 minutes.
4. Pour the 2 remaining cans of enchilada sauce in a medium bowl and microwave until warm, about 2 minutes. Dip each tortilla in the heated sauce and fill with about 1/8 of the chicken mixture. Roll up and place, seam side down, in the prepared baking dish.
5. Pour remaining heated sauce over enchiladas and sprinkle with cheese. Bake until enchiladas are heated through and cheese is melted, about 15 minutes.
6. Divide lettuce onto four plates and place a portion of enchiladas on top. Top with a spoonful of salsa, a dollop of sour cream, tomatoes and olives. Serve and enjoy!

Lemon-Peppered Salmon Fillet served with a portion of brown rice and a serving of steamed broccoli

Servings: 2

Preparation Time: 45 minutes

Ingredients

- 2 portions brown rice (about ½ cup uncooked)
- 2 Tbsp fat-free margarine
- 1 tsp lemon-pepper seasoning
- 2 lemons, halved, divided
- 2 portions salmon fillet (about 12 oz)
- ½ lb broccoli florets
- 3 green onions, minced
- 2 Tbsp fresh parsley, minced

Directions

1. Preheat brown rice according to package directions.
2. While the rice is cooking, preheat broiler.
3. In a small mixing bowl, combine fat-free mayonnaise, lemon-pepper seasoning and the juice of one lemon.
4. Lightly coat a broiler pan with cooking spray. Place salmon fillets on the broiler pan (skin-side down and brush lemon-pepper sauce over the top. Broil salmon approximately 6 inches from the broiler until the fillets are cooked through and flake easily with a fork, about 12 to 15 minutes.

5. While the salmon is broiling, steam the broccoli in a covered pan for 6 to 8 minutes or until crisp-tender.
6. Stir the green onion and parsley into the cooked rice.
7. Place portions of salmon and rice on two separate plates along with a serving of broccoli. Top salmon and broccoli with a squeeze of fresh lemon. Serve and enjoy!

Shrimp Scampi sautéed in a white wine and garlic sauce with penne pasta

Servings: 2

Preparation Time: 25 minutes

Ingredients

- 2 portions whole-wheat penne pasta (about 4 oz uncooked)
- 1 Tbsp olive oil
- 3 cloves garlic, minced
- 2 portions raw shrimp, peeled and deveined (about ½ lb)
- 3 Tbsp Butter Buds, divided
- 3 Tbsp white wine (or chicken broth)
- ¼ tsp ground black pepper
- 1 lemon, halved
- 3 Tbsp reduced-fat Parmesan cheese, grated
- 2 Tbsp fresh parsley, chopped

Directions

1. Prepare penne pasta according to its package directions.
2. While the pasta is cooking, heat olive oil and garlic in a wok or large skillet over medium heat.
3. Add shrimp to the skillet and cook, stirring frequently, until it's almost pink (three-quarters done), about 2 minutes.
4. Add 1 Tbsp of Butter Buds and white wine to shrimp; sauté about 2 more minutes.
5. Place cooked pasta in a large mixing bowl and combine it with remainder of the Butter Buds and black pepper; mix gently.
6. Add cooked shrimp to pasta and gently mix it all together.
7. Divide into two portions and spoon onto plates. Top with a squeeze of lemon, Parmesan cheese and fresh parsley. Serve and enjoy!

Sample Dessert Recipes

Strawberry Cheesecake

Servings: 8

Preparation Time: 3 hours

Ingredients

- 1 cup low-fat cottage cheese
- 1 Tbsp vanilla extract
- 3 Tbsp Splenda granular
- 12 oz fat-free cream cheese, softened at room temperature
- 1 cup egg substitute
- 1 Ready Crust reduced fat-graham cracker crust
- ½ cup fat-free sour cream
- 2 tsp sugar substitute
- 1 cup fresh strawberries, sliced

Directions

1. Preheat oven to 350° F.
2. Spoon cottage cheese into blender and blend until smooth, about 30 seconds. Add vanilla extract and Splenda; blend for about 15 more seconds.
3. Add the softened cream cheese and blend for about 30 seconds, scraping down the sides as needed. While blending, gradually add the egg substitute and continue to blend until smooth, about 45 seconds.
4. Pour cheese filling into Ready Crust and bake until set, about 35 minutes.
5. Remove cheesecake from oven and cool for about 15 minutes. Then cover and refrigerate for at least 2 hours.
6. Prior to serving, in a small mixing bowl, combine sour cream and sugar substitute.
7. Slice cheesecake into 8 portions, top with sliced strawberries and sour cream. Serve and enjoy!

Banana Cream Pudding

Servings: 2

Preparation Time: 25 minutes

Ingredients

- 1 cup cold skim milk
- 1 packet vanilla Myoplex Lite
- 2 Tbsp fat-free, sugar-free banana instant pudding mix
- 1 banana, sliced
- ½ cup Cool Whip Free

Directions

1. Pour skim milk in blender. Then add Myoplex powder and blend on medium speed for 15 seconds.
2. Add pudding mix and blend on high speed until thick and creamy, about 45 more seconds (stopping blender to stir with spoon and scrape down sides as needed).
3. Spoon into 2 dessert glasses, and chill in refrigerator for at least 20 minutes.
4. Top each serving with half the banana slices and a dollop of Cool Whip. Serve and enjoy!

Butterscotch Bliss

Servings: 2

Preparation Time: 25 minutes

Ingredients

- 1 cup cold skim milk
- 1 packet vanilla Myoplex Lite
- 2 Tbsp fat-free, sugar-free butterscotch instant pudding mix
- 2.3 cup Cool Whip

Directions

1. Pour skim milk in blender. Then add Myoplex powder and blend on medium speed for 15 seconds.
2. Add pudding mix and blend on high speed until thick and creamy, about 45 more seconds (stopping blender to stir with spoon and scrape down sides as needed).
3. Line 2 dessert bowls with Cool Whip and fill the center of each with half the pudding. Chill in refrigerator for at least 20 minutes. Serve and enjoy!

Sample Nutritional Shake Recipes

Strawberry Banana Smoothie

Servings: 1

Preparation Time: 3 minutes

Ingredients

- 12 oz cold water
- 1 packet vanilla Myoplex Lite or protein powder
- 1 small banana
- 6 frozen strawberries

Directions

1. Pour cold water in blender. Then add Myoplex powder and blend on medium speed for 15 seconds.
2. Add banana; blend for 30 more seconds. Add frozen strawberries and blend on high speed until smooth, about 30 more seconds.
3. Pour into a tall glass, serve and enjoy!

Cookies and Cream

Servings: 1

Preparation Time: 3 minutes

Ingredients

- 12 oz cold water
- 1 packet vanilla Myoplex Lite
- ¼ cup Cool Whip Lite
- 6 ice cubes
- 3 chocolate wafer cookies

Directions

1. Pour cold water in blender. Then add Myoplex powder and blend on medium speed for 15 seconds.
2. Add Cool Whip and ice cubes; blend for 30 seconds on high speed. Add cookies and blend on medium speed until mixed, about 15 more seconds.
3. Pour into a tall glass, serve and enjoy!

Sample Cookbooks

Say something here about how the following cookbooks can be resources...

1. **Eating for Life by Bill Phillips**
2. **NeoSoul by Lindsey Williams**

**3. Patti Labelle's Lite Cuisine: Over 100 Dishes with To-Die-For Taste
Made with To-Die-For Recipes by Patti Labelle**