

BBS Family Cookbook



Dear BBS Families,

We are excited to share with you the BBS Family Cookbook. The cookbook is a collection of tasty and nutritious recipes for breakfasts, lunches and dinners. Besides lots of main dishes, it has salads, soups, vegetables and more. We all love desserts and the BBS Cookbook will give you wonderful ideas for treats to share with family and friends. The cookbook is designed to give healthy ideas for great meals. Many individuals from our BBS Family have contributed to make this cookbook possible. Thanks to each of you that donated your recipes. We look forward to hearing back from all of you about your favorite new dish that you discovered in the BBS Family Cookbook. Bon Appetit!

Dr. Bob Haws

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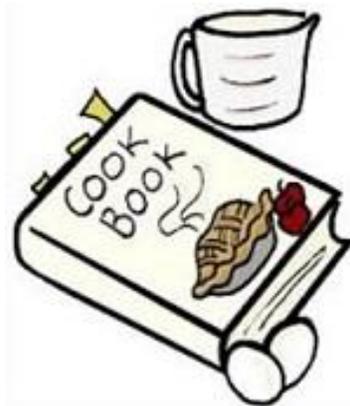


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Cooking Conversion Calculator

Breakfast

"I'll eat some
breakfast,
then change
the world"

Morning Shake

Ingredients:

Handful of kale
Handful of spinach
1 banana
1 heaping Tbsp of organic peanut butter
1 tsp of chia seeds
1 tsp of turmeric
Almond milk

Directions:

Fill up cup with almond milk and other ingredients; mix with handheld blender or use a regular blender

Orangealicious Oatmeal (post-workout meal)

Ingredients:

½ cup water
½ cup orange juice
½ cup old fashioned or steel cut oatmeal
½ orange (cut into small pieces)
1 Tbsp flaxseed oil
¼ cup plain low-fat yogurt
1 scoop vanilla whey protein (equal to 25g protein) or have protein shake on the side of oatmeal

Directions:

In a small pot bring water and orange juice to a boil on high heat. Add the oats. Reduce heat to medium-low and simmer until liquid is absorbed (approximately 7-10 minutes), stirring occasionally. Remove from the heat and mix in the oranges and oil. Combine ¼ cup of yogurt with whey protein in a separate bowl. Mix with a fork until protein is dissolved. Pour protein mixture over oatmeal and serve. (Serves 1 large or 2 small.)

Overnight Oats with Fruit

Ingredients:

1 ½ cup fat free Greek yogurt

¼ cup old fashioned oatmeal

¼ cup fruit (peaches, blueberries, strawberries, frozen fruit mix, raspberries, or apples)

½ teaspoon vanilla extract

1 stevia packet

Directions:

Microwave oats, just covered in water, for one minute in a mason jar. Mix stevia and Greek yogurt in a separate bowl. Then layer your fruit on top of the oatmeal, and the yogurt mixture on top of the fruit. Place in the fridge overnight. For more protein, mix a scoop of vanilla whey protein powder into the Greek yogurt, or have a whey protein shake on the side.

Egg White English Muffin Sandwich (post-workout meal)

Ingredients:

1 multigrain English muffin

1 slice deli medium cheddar cheese

1 slice extra lean ham

4 large egg whites

Directions:

Cook egg whites in a pan. Set aside. Heat up ham and cheese in the same pan while toasting English muffin. Layer sandwich and serve. (1 serving)

Hot Breakfast Cereal: Cooked Mixed Grains

Ingredients:

1 cup wheat berries + 3 cups water

1 cup quinoa + 2 cups water

1 cup oats + 2 cups water

2 cups fruit (blueberries, cranberries, or mixed berries) + 1 cup water

Honey to taste

Directions:

You could mix all ingredients and cook for 40 minutes...

But I prefer to cook the wheat berries for 30 min.

Then add quinoa and oats for 10 additional minutes.

Then add dried or frozen fruit.

Adjust water as needed. Cereal will thicken as it cools.

Adjust sweetness as needed

This is an extremely healthy cereal – much better than just oatmeal or cream of wheat.

I cook a large vat and then freeze individual containers until needed.

Egg White Breakfast Quesadilla

Ingredients:

8 oz (1 cup) egg whites

1 slice extra lean ham

1 100% whole wheat tortilla

1 Tbsp pepper jack cheese

Directions:

Cook egg whites in a pan. Sprinkle with salt and pepper. Chop the ham and add to the eggs. In another pan, heat up tortilla. Then, add the eggs & ham to the tortilla, sprinkle with the cheese. Fold the tortilla in half and serve.

Pineapple Chicken Sausage with Egg Whites

Ingredients:

1 pineapple chicken sausage

8 oz (1 cup) egg whites

1 Tbsp pepper jack cheese

Directions:

Cook egg whites in a pan. Add salt & pepper if you would like. Then slice the chicken sausage, & add to the pan. Then sprinkle with the cheese and serve.

Ricotta Bagel with Steamed Fruit

Ingredients:

1 sesame bagel or your choice of bagel

Half a cup of part-skim ricotta cheese

1 small apple

Handful of raisins

1 tsp of cinnamon

Directions:

Toast bagel and spread ricotta cheese on each half of the bagel.

In a bowl put cut-up unpeeled apple, raisins, and cinnamon, with one or two Tbsp of water.

Cover fruit with saran wrap and microwave for 3 minutes.

Add fruit to your bagel plate.

Sides and dips



Crazy Slaw

Ingredients:

- 1 pkg ramen noodle soup roast beef flavor
- 1 pkg cabbage slaw
- 1 pkg broccoli slaw
- ½ cup green onions chopped—use a lot of the green too
- ½ cup toasted almonds
- ½ cup sunflower seeds
- 1/3 cup red wine vinegar
- ¼ cup sugar
- ¾ cup canola oil

Directions:

Take beef flavor packet from noodle soup and mix with the oil. Mix the red wine vinegar, sugar and oil together. In a separate bowl, mix cabbage, broccoli, slaw and green onions together; pour the oil mixture over them. Just before serving mix in sunflower seeds and almonds. Pound the ramen noodle soup into little pieces and put in last. Mix thoroughly and serve.

Green Beans Almondine with Mushrooms

Ingredients:

1 10.8 oz. package steamable frozen whole green beans

1 8 oz. package of sliced mushrooms

¼ cup slivered almonds (unsalted)

Cooking spray, or 1 Tbsp olive oil

Seasoning to taste

Directions:

Steam green beans in microwave according to directions on package.

Sautee sliced mushrooms in olive oil or cooking spray.

Combine green beans and mushrooms, and top with slivered almonds.

Season to taste.

Garlic Mashed Cauliflower

Ingredients:

One head cauliflower, chopped

1 ½ Tbsp olive oil

Four cloves of garlic

Directions:

Bring 2 cups of water to a boil.

Add chopped cauliflower and cook for 10 to 15 minutes or until fork tender.

In a sauce pan heat garlic and olive oil on low heat; stir frequently for about five minutes until garlic is tender.

Drain cauliflower.

In a mixing bowl add cauliflower and garlic and mix well or add cauliflower and garlic into an immersion blender and blend until smooth.

Here are some optional seasonings you can add for flavor: pepper, unsalted vegan butter, oregano, basil, thyme.

Squash Medley

Ingredients:

- 1 zucchini
- 1 yellow squash
- 1 8-oz package of sliced mushrooms
- Margarine

Directions:

- Slice squash and zucchini.
- Place squash, zucchini and sliced mushrooms in a steamer.
- Steam for 4 minutes in the microwave.
- Dot with margarine, season to taste, and serve.

Pepper Jamboree

Ingredients:

- Half a red bell pepper, cut in strips
- Half a yellow bell pepper, cut in strips
- Half a poblano pepper, cut in strips
- 1 hot pepper, diced (serrano, jalapeno, or your choice)
- 1 small onion, diced
- 1 8-oz package of sliced mushrooms
- 1 Tbsp of olive oil, or cooking spray

Directions:

- Sautee all veggies in the olive oil or cooking spray until tender.
- Serve piping hot.

Spinach Delight

Ingredients:

2 pkg frozen spinach
4 Tbsp butter
2 Tbsp flour
2 Tbsp chopped onion
½ cup milk
½ cup spinach liquid
½ tsp pepper
¾ tsp celery salt
¾ tsp garlic salt
½ tsp salt
6 oz extra sharp cheese – cut into small cubes
1 tsp Worcestershire sauce
Cracker or bread crumbs

Directions:

Cook and drain spinach, reserving the liquid.
Melt butter and add flour – cook until flour is cooked but not browned.
Add onion – cook until soft.
Add milk and spinach liquid – add very slowly, stirring constantly until incorporated.
Add seasonings and cheese – stir until melted.
Add spinach – mix and refrigerate overnight.
Top with crumbs (cracker or bread).
Reheat before serving.
Flavors enhance if prepared and then refrigerated for 2 or 3 days before serving.

Easy Cheesy Green Bean Casserole

Ingredients:

- 1 lb. of green beans
- 1 can of cream of mushroom soup
- 1 cup of shredded cheese – your choice
- 1 cup to 1 ½ cups of broken tortilla chips

Directions:

In a glass bowl mix green beans and cream of mushroom soup with most of the cheese and chips.

Bake at 350 for 30 minutes.

Add remaining cheese and chips and bake for an additional 5 minutes.

Zucchini or Eggplant Bites

Ingredients:

- 1 zucchini or medium eggplant
- 1 cup of cornflakes, crumbled finely
- Oil or cooking spray
- Seasoning to taste. You can make it hotter or milder depending on which spices you use.

Directions:

Cut vegetables in strips, slices, or chunks.

Lightly brush with oil or cooking spray.

Put cornflake mixture in bag; add vegetables, and shake until they are coated.

Toast in oven on a non-stick cookie sheet for 5 minutes.

Pasta Salad

Ingredients:

- 1 box of cooked pasta of your choice
- 1 cucumber, diced
- Half of red onion, diced
- Half of a red, an orange, a yellow, and a green pepper, cut up
- Kraft Robosto or other Italian salad dressing
- Handful of grated carrots
- Parmesan cheese

Directions:

- Put all ingredients in a bowl.
- Mix in salad dressing to taste.
- Sprinkle in parmesan cheese.
- Place in fridge until chilled.
- Other vegetables you might want to include in this pasta salad are mushrooms and olives.

Macaroni and Tuna Salad

Ingredients:

1 box macaroni, cooked

1 Tbsp lemon juice

1 tsp salt

2 tsp sugar

1 can tuna, drained well

3 or 4 stalks of celery

Carrots

Broccoli

Any other vegetables to taste

Mayo to taste

Directions:

Mix all together and refrigerate overnight.

Tomato Sauce

Ingredients:

1-15 oz can no salt added tomato sauce

1-12 oz can tomato paste

1 scoop plain protein powder

Directions:

Whisk together all ingredients in a mixing bowl.

Store in pint-size mason jar in freezer until ready to use.

Chicken Gravy

Ingredients:

32 oz unsalted chicken broth

2-4 Tbsp cornstarch or arrowroot powder

Hot water

¼ tsp ground black pepper

1 tsp Celtic sea salt

2 tsp onion powder

2 tsp garlic powder

Directions:

Bring chicken broth to a boil.

Whisk hot or boiling water into the corn starch or arrowroot powder.

Add corn starch or arrowroot powder mixture and seasonings.

Reduce heat and simmer to your desired consistency.

Spinach Dip

Ingredients:

1-8 oz package Kite Hill almond milk cream cheese

1 cup Kite Hill almond milk plain yogurt

1 tsp garlic powder

1 tsp onion powder

1 tsp Celtic sea salt

¼ tsp ground black pepper

1 cup of frozen or fresh spinach

Directions:

With an electric mixer, blend together cream cheese, yogurt, and seasonings.

Stir in spinach until all ingredients are well combined.

Store in the refrigerator until ready to serve.

You can serve with fresh vegetables, whole grain or grain free crackers, or chips.

Homemade Pesto

Ingredients:

1 cup fresh spinach

1 Tbsp minced garlic

¼ cup olive oil

Directions:

Blend

Whitefish Dip

Ingredients:

Use either a whole smoked fish, deboned or canned fish.

A Tbsp or so of Miracle Whip Light, or light mayonnaise

1 small onion, finely diced

Ranch dressing

Pepper

Directions:

In a bowl crumble the fish into pieces. If it is canned, drain the liquid first.

Mix Miracle Whip Light or light mayonnaise into fish.

Add finely diced onion.

Add Ranch dressing to taste.

Add pepper and stir all ingredients together; chill until ready to serve.

Place fish dip on a platter with crackers.

Hot Cheese Dip

Ingredients:

1 cup of shredded cheese—your choice

1 cup of light mayonnaise

1 small or medium onion chopped finely

Directions:

In a deep oven-proof glass bowl blend all ingredients together; use a deeper bowl than you need to keep it from bubbling over.

Bake at 350 for 30 minutes.

Soups And Chilis



Garden Vegetable Soup

Ingredients:

Cooking spray
½ cup uncooked carrot
½ cup sweet bell pepper
¼ cup onions
2 garlic cloves, minced
6 cups chicken broth or water
½ cup cabbage
1/2 cup spinach
2 tsp canned tomato paste
½ tsp dried basil
¼ tsp dried oregano
½ cup zucchini

Directions:

Spray pan with cooking spray.

Cook onion, pepper, carrots and garlic for five minutes.

I add celery instead of pepper, then add everything else but zucchini and bring to a boil and then let simmer covered for fifteen to twenty minutes.

Then add zucchini and cook for five more minutes.

I use broccoli and green beans, adding the broccoli when I add the spinach and green beans when adding zucchini.

Stuffed Bell Pepper Soup

Ingredients:

- 1 ½ lb. ground beef
- 1 onion, diced
- 4 green bell peppers, diced
- 6 beef bouillon cubes
- 6 cups of water
- 1 28 oz can crushed tomatoes
- 1 small can tomato soup
- 1 cup ketchup
- ½ tsp paprika
- 1 tsp salt
- ½ tsp pepper
- 2 cups cooked rice

Directions:

Brown ground beef.

Drain excess grease.

Add and sauté diced onion and diced bell peppers.

Add and cook 1 ½ hours: bouillon cubes, water, crushed tomatoes, tomato soup, ketchup, paprika, salt, and pepper.

Add cooked rice and serve.

Chicken Vegetable Soup

Ingredients:

- 1 can coconut milk
- 5 to 6 chicken breasts
- 1 Tbsp lime juice
- 2 cups water
- 2 tsp minced garlic
- 3 cups chopped broccoli
- 3 medium sweet potatoes
- 4 cups chicken broth
- ¼ tsp smoked paprika
- ½ tsp cumin
- ¼ teaspoon salt
- ¼ tsp pepper
- Coconut oil
- Chopped red onion for garnish
- Cilantro for garnish

Directions:

Bake chicken at 400 degrees for 20 to 25 minutes in coconut oil and salt & pepper. In a large pot, bring broth and water to a boil; add chopped vegetables and spices. Chop up chicken. Add chicken and coconut milk to the soup. Top with chopped red onion and cilantro.

Southwest Chicken Quinoa Soup

Ingredients:

- 3 Tbsp butter
- 3 Tbsp flour
- 10 cups skim milk
- 2 packets of taco seasoning, or 4 tsp
- 2 chicken bouillon cubes
- 2 tsp paprika
- 2 tsp smoked paprika
- 4 chicken breasts, baked & chopped
- 1 (4-ounce) can diced green chilis
- 1 packet brown rice & quinoa
- 2 cups frozen corn
- 2 cans black beans
- Olive oil
- Avocado
- Baked tortilla chips
- Chopped cilantro, for garnish

Directions:

Bake the seasoned chicken with olive oil, salt & pepper on a baking pan at 425 degrees for 20 minutes. Make a roux by melting the butter in a large soup pot on medium heat till it is bubbly, then slowly stirring in the flour. Keep stirring for 1 ½ to 2 minutes. Slowly stir in the milk. Use a silicone whisk. Add in paprika, taco seasonings, and chicken bouillon cubes. Stir until thickened. Add chicken, chilis, rice & quinoa, corn, & beans. Top with cilantro, avocado, & tortilla chips. Makes 12 one-cup servings.

Butternut Squash & Beet Soup

Ingredients:

1 butternut squash (or container of cubed butternut squash)

3 Gala apples (peeled & diced)

1 quart chicken broth

½ tsp cinnamon

1 tsp minced garlic

¼ tsp ground cloves

¼ tsp ground ginger

1 onion

2 Tbsp olive or coconut oil

Diced cooked beets

Directions:

BEETS-

Boil washed beets in a deep saucepan. Add enough water to cover beets by a few inches.

Bring water to a boil. Reduce heat, cover & cook for about an hour or until tender.

Peel & dice. (Cook extra for salads!)

SOUP-

Turn oven onto 425 degrees.

Peel the squash. Cut into cubes.

Toss squash & diced onion in 2 Tbsp of coconut or olive oil in a baking sheet.

Bake for 18 minutes then

Add peeled apple, cut into cubes.

Bake for another 15 minutes.

In a blender puree with 1 cup of chicken broth & the spices.

Pour soup into pot on the stove. Medium heat.

Add the rest of the chicken broth.

Pumpkin and Black Bean Soup

Ingredients:

2 Tbsp olive oil

One medium onion, chopped

Four cloves garlic, minced

1 Tbsp cumin

1 tsp chili powder

½ tsp black pepper

Two cans black beans (15 ounces), rinsed and drained

One cup diced tomatoes

2 cups low sodium or no sodium vegetable broth

One can (16 ounces) pumpkin purée

Directions:

Heat oil on medium heat in a large soup pot.

Sauté onion, garlic, cumin, chili powder, and black pepper until soft.

Stir in black beans, tomatoes, broth, and pumpkin.

Simmer uncovered, stirring occasionally for 25 minutes until soup is a thick consistency.

Ready to serve as is or you can purée it with an immersion blender for smooth consistency.

Pumpkin Chili

Ingredients:

2 lb. ground beef
1 yellow onion, diced
1 red bell pepper
2 tsp minced garlic
¾ cup pumpkin puree
2 cans black-eyed peas
2 cans diced tomatoes
1 4 oz can diced green chilis
1 cup beef stock
1 tsp chili powder
1 tsp ground cumin
1 tsp paprika
1 tsp cinnamon
2 tsp cocoa powder
Salt and pepper to taste
Avocado

Directions:

In a large pot, cook beef, diced onions, bell pepper and garlic over medium heat, until browned. Add the rest of ingredients, stirring occasionally for 15 minutes. Add water if needed. Top with sliced avocado. Serves 8.

Ground Turkey Chili

I usually use dried black beans instead of canned. Soak overnight in several changes of water.

The secret to success is the onion soup mix.

Ingredients:

- 4 lbs. ground turkey
- 1 envelope onion soup mix
- 1 envelope chili seasoning mix (or ¼ hot and ¾ original)
- 2 – 28 oz cans diced tomatoes (or 1 large can)
- 2 – 16 oz cans pinto beans, do not drain (or 1 large can)

Directions:

- Brown ground turkey.
- Drain excess grease.
- Stir in onion soup mix and chili seasoning mix.
- Add diced tomatoes and pinto beans.
- Heat to serving temperature.

Improved Tasty Chili

Ingredients:

- 1 lb. ground beef, lean
- 1 onion (diced)
- 1 can large diced tomatoes & juice
- 2 Tbsp chili powder (to your taste)
- 1 can baked beans (any kind)
- Shredded cheddar or Mexican cheese

Directions:

- Brown ground beef with diced onion until done. Drain off excess grease. Add tomatoes and chili powder to the beef and cook down for about 5 minutes. Add beans and continue to cook until beans are warm. Individually sprinkle with cheese and serve with crackers or cornbread. Serves: about 4-6

Texas Chili

Ingredients:

- 1 15 oz can of tomato sauce (no salt added)
- 1-12 oz can of tomato paste
- 1-2 scoop plain protein powder
- 1-28 oz can of diced tomatoes with juice
- 1 lb. ground turkey
- 1 lb. ground turkey sausage
- 2 cups diced onion
- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp black ground pepper
- 2 tsp ground cinnamon
- 2 Tbsp coconut sugar blend (or Splenda Brown Sugar Blend)

Directions:

Brown meat in frying pan.

Drain, cool, and set aside meat on plate.

In the crock pot whisk together tomato sauce, tomato paste, and protein powder.

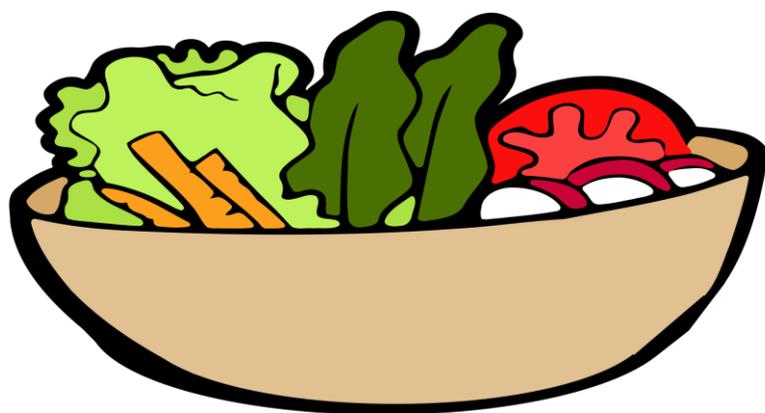
Add diced tomatoes with juice, diced onions, seasonings, cinnamon, and coconut sugar blend (or Splenda Brown Sugar Blend).

Crumble meat as you put it into the crock pot.

Stir well, cover with lid, and cook on high for 1-2 hours.

Decrease heat to low for 3-4 hours.

Full-Meal Salads



BBQ Chicken Salad

Ingredients:

- Rotisserie Chicken
- 3 heads romaine lettuce
- ½ head iceberg lettuce
- 1 can black beans
- 1 cup corn
- 4 radishes
- ½ cup jicama
- 1 cup cherry tomatoes
- 1 avocado
- ½ cup red onion
- ½ cup green onions
- ½ cup Mexican blend cheese
- Boathouse cilantro avocado dressing
- Stubbs sweet & sticky BBQ sauce

Directions:

To assemble salad, chop lettuce and place in a large bowl. Top with chopped vegetables, & drizzle with BBQ sauce & cilantro dressing. Serve immediately.

Taco Salad

Ingredients:

- 1 cup chopped romaine lettuce
- ¼ cup chopped iceberg lettuce
- ¼ cup black beans
- 4 oz cooked ground beef
- 1/3 cup fresh salsa
- 1/3 cup defrosted frozen corn
- 1/3 of an avocado
- 2 Tbsp Cilantro Avocado Yogurt Dressing

Directions: Assemble salad ingredients and add in cooked meat.

BLT Chicken Salad

Ingredients:

- 1 cup shredded lettuce
- 4 oz shredded rotisserie chicken
- 1 Tbsp bacon bits
- 4 cherry tomatoes
- 3 thinly sliced red onions
- ¼ of an avocado
- 2 Tbsp Cilantro Avocado Yogurt Dressing

Directions: Assemble salad ingredients and add in cooked chicken.

Citrus Chicken Salad

Ingredients:

- 3 oz baked chicken breast
- 1 oz mozzarella cheese
- ¼ cup kale
- ½ cup spring mix lettuce
- ½ cup romaine lettuce
- ¼ cup chopped orange
- 1 ½ oz pickled red onion
- ¼ cup sliced mushrooms
- ¼ cup sliced cucumbers
- 2 Tbsp raspberry vinaigrette

Directions:

Season chicken breast with olive oil, salt & pepper, & McCormick garlic and herb seasoning. Slice red onion, & place it in a mason jar covered with white wine vinegar and one packet of stevia. Place in the fridge. Bake on a pan at 400 degrees for 25 minutes until lightly golden. Chop vegetables. Mix the greens and layer the salad how you like. This makes 1 serving. For more servings, bake four to 5 chicken breasts, and prep 4 to 5 times more vegetables.

Entrees



Wraps

Turkey Burrito

Ingredients:

- 1 ½ lb. ground turkey
- 8 oz package of sliced mushrooms
- 1 red bell pepper, diced
- 1 hot pepper if desired, diced
- 1 package flour or corn tortillas
- ½ of a small onion, diced
- 6 oz Monterey jack cheese, shredded
- Salsa
- Sour cream if desired
- Spice mix:
 - ½ Tbsp ground cumin
 - 1 Tbsp paprika
 - ½ tsp salt
 - ½ tsp dried oregano
 - ¼ tsp black pepper
 - ¼ tsp cayenne pepper

Directions:

Mix spices in a small bowl or cup

Begin sautéing ground turkey in a frying pan; add spice mix to taste. Halfway through cooking, add mushrooms, peppers and onion. Cook until done.

Heat tortillas briefly in a warm oven.

Spoon sauteed turkey mixture onto a tortilla; add grated cheese; top with salsa and sour cream if desired.

Roll up into a burrito.

Asian Chicken Lettuce Wraps

Ingredients:

- 2 to 3 heads of romaine lettuce leaves
- 5 chicken breasts
- 2 Tbsp coconut or olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 12 Tbsp soy sauce
- 1/2 cup hoisin sauce
- 4 tsp minced ginger
- 2 Tbsp white wine vinegar
- Bit of Asian chili sauce
- 2 (8 ounce) cans water chestnuts (drained & finely chopped)
- 2 bunches green onions, chopped
- 3 to 4 tsp Asian (dark) sesame oil (is strong)

Directions:

Rinse lettuce leaves, then pat dry. Set aside. Preheat oven to 400 degrees. Sprinkle chicken with olive or coconut oil, salt & pepper. Bake for 25 minutes. Set aside. In a skillet, cook the onion, garlic, soy sauce, hoisin sauce, ginger, vinegar, & Asian chili sauce, stirring frequently. Chop chicken & add. Stir in chopped water chestnuts, green onions, & sesame oil, and continue cooking until onions begin to wilt, about 2 minutes. Pile mixture in the center of lettuce leaves, and serve. 6 Servings.

Honey Mustard Chicken Wraps

Ingredients:

6 oz boneless chicken breast
½ cup tomato (sliced)
¼ cup avocado (small cubed)
¼ cup sweet onion (sliced)
¼ cup yellow bell pepper (sliced)
¼ cup cucumber (thin sliced)
1/3 cup low fat cottage cheese
¼ Cup honey mustard dressing
2 whole wheat tortillas

Directions:

Sauté chicken. Set aside. Combine all ingredients including dressing in a mixing bowl. Place approximately 1 ½ cups of the mixture across the bottom half of each tortilla. Fold Tortilla into a wrap. Serve and enjoy or take on the go. (Serves 1 large or 2 small)

Avocado Chicken Salad Lettuce Wrap

Ingredients:

4 oz rotisserie chicken breast
½ cup chopped celery
½ cup chopped cucumbers
1 Tbsp chopped green onion
1 Tbsp chopped red onion
1 Tbsp lemon juice
¼ of an avocado
3 romaine lettuce leaves
Salt and pepper to taste

Directions: Assemble ingredients and serve in romaine lettuce leaves.

Turkey Club Lettuce Wrap

Ingredients:

4 slices honey roasted turkey breast

8 leaves romaine lettuce

Sliced Roma tomato

1 Tbsp bacon bits

1/3 of an avocado

Directions: Assemble ingredients and serve in romaine lettuce leaves.

Ground turkey

Turkey Feta Spinach Burger

Ingredients:

- 1 lb. lean ground turkey
- 1 cup baby spinach, chopped
- ¼ cup crumbled feta cheese
- 3 Tbsp egg whites
- 2 Tbsp fresh parsley, chopped (1 tsp dried)
- 2 cloves garlic, minced
- 1/2 tsp sea salt
- 1/2 tsp pepper

Directions:

Mix together turkey, spinach, feta, egg whites, parsley, garlic, sea salt and pepper in a large bowl until well combined.

Using your hands, form mixture into 4-5 patties.

Cook on preheated grill until no longer pink in the center, about 15 to 20 minutes.

Serve immediately.

Turkey Lasagna

Ingredients:

7 lasagna noodles (need 6, but I always make one extra just in case)
1 ¼ lb. lean ground turkey
½ lb. sliced mushrooms
2 15 oz cans tomato sauce (no salt added or low salt)

1 15 oz can of crushed tomatoes, drained
1 32 oz container of Frigo part-skim ricotta cheese
1 15 oz container of Frigo part-skim ricotta cheese
8 oz mozzarella cheese
4 oz Monterey jack cheese
3 Tbsp parsley flakes
Other seasonings (to taste): oregano, black pepper, onion flakes

Directions:

Cook noodles in a large soup-pot sized pan; when done, drain and let cool.

While noodles are cooking, brown turkey and mushrooms in a frying pan, seasoning to taste.

Grate mozzarella and Monterey jack cheeses.

In a large bowl, put both containers of ricotta cheese; add three Tbsp of parsley, and mix.

Add most of the mozzarella and jack cheese into the ricotta, and mix.

Rinse out the pan from the noodles and use to heat up tomato sauce and drained crushed tomatoes; add seasoning to taste.

Spread a thin layer of tomato sauce mixture in the bottom of a large rectangular glass dish.

Mix ground turkey and mushrooms into the pot with the tomato sauce mixture; simmer for 15-20 minutes.

Putting it all together:

Put 3 noodles to form a layer in the bottom of the pan.

Spread half of the ricotta mixture across the noodles.

Spread half of the tomato/turkey/mushroom sauce across the top of the ricotta mixture.

Repeat the process to make a second layer of noodles, ricotta, and meat sauce.

Sprinkle the leftover grated cheese on the top.

Bake for thirty minutes at 350 degrees.

Let cool for fifteen minutes.

Cut into twelve servings.

Serve with salad.

Verde Oatmeal Meatloaf

Ingredients:

2 lb. of ground turkey

2 cups of oatmeal

1 jar of Verde salsa (or 1 jar of Prego low sugar pasta sauce)

1 small yellow onion, finely diced

1 red bell pepper, finely diced

2 eggs

2 Tbsp pepper

Directions:

Place the meat, eggs, salsa or sauce in a large bowl. Mix very well.

Sauté the onion and bell pepper and add them to the mix.

You can also add mushrooms and a hot pepper if you wish.

Add 2 tablespoons of ground pepper; you can also add salt to taste.

Bake at 350 for 50 minutes.

You can also use this to make stuffed bell peppers. It will make 6 stuffed pepper halves; bake them at 350 for 45 minutes.

Spaghetti with Turkey Meatballs

Ingredients:

Cooked spaghetti
1 lb. of ground turkey
1 egg
¼ cup of Panko bread crumbs
Oil or cooking spray
2 cans of low-sodium tomato sauce
1 can of crushed tomatoes, drained
2 oz of sharp cheddar cheese, grated

Spice mix:

½ Tbsp ground cumin
1 Tbsp paprika
½ tsp salt
1 tsp dried oregano
¼ tsp black pepper
¼ tsp cayenne pepper

Directions:

Mix ground turkey with egg, bread crumbs, and seasonings.

Cook in a skillet with oil or cooking spray until meatballs are done.

Heat up tomato sauce and drained tomatoes with seasonings.

Simmer for 15 minutes, stirring several times; add in more seasonings if desired.

Add in meatballs and simmer for 5 more minutes.

Serve over spaghetti.

Sprinkle in grated cheese.

Serve with carrot and celery strips.

B Square Ground Turkey with Spicy Cauliflower

Ingredients:

- 1 lb. of ground turkey
- 1 egg
- ½ cup Panko bread crumbs
- 1 head of cauliflower
- 1 habanero pepper, diced
- 1 poblano pepper, diced
- 1 small onion, diced
- 1 8-oz package of sliced mushrooms

Spice mix:

- ½ Tbsp ground cumin
- 1 Tbsp paprika
- ½ tsp salt
- 1 tsp dried oregano
- ¼ tsp black pepper
- ¼ tsp cayenne pepper

Directions:

In a square glass dish mix ground turkey with egg.

Add in bread crumbs and spice mix.

Bake at 350 for 30 minutes.

Steam cauliflower, habanero, poblano, onion, and mushrooms together.

Cut ground turkey into three portions, and serve with steamed vegetables.

Turkey Loaf

Ingredients:

- 1 lb. ground turkey
- 1 large egg
- 2 Tbsp tomato sauce
- 1 cup oatmeal
- 1 cup diced onion
- 1 tsp Celtic sea salt
- ½ tsp ground black pepper
- 2 tsp onion powder
- 2 tsp garlic powder

Directions:

Preheat oven to 350 degrees.

Grease a loaf pan.

Combine all ingredients in a medium mixing bowl.

Place prepared meatloaf in pan.

Bake at 350 degrees for 1 hour.

To make sure it is completely cooked, place a meat thermometer in center and remove when it reads at least 165 degrees.

Let cool and enjoy.

Note: If using ground beef, you will need 2 large eggs and 2 cups diced onion.

Ground beef

Bacon Cheeseburger Casserole

(Keto friendly)

Ingredients:

- 1 lb. lean ground beef or sausage
- 6 slices bacon
- 1 package of shredded Colby-Jack cheese
- 4 eggs
- ¼ cup of light mayonnaise
- ¼ cup of milk or heavy cream
- 1Tbsp of mustard
- ½ tsp garlic powder
- Sour cream to taste, if desired

Directions:

- Brown ground beef or sausage; drain.
- Cook 6 slices of bacon and break into pieces.
- Grease casserole pan and put the ground beef on the bottom.
- Add half of the cheese.
- Mix eggs, mayo, milk or heavy cream, garlic powder, and mustard. Add to ground beef mixture. Also add sour cream if desired.
- Top with remainder of cheese and pieces of bacon.
- Bake at 350 degrees for 40 min.

Sweet Chili Meatball Thai Bowl

Meatball ingredients:

- 4 lb. extra lean ground beef
- 2 eggs lightly beaten
- 2 slices whole wheat bread
- 1 ½ tsp dried oregano
- 1 Tbsp cumin
- 2 tsp pepper
- 3 tsp salt
- 3 Tbsp minced garlic
- 1 onion, chopped
- 1 red bell pepper, chopped

Meatball directions:

Preheat oven to 425 degrees. Blend the bread in the food processor. Set the bread aside in a bowl. Place the eggs, chopped bell pepper, chopped onion, & spices in the processor. Blend together. Add bread back in. Blend. Pour mixture and ground beef into a bowl. Mix. Use a medium cookie scoop to make meatballs and place on a greased cookie sheet. Bake for 18 to 20 minutes, until well cooked through.

Ingredients for the bowl, per serving:

- 4 meatballs
- 2 cups cooked spaghetti squash
- 2 Tbsp soy sauce
- ½ lime juice
- ½ cup cilantro, chopped
- ¼ cup carrots, peeled with a peeler
- ¼ cup yellow bell pepper
- ¼ cup thinly sliced cucumber
- 2 Tbsp thinly sliced radish
- 1 Tbsp green onion, chopped

Skillet Eggrolls

Ingredients:

- 2 lb. lean ground beef
- 1 lb. maple pork sausage
- 1 onion, thinly sliced
- 2 bags coleslaw cabbage mix
- 1 cup hoisin sauce
- 1 tsp sesame seed oil
- ¼ cup natural rice vinegar

Directions:

Cook beef and pork sausage in a large pan on the stove on medium heat. Cook until brown & cooked. Set aside in a bowl.

In the same pan, steam cabbage mix & sliced onion.

Add hoisin sauce, vinegar, & oil. Add salt & pepper to taste.

Add meat to the mixture & serve (or weigh out 4 oz of meat per serving); then add 1 cup of cabbage mixture.

Mexican Casserole

Ingredients:

1 lb. of lean ground beef

1 lb. of sausage

1 small onion

1 garlic clove

1 half of a green bell pepper

1 hot pepper

1 can of tomato sauce

Baked tortilla chips

2 oz of grated cheese (your choice)

Seasoning to taste, such as chili powder, curry powder, or black pepper

Directions:

Cook ground beef and sausage in frying pan and drain.

Add in peppers and onion and cook until vegetables are hot.

Add in tomato sauce.

In a casserole dish, put one layer of chips.

Spoon in cooked mixture.

Cover with grated cheese.

Bake at 350 degrees for 30 minutes.

Chicken

Chicken Salad—Hot or Cold

Ingredients:

- 2 cups diced cooked chicken
- 2-3 cups chopped celery
- 2 cups croutons
- 1 – 1 ½ cup mayonnaise
- ½ - ¾ cup toasted almonds (or any variety nut)
- 2 tbsp lemon juice
- 1 diced onion
- 3 cups (at least) shredded cheddar cheese

Directions:

Mix together all ingredients except 1 cup cheese and 1 cup croutons in a large bowl. There should be enough mayonnaise to make the mixture stick together. Put in greased baking dish (9" x 13"). Put remaining croutons and cheese on top. Bake at 350° for 30 minutes—lightly covered with tin foil, if desired. Serve hot or cold.

Black Bean Sweet Potato Quesadilla

Ingredients: 1 Serving

- 1 low carb tortilla
- 4 oz rotisserie chicken
- ¼ cup black beans
- 1/8 cup baked sweet potato
- 1 Tbsp Mexican style blend shredded cheese
- 1 tsp coconut oil

Directions:

Spread ingredients on one half of tortilla; then fold tortilla over. Bake until cheese is melted.

Lemon Garlic Spicy Chicken with Veggies and Pasta

Ingredients:

4-6 chicken breasts
1 lemon
3-4 garlic cloves
1 yellow or white onion
1 package of sliced mushrooms
Cooking spray or oil
½ box whole wheat pasta
Salt, pepper and garlic powder to taste

Directions:

In a pan, sauté onion, garlic, and sliced mushrooms with cooking spray or oil.

Put chicken breasts in a baking dish with a little water and season with pepper, salt, garlic powder and lemon. Bake for 30 minutes or until done at 350 degrees.

Drain cooked pasta. Add cut-up chicken and sauteed veggies.

You can add in more lemon or other vegetables—this is a flexible recipe.

Chicken or Turkey Stir-Fry

Ingredients:

- 9 oz of turkey or chicken, cooked
- 1 red pepper, cut into small pieces
- 1 hot pepper, diced -- optional
- 1 stalk of diced celery
- 1 8-oz package of sliced mushrooms
- 1 can of drained pineapple chunks (packed in own juice)
- 1 cup of cooked rice

Directions:

- Sautee all vegetables with 1 Tbsp of oil.
- Add turkey and pineapple and cook until all ingredients are hot.
- Serve over rice.

Makes a meal for two.

Can substitute another fruit if pineapple does not work for you.

Chicken Pasta with Veggies and Cheese

Ingredients:

2 lb. package of boneless and skinless chicken thighs

3 four-gram packets of Herb-Ox sodium-free chicken bouillon (for less chicken, decrease the bouillon) Note: Each packet contains 380 mg of potassium, or about 8% of the recommended daily value, so you might need to cook the chicken in just water with seasonings if you need to restrict potassium intake.

Per serving:

4 oz sliced mushrooms

½ large red bell pepper, sliced

1 Tbsp of olive oil

1 cup of bow-tie pasta or your choice of noodles

1 ½ oz of Monterey jack cheese (or your choice of white cheese)

Directions:

Place chicken with seasonings to taste in large Pyrex dish with water; mix bouillon in water, and cook for 35 minutes at 375 degrees. Make sure that you have enough water in the dish to almost cover the chicken.

Cook pasta and drain.

Sauté mushrooms and peppers with olive oil.

Grate cheese.

Over 1 cup of noodles, layer 5 ounces of cut-up chicken, with veggies and cheese.

Put plate in microwave for about 1 to 2 minutes until cheese has melted.

Great for people that live by themselves since you can put the leftover chicken in either the fridge or freezer depending on when you're going to make it next.

Chicken Enchiladas

Ingredients:

1 can condensed low-fat cream of chicken soup

½ cup low-fat sour cream

1 Tbsp margarine

1 medium onion chopped (1/2 cup)

1 tsp chili powder

2 cups chopped cooked chicken

½ cup salsa

8 whole wheat tortillas

1 cup shredded cheese

Directions:

In small bowl mix soup and sour cream and set aside.

In medium saucepan over medium heat, heat margarine,

Add onion and chili powder.

Cook until tender and add chicken, salsa and 2 Tbsp of soup mixture.

Spread ½ cup soup mixture on bottom of shallow baking dish.

Along one side of tortilla spread chicken mixture and roll up and put seam down in baking dish.

Spread remaining soup mixture over enchiladas and then sprinkle cheese.

Bake 25 minutes at 350* F.

Aloha Chicken

Ingredients:

4 chicken breasts
Canned or fresh pineapple slices
Red bell pepper
½ yellow onion (chopped)
3 Tbsp soy sauce
2 Tbsp raw honey
Pineapple juice (from the can)
1 can sliced water chestnuts (chopped)
Brown rice (1/2 cup per serving)
Steamed broccoli (1 cup per serving)

Directions:

The night before, or a couple hours before cooking, marinate the chicken, soy sauce, honey, salt & pepper, & pineapple juice in a large zip lock bag in the fridge. Bake the chicken on a baking sheet covered in foil for 25 minutes (until fully cooked). Set aside. Sauté all the vegetables in coconut or olive oil until cooked through. Add the vegetables to the chicken. Serve with brown rice and steamed broccoli. 5 to 6 Servings.

Marinated Chicken with Brussels Sprouts and Potatoes

Chicken Marinade Ingredients:

- 6 chicken breasts
- ½ cup soy sauce
- 1 Tbsp lemon juice
- 2 Tbsp olive oil
- ¼ tsp liquid hot Asian chili sauce
- 1 Tbsp minced garlic
- 1 can sugar-free Sprite
- 1 Tbsp Splenda brown sugar or stevia
- ¼ tsp pepper

Directions:

Combine ingredients. Marinate chicken strips in a large Ziploc bag overnight or for a few hours in the fridge. Grill or bake the chicken.

Brussels Sprouts ingredients:

- ½ bag of Brussels sprouts
- ¼ cup raisins
- 1 cup chicken broth
- ¼ cup bacon bits

Directions:

Wash, cut off very end, then cut Brussels sprouts into 4 pieces. Sauté in a pan with coconut oil. Add broth, place lid on over medium heat. Simmer until liquid is almost gone. Add bacon and raisins. Serve.

Potatoes:

Bake about 6 to 8 gold potatoes brushed with olive oil in tin foil in the oven at 400 degrees for 45 minutes.

Slow Cooker Coconut Curry Chicken

Ingredients:

- 1 lb. chicken thighs
- 1 can coconut milk
- 4 tsp curry powder
- 1 small onion
- ¼ tsp salt
- ½ tsp pepper
- 1 Tbsp raw honey
- 3 medium sweet potatoes, chopped
- 3 cups chopped carrots
- 1 can garbanzo beans

Directions:

In the slow cooker, combine curry powder, salt, pepper, honey, & coconut milk. Then, toss in the onion & chicken thighs. Turn on low to 3 hours. Then chop & add sweet potatoes, carrots, and the garbanzo beans. Cook for another 3 hours, then serve.

BBQ Chicken & Potatoes

(6 servings) Ingredients:

6 chicken breasts (4 ounces per person)

½ tsp salt

1 tsp pepper

1 tsp smoked paprika

1 cup BBQ sauce

1 Tbsp olive oil

8 to 15 golden potatoes or sweet potatoes (Depending on how many you would like for leftovers)

1 bunch diced green onion

Directions:

Chicken: Cook chicken breast in the slow cooker with salt, pepper, oil, smoked paprika, & BBQ sauce on medium for 6 hours, or until chicken can be shredded.

Potatoes: Poke potatoes with a fork a couple of times. Wrap potatoes individually in tin foil. Cook them in the oven at 400 degrees for 50-60 minutes, until soft.

Cut open potatoes, add BBQ chicken mixture, & top off with diced green onion. You could also add avocado, & a side of your favorite steamed vegetables!

Sheet Pan Garlic & Herb Chicken Thighs & Brussels Sprouts

Ingredients:

- 8 to 10 chicken thighs
- 1 yellow onion, sliced
- 1 yellow bell pepper, sliced
- 1 red bell pepper, sliced
- 3 to 4 medium sweet potatoes
- ½ bag of Brussels sprouts (5 cups)
- 2 Tbsp olive oil
- 1 packet McCormick garlic and herb seasoning

Directions:

Preheat oven to 400 degrees. Place the chicken on the pan first. Toss with a quarter of the seasoning packet and 1 teaspoon of olive oil. Then cut the vegetables, add them to the pan, dust with the rest of the seasoning packet and drizzle with olive oil. Cover with tin foil and bake for 20 minutes; take off tin foil and take out peppers if cooked desired amount. Place back in the oven for 10 more minutes.

Baked Chicken Nachos

Ingredients:

- 5 chicken breasts (4 oz per serving)
- 10 golden potatoes
- ½ tsp salt
- 1 tsp pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 3 Tbsp olive or coconut oil
- 1 cup sliced cherry tomatoes
- Chopped cilantro or green onions
- 1 cup mozzarella or pepper jack cheese

Optional toppings:

- BBQ sauce
- Salsa
- Sour cream
- Avocado

Directions:

Cook chicken in an insta-pot as directed. Or sprinkle on salt, pepper, & olive oil in a sheet pan. Bake in the oven at 400 degrees for 20 to 25 minutes. Shred the chicken. Set aside.

Slice potatoes. In a dish mix spices. Then in a sheet pan toss potato fries in olive oil and sprinkle on spices. Toss again. Bake at 400 degrees for 20 minutes. Carefully toss. Add chicken, cheese, & tomatoes. Bake for 10 minutes or until cheese is slightly golden. Take out of the oven and add toppings as you wish.

Grilled Chicken with Mango Salsa

Ingredients:

Chicken Marinade:

- 6 chicken breasts
- ¾ cup freshly squeezed orange juice (about 3 to 4 oranges)
- ¼ cup freshly squeezed lime juice
- 3 Tbsp soy sauce
- 2 Tbsp minced garlic
- 2 Tbsp honey
- 1 ½ tsp smoked cumin
- ½ cup chopped cilantro

Mango Salsa:

- 2 ripe mangos
- ¼ cup diced red onion
- 1 diced red bell pepper
- 1 ripe avocado
- 1 tsp lime juice
- Salt & pepper to taste
- ¼ cup chopped cilantro

Directions:

In a bowl mix up all ingredients for the marinade the day before or at least 2 hours before. Pour into gallon Ziploc bag with chicken.

Grill chicken or bake on a baking sheet at 400 degrees for 20 to 25 minutes.

Chop up all of the mango salsa ingredients & mix into a bowl. Add liquids. Add avocado and cilantro right before serving.

Pour mango salsa over chicken & enjoy!

Pork

Mango Salsa Pork Carnitas

Ingredients:

2-3 lb. pork tenderloin

Salt & pepper to taste

16 oz mango salsa

1 medium onion, diced

3 tsp minced garlic

Tortilla or taco shell

Directions:

Cut pork loin into 2 to 3 pieces, and place in the slow cooker. Add the salt, pepper, chopped onion, mango salsa and garlic. Slow cook on low for 5 to 6 hours. Shred. Then let it cook another hour. Serving size is 4 oz shredded carnitas. Serve in tortilla or taco shell.

Slow Cooker Balsamic Apple Pork Chops with Sweet Potatoes

Ingredients:

- 4 boneless pork chops
- 2 regular sweet potatoes
- 2 gala apples, peeled & sliced
- ½ onion
- ¼ cup raw honey
- 3 Tbsp balsamic vinegar
- ¼ tsp salt
- ½ tsp pepper

Directions:

Place the pork chops in the slow cooker. Cook on low for 3 hours; then add the rest of the ingredients. That way the potatoes won't be overcooked. Cook for another 3 to 4 hours.

Serve with 1 cup broccoli per serving.

Pulled Pork Quesadilla

Ingredients:

- 1 low carb tortilla
- 4 oz slow cooked pork loin
- 1 tsp Mexican style blend shredded cheese
- ½ sautéed bell pepper
- 2 Tbsp sautéed red onion
- 1 Tbsp chopped green onion
- 2 Tbsp BBQ sauce
- 1 tsp coconut oil

Directions:

Spread ingredients on one half of tortilla; then fold tortilla over. Bake until cheese is melted.

Fall Protein Grain Bowl

Ingredients:

- ¼ cup brown rice & quinoa
- ¼ cup sliced mushrooms
- ½ oz pickled red onion
- ¼ cup chopped beets (cooked or canned)
- 4 oz egg whites
- 2 oz pork loin
- 1/8 cup chopped butternut squash
- 1 oz Brussels sprouts
- 2 Tbsp BBQ sauce
- White wine vinegar
- 1 packet of stevia

Directions:

Slice red onion and place in a mason jar, covered in white wine vinegar and one packet of stevia. Set aside in the fridge. Chop Brussels sprouts into quarters & add to butternut squash. Toss in olive oil and seasonings, cover, and bake at 400 degrees for 25 minutes, or until vegetables are soft and cooked through. Peel, chop, then boil beets in a pot if fresh. Cook egg whites in a pan, seasoned with pepper. Add sliced mushrooms. Heat the brown rice and quinoa as directed on package. Weigh out 2 oz. of leftover pork and heat through. Place all ingredients in a bowl and top with BBQ sauce. This is for one serving, but of course when you cook these vegetables, make more for multiple meals/meal prep. They are all great vegetables to have on hand! Makes 1 serving.

Pork Stir-Fry

Ingredients:

- 10 oz of cooked pork
- 1 red pepper cut into small pieces
- 1 hot pepper diced -- optional
- 1 stalk of diced celery
- 1 8-oz package of sliced mushrooms
- 1 can of drained pineapple chunks (packed in own juice)
- 1 cup of cooked white or brown rice
- 1 Tbsp oil

Directions:

Sautee all vegetables in oil.

Add pork and pineapple and cook until all ingredients are hot.

Serve over rice.

Makes a meal for two.

Can substitute another fruit if pineapple does not work for you.

Seafood

Crab meat quiche

Ingredients:

2 cans (16 oz) of crab meat, drained

½ cup mayonnaise

4 eggs

½ cup milk

6 oz shredded Colby Jack cheese

Directions:

Preheat oven to 375 degrees.

In bowl beat mayo, eggs and milk until blended.

Add crab meat and shredded Colby Jack cheese.

Mix well.

Pour into greased pie dish.

Bake for 35 minutes.

Let it sit for 5 minutes before serving.

Cheese-Crusted Cod

Ingredients

2 lb. cod filets
1 Tbsp olive oil
Non-fat cooking spray
Blackening spice blend (we've used Paul Prudhomme brand)
¼ cup Panko breading (a type of fine-grained bread crumbs)
3-4 oz sharp cheddar cheese, grated

Directions:

Pre-heat oven to 425.

Spray bottom and sides of pan with non-fat cooking spray.

Place cod fillets skin side down in baking dish; brush tops lightly with olive oil.

Sprinkle blackening spice blend evenly over the filets.

Spread grated cheddar cheese over the filets.

Spread Panko breading over the cheese.

Sprinkle blackening spice blend over the top.

Bake in oven at 425 for 35 minutes. Remove and taste—sometimes the filets need another 5 minutes.

Serve with steamed vegetables.

This recipe can be divided (or you can freeze leftovers)

Broiled Salmon with Spicy Salsa

Ingredients:

- 2 lb. of salmon filet
- 1 Tbsp of cooking oil, or cooking spray
- 4 Tbsp of serrano or mango salsa

Directions:

- Spread oil or use cooking spray in a large flat glass dish.
- Place salmon filets skin side up in dish.
- Broil for 8-10 minutes; turn filets and broil for another 8 minutes.
- Remove and spread salsa over filets.
- Salsa may be microwaved in a cup for 30 seconds if you want it hot.

Blackened Salmon

Ingredients:

- 2 lbs. of salmon filet
- 1 Tbsp of cooking oil, or cooking spray
- Blackening spice

Directions:

- Spread oil or use cooking spray in a large flat glass dish.
- Place salmon filets skin side down in dish.
- Sprinkle filets with blackening spice to your taste (the more you use, the spicier it will be).
- Broil for 8-10 minutes; turn filets and broil for another 8 minutes.

Serve with steamed cauliflower or another mild-flavored vegetable. Berries with a little bit of whipped cream are a great way to end this meal.

Sweet Asian Stir-Fried Shrimp & Vegetables

Ingredients:

- Shrimp
- 1 Tbsp coconut oil
- 6 cups frozen stir-fried vegetables
- ½ cup sweet Asian chili sauce

Directions:

Steam in a microwave frozen vegetable for 6 minutes. Defrost shrimp with cold water. Heat a pan on the stove at medium heat. Add 1 Tbsp of coconut oil. Add the vegetables. Cook through. Add the shrimp & sweet Asian chili sauce. Do not overcook the shrimp.

Shrimp Scampi

Ingredients:

- 1 lb. shrimp, peeled, deveined and rinsed
- 2 Tbsp margarine
- 1 minced garlic clove
- ¼ tsp crushed red pepper
- ¼ tsp salt
- 1 small diced tomato
- 1 tsp chopped parsley

Directions:

Over medium heat in hot margarine cook garlic and crushed red pepper for 2 minutes, stirring occasionally.

Increase heat to high and add shrimp and salt.

Cook 4-5 minutes until shrimp turn pink. Add tomato and cook.

Add parsley and serve over rice or pasta.

Shrimp Tacos

Ingredients:

1 lb. shrimp, peeled and deveined

Chili powder, garlic and crushed red pepper to taste

Olive oil

Sour cream

Salsa

Directions:

Sauté chili powder, garlic and crushed red pepper in olive oil.

Add shrimp and onion.

Mix equal parts sour cream and salsa together then add to shrimp and cook through.

Serve in corn or flour tortillas (corn are healthier). Top with slaw, lettuce, shredded cheese, sour cream, tomato to your liking.

Note: Quantities will vary according to how many people you're feeding.

Holy Mackerel

Ingredients:

- 1 lb. mackerel
- Mayonnaise
- Garlic powder
- Soy sauce
- Salt and pepper
- Panko bread crumbs
- Autry fish fry
- Crushed red pepper
- Dash seasoning

Directions:

Cut fish in chunks

Marinate in mayo, garlic powder, soy sauce, salt and pepper for 1 hour or overnight.

Roll in breading: ½ panko bread crumbs and ½ Autry fish fry, crushed red pepper and Dash seasoning.

Fry in olive oil with garlic until brown.

Vegetarian

Cauliflower Macaroni and Cheese

Ingredients:

¼ cup shredded reduced fat cheddar cheese

1/3 cup bread crumbs

1 tsp butter

¼ cup reduced fat cream cheese

1 head cauliflower (set 1 cup aside)

4 carrots, cut into coins

1 cup broth (your choice)

2 cups elbow macaroni

Cooking spray

Dash of hot sauce

Directions:

In a large pot put almost all the cauliflower and carrots.

Add water to cover and boil till very soft, about twenty minutes.

In a blender put the vegetables, cheeses, broth and dash of hot sauce and blend until you create a sauce.

Boil macaroni and remaining cauliflower and cook for two to three minutes, until partially cooked, and then drain.

Spray a 9 x 13-inch pan with cooking spray and put in the macaroni and cauliflower and sauce. Mix well.

Put bread crumbs on top and dot with butter.

Bake in a 400-degree oven for thirty minutes.

Makes 8 1-cup servings.

Cashew Stir-Fry with Apple

Ingredients:

- 1 cup of unsalted cashews
- 1 red bell pepper cut into small pieces
- 1 hot pepper, diced -- optional
- 1 stalk of diced celery
- 1 8-oz package of sliced mushrooms
- 1 apple, diced
- 1 cup of cooked wild rice

Directions:

- Sautee all vegetables with 1 Tbsp of oil
- Add cashews and apple and cook until all ingredients are hot
- Serve over rice

Makes a meal for two

Vegetarian Chili

I usually use dried black beans instead of canned. Soak overnight in several changes of water.

The secret to success is the onion soup mix.

Ingredients:

- 2 envelopes onion soup mix
- 1 envelope chili seasoning mix (or ¼ hot and ¾ original)
- 2 – 28 oz cans diced tomatoes (or 1 large can)
- 4 – 16 oz cans pinto beans (or 2 large cans); do not drain off all the liquid

Directions:

- In a large pot, heat diced tomatoes and pinto beans.
- Stir in onion soup mix and chili seasoning mix. Simmer to serving temperature.

Eggplant with Noodles and Cheese

Ingredients:

1 medium eggplant

¼ cup of Italian bread crumbs

1 egg

Cooking spray

Cooked noodles (your choice), drained

1 can of low-sodium tomato sauce or 1 can of cream of mushroom or cream of celery condensed soup

3 oz of sharp grated cheddar cheese

Seasonings: black pepper, garlic, and onion flakes

Directions:

Mix bread crumbs with egg and seasonings.

Cut eggplant into slices and dip into breadcrumb mixture (slice across, not lengthwise).

Cook in frying pan until brown on both sides.

In a saucepan simmer tomato sauce or condensed soup with seasonings to taste.

Serve over noodles.

Sprinkle with grated cheese.

Desserts



Oatmeal Chocolate Chip Raisin Cookies

Ingredients:

3 ripe bananas or equivalent quantity of other fruit (such as mangoes or peaches)
1/3 cup unsweetened applesauce
2 ¾ to 3 cups uncooked oatmeal
¼ cup unsweetened almond milk
½ cup raisins
3 oz (by weight) of chocolate mini-chips
1 tsp cinnamon

Directions:

Pre-heat oven to 350 degrees while preparing the ingredients.

In a bowl, mash up the bananas or whatever other fruit you are using (a potato masher works really well with the bananas).

Add unsweetened applesauce.

Add uncooked oatmeal.

Add unsweetened almond milk and cinnamon.

Add chocolate mini-chips and raisins.

Stir all the ingredients together until well-mixed into a thick dough.

Scoop dough out into balls, each about 1 inch in diameter, and place on greased or non-stick cookie sheet.

Use a fork to flatten the balls out into cookie form.

Don't worry about getting the cookies too close together; they aren't going to spread as they cook.

Bake in 350-degree oven for twenty minutes.

Oatmeal Black Cherry Cookies

Ingredients:

3 cups of pitted frozen black cherries, cut into halves or thirds depending on size of cherries

2 ½ cups of uncooked oatmeal

¼ cup of almond milk

3 unsweetened applesauce cups -- each is about 4 oz

1 tsp of allspice -- You can also make it by combining cinnamon, nutmeg, and cloves.

Directions:

Pre-heat oven to 350.

Mix all ingredients together.

Spoon out and flatten with fork.

No need to space far apart, since cookies do not spread.

Bake for 20 minutes at 350.

Makes 20 cookies

Oatmeal Raisin Apple Cinnamon Cookies

Ingredients:

1 cup of oats

½ cup applesauce, sweetened or unsweetened. If you are using unsweetened applesauce, add 1 packet of Stevia.

One 3-oz box of raisins

Use as much cinnamon as you would like for your taste.

Directions:

Line baking sheet with a piece of tinfoil and spray with olive oil.

Mix applesauce and oats in a bowl.

(Optional) Allow applesauce and oatmeal to sit for about 20 minutes.

Add raisins and cinnamon into the mixture.

Roll your dough into small balls and place them on your cookie sheet.

Cook at 350 for 10 minutes.

Allow cookies to cool for a few minutes; then they are ready to serve.

Note: You might also try nutmeg with this recipe.

Zucchini Bread

Ingredients:

6 Tbsp sugar
¼ cup brown sugar
2 egg whites
2 Tbsp margarine, melted
¾ cup skim milk
1 ½ cups grated zucchini
2 cups flour
2 ½ tsp baking powder
½ tsp baking soda
2 Tbsp lemon juice
¼ tsp nutmeg
½ tsp cinnamon

Directions:

Mix wet ingredients with zucchini.
Add dry ingredients and mix well.
Spray a loaf pan with cooking spray and add batter.
Bake at 350 for 50 minutes.

Makes ten servings.

Pumpkin Cookies

Ingredients:

- 1 cup shortening
- 1 cup sugar
- 1 cup pumpkin
- 1 egg
- 2 cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp salt
- 1 cup raisins (optional)

Directions:

- Cream shortening, sugar, and pumpkin together.
- Add egg and mix.
- Add dry ingredients.
- Add raisins if you choose.
- Drop by spoonful on greased or nonstick cookie sheet.
- Bake at 375 for 10-12 minutes.

Can eat as is, or add icing.

Icing for pumpkin cookies:

- Cook 3 Tbsp margarine, 4 tsp milk and 1/2 cup brown sugar
- Let cool
- Add 1 cup powdered sugar and 3/4 tsp vanilla

Simple Steamed Fruit with Cinnamon

Ingredients:

1 medium apple or pear

¼ cup raisins

1 tsp cinnamon

Directions:

Dice apple or pear (or both—they taste good together), and put in microwave-safe bowl.

Add raisins into the bowl.

Sprinkle with cinnamon.

Add a couple of tablespoons of water and cover bowl with saran wrap.

Heat in microwave for 3 minutes.

Cherry Pie Salad

Ingredients:

1 can cherry pie filling

2 bananas, cut up

2 peeled apples, cut up

1 small bag of miniature marshmallows

Directions:

Mix all ingredients together in large bowl and serve.

Black Cherry Pecan Delight

Ingredients:

2 cups of frozen black cherries, pitted

2 sheets cinnamon graham crackers

1 oz of unsalted pecan pieces

Whipped cream

Directions:

Break up graham crackers and place in a microwave-safe bowl.

Put the black cherries in another bowl and heat in the microwave for about 30 seconds or until warm.

Cut black cherries in half and add with their own juice to the graham cracker layer.

Sprinkle the unsalted pecan pieces thickly on top.

Cook in microwave for 2 ½ minutes.

Divide into two bowls and top with whipped cream.