



**The Beet Café
Recipes
2016-2017**

Main Dishes

Artichoke & Spinach Lasagna

10 servings (original 8, without lentils)

Ingredients:

9 each lasagna noodle, uncooked
1 each onion, chopped
4 each cloves garlic, chopped
14 1/2 ounces vegetable broth, 1 can
1 tablespoon fresh rosemary, chopped
14 ounces marinated artichoke heart, 1 can, drained and chopped
10 ounces frozen chopped spinach, 1 package, thawed, drained and squeezed dry
28 ounces pasta sauce, 1 jar
20 ounces lentils, cooked
4 ounces feta cheese, herb and garlic, crumbled
3 cups shredded nonfat mozzarella cheese, divided

Directions:

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.

Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain.

Spray a large skillet with cooking spray and heat on medium-high. Saute onion and garlic for 3 minutes, or until onion is tender-crisp. Stir in broth and rosemary; bring to a boil. Stir in artichoke hearts and spinach; reduce heat, cover and simmer 5 minutes. Stir in pasta sauce.

Spread 1/4 of the artichoke mixture in the bottom of the prepared baking dish; top with a layer of lentils; top with 3 cooked noodles. Sprinkle 3/4 cup mozzarella cheese over noodles. Repeat layers 2 more times, ending with artichoke mixture and mozzarella cheese. Sprinkle crumbled feta on top.

Bake, covered, for 40 minutes. Uncover, and bake 15 minutes more, or until hot and bubbly. Let stand 10 minutes before cutting.

Per Serving (excluding unknown items): 504 Calories; 7g Fat (12.0% calories from fat); 31g Protein; 80g Carbohydrate; 9g Dietary Fiber; 17mg Cholesterol; 821mg Sodium. Exchanges: 5 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 Fat.

Baked Falafel

4 servings

Ingredients:

1/4 cup chopped onion
15 ounces garbanzo beans, canned, rinsed and drained
1/4 cup chopped parsley
3 each garlic cloves
1 teaspoon ground cumin
1/4 teaspoon ground coriander
1/4 teaspoon salt
1 tablespoon all-purpose flour
1 each egg, beaten
2 teaspoons olive oil

Directions:

Wrap onion in cheese cloth and squeeze out as much moisture as possible. Set aside. Place garbanzo beans, parsley, garlic, cumin, coriander, salt, and baking soda in a food processor. Process until the mixture is coarsely pureed. Mix garbanzo bean mixture and onion together in a bowl. Stir in the flour and egg. Shape mixture into four large patties and let stand for 15 minutes. Preheat an oven to 400 degrees F (200 degrees C). Heat olive oil in a large, oven-safe skillet over medium-high heat. Place the patties in the skillet; cook until golden brown, about 3 minutes on each side. Transfer skillet to the preheated oven and bake until heated through, about 10 minutes.

Per Serving (excluding unknown items): 183 Calories; 5g Fat (23.8% calories from fat); 8g Protein; 28g Carbohydrate; 5g Dietary Fiber; 53mg Cholesterol; 472mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.

Baked Pork Loin Chop

1 servings

Ingredients:

1 (3oz) pork loin chop

1 teaspoon canola oil

2 onion slices

dash salt

dash ground pepper

1 tbsp brown sugar

1 tbsp ketchup

Directions:

Preheat the oven to 350 degrees F.

Brown the pork chop in oil over medium heat. Season the chop with salt and pepper and place in a shallow baking dish.

Top the pork chop with onion slices, brown sugar and ketchup.

Cover and cook for 30 minutes. Uncover and cook until done, about 30 minutes longer.

Per Serving (excluding unknown items): 173 Calories; 8g Fat (39.0% calories from fat); 11g Protein; 15g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 204mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1 Other Carbohydrates.

Beef Chili

12 servings

Ingredients:

1 pound extra lean ground beef
1 1/4 cups chopped onion
1 1/4 cups chopped green bell pepper
6 each cloves garlic, chopped
29 ounces stewed tomatoes, undrained
15 ounces kidney beans, drained and rinsed
8 ounces no salt added tomato sauce
1 ounce onion soup mix
1 cup water
3 tablespoons chili powder
1 tablespoon paprika
1 1/4 teaspoons chili sauce
6 tablespoons cheddar cheese, lowfat, shredded

Directions:

Spray 4-quart Dutch oven with cooking spray; heat over medium-high heat. Add beef, onions, green peppers and garlic; cook 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked. Drain.

Add tomatoes, beans, tomato sauce, onion soup mix, water, chili powder, paprika and pepper sauce. Heat to boiling; reduce heat. Cover; simmer 20 minutes, stirring occasionally. Top each serving with 1 tablespoon cheese.

Per Serving (excluding unknown items): 267 Calories; 8g Fat (25.2% calories from fat); 18g Protein; 33g Carbohydrate; 11g Dietary Fiber; 27mg Cholesterol; 311mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Beef Sloppy Joes

6 servings

Ingredients:

1 pound extra lean ground beef

1/2 cup chopped onion

8 ounces tomato sauce

1/3 cup ketchup

2 tablespoons brown sugar

1 tablespoon apple cider vinegar

Directions:

Place the ground beef and chopped onion in a skillet over medium heat; cook and stir until the beef is completely browned and the onions are translucent. Drain the fat from the skillet and return it to medium heat. Stir in the tomato sauce, ketchup, brown sugar, and vinegar. Reduce heat to medium low and simmer 20 minutes.

Per Serving (excluding unknown items): 219 Calories; 13g Fat (53.4% calories from fat); 15g Protein; 11g Carbohydrate; 1g Dietary Fiber; 52mg Cholesterol; 438mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Beef Meatloaf

12 servings

Ingredients:

Loaf

2 each eggs, slightly beaten
2 cups shredded zucchini, or sub other available vegetable
1/3 cup bread crumbs, plain
1/3 cup chopped onion
1 teaspoon salt
1/2 teaspoon dried oregano
1/4 teaspoon black pepper
1 1/2 pounds extra lean ground beef

Topping

1 tablespoon packed brown sugar
2 tablespoons ketchup
1/2 teaspoon yellow mustard

Directions:

Heat oven to 350°F. In large bowl, mix all meatloaf ingredients until well blended. Press mixture into ungreased 9 1/2-inch deep-dish glass pie plate. Bake 35 minutes.

Meanwhile, in small bowl, mix all topping ingredients.

Remove meatloaf from oven; pour off drippings. Spread topping over loaf. Return to oven; bake 10 to 15 minutes longer or until thoroughly cooked in center and meat thermometer reads 160°F. Let stand 5 minutes before serving.

Per Serving (excluding unknown items): 169 Calories; 11g Fat (58.0% calories from fat); 12g Protein; 5g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Black Bean Patties [Black Bean Burgers, Veggie Burgers]

8 servings

Ingredients:

1/2 each green bell pepper
1/2 each onion, cut into wedges
3 each cloves garlic, peeled
1 each egg
1 tablespoon chili powder
1 tablespoon cumin
1 teaspoon hot sauce
16 oz black beans, drained and rinsed

Directions:

In a medium bowl, mash black beans with a fork until thick and pasty.

In a food processor, finely chop bell pepper, onion, and garlic. Stir into mashed beans.

In a small bowl, stir together egg, chili powder, cumin, and chili sauce.

Stir the egg mixture into the mashed beans. Mix in the breadcrumbs until the mixture is sticky and holds together. Divide mixture into 4 patties.

Bake or grill ~8-10 minutes per side.

Per Serving (excluding unknown items): 215 Calories; 2g Fat (7.2% calories from fat); 13g Protein; 38g Carbohydrate; 9g Dietary Fiber; 27mg Cholesterol; 38mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat.

Black Bean Burritos

4 servings

Ingredients:

2 each whole wheat tortillas

14 ounces beans

1/4 teaspoon chili powder

1/2 cup salsa

1/4 cup cheese, cheddar, shredded

1 each green onion

1/4 cup light sour cream

Directions:

Preheat the oven to 350°F (180°C). In a bowl, mash the beans with a potato masher. Add the chili powder and half of the salsa, and mix well. Spoon half of the bean mixture onto each tortilla, down the centre but not to the edge. Sprinkle half of the cheese and half of the green onions on each tortilla. Fold up the bottom of each tortilla, then the sides, then fold down the top. Place on an ungreased cookie sheet, seam side down. Bake in the oven for 10-15 minutes, or until heated thoroughly. Remove and top with sour cream and salsa.

Substitutions:

- Use regular or any flavour of flour tortillas, e.g. sundried tomato, flax seed.
- Use any type of canned beans, e.g. black beans.
- Use other types of cheese such as mozzarella or Monterey Jack.
- Use a heart healthy cheese, i.e. one that has less than 20% M.F.
- Use regular sour cream as an alternative to light.

Per Serving (excluding unknown items): 418 Calories; 3g Fat (6.1% calories from fat); 25g Protein; 76g Carbohydrate; 26g Dietary Fiber; 1mg Cholesterol; 350mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Bolognese Meat Sauce with Whole Wheat Spaghetti

10 servings

Ingredients:

20 ounces whole wheat spaghetti, cooked

1 each onion, finely chopped

1 each garlic clove, crushed

1 teaspoon dried oregano

800 grams extra lean ground beef

2 tablespoons tomato paste

1/2 cup red wine

400 grams chopped tomatoes

1 cup beef stock

1 teaspoon sugar

Directions:

Heat oil in a large heavy-based saucepan over medium heat. Cook onion and garlic for 3 to 4 minutes or until onion has softened. Increase heat to medium-high. Add oregano. Cook for 1 minute or until fragrant. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned.

Add tomato paste. Cook, stirring, for 1 minute. Add wine (if using), tomato, stock and sugar. Bring to the boil. Reduce heat to medium-low. Cook, partially covered, stirring occasionally, for 30 to 40 minutes or until thick. Season with salt and pepper.

Serve over whole wheat spaghetti.

Per Serving (excluding unknown items): 412 Calories; 15g Fat (31.8% calories from fat); 24g Protein; 47g Carbohydrate; 6g Dietary Fiber; 55mg Cholesterol; 307mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Butternut Squash Mac & Cheese

8 servings

Ingredients:

1 pound butternut squash, peeled, seeded, and cut into 1-inch cubes
1 cup low sodium chicken broth, skimmed of fat
1 1/2 cups nonfat milk
1 pinch nutmeg
1 pinch cayenne
3/4 teaspoon coarse salt
1 pound whole grain macaroni
4 ounces cheddar cheese, lowfat, finely grated
4 tablespoons parmesan cheese
2 tablespoons fine dry breadcrumbs
1 teaspoon olive oil
1/2 cup part-skim ricotta cheese

Directions:

Preheat oven to 375 degrees. Combine squash, stock, and milk in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium; simmer until squash is tender when pierced with a fork, about 20 minutes. Remove from heat. Mash contents of saucepan; stir in nutmeg, cayenne, and salt, and season with black pepper. Stir to combine.

Meanwhile, bring a large pot of water to a boil. Add noodles; cook until al dente according to package instructions, about 8 minutes. Drain, and transfer to a large bowl; stir in squash mixture, cheddar, ricotta, and 2 tablespoons Parmesan.

Lightly coat a 9-inch square baking dish (4 inches deep) with cooking spray. Transfer noodle mixture to dish. In a small bowl, combine breadcrumbs, remaining 2 tablespoons Parmesan, and oil; sprinkle evenly over noodle mixture.

Cover with foil, and bake 20 minutes. Remove foil, and continue baking until lightly browned and crisp on top, 30 to 40 minutes more. Serve immediately.

Per Serving (excluding unknown items): 310 Calories; 5g Fat (12.6% calories from fat); 18g Protein; 53g Carbohydrate; 6g Dietary Fiber; 11mg Cholesterol; 438mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Butter Tofu

3 servings

Ingredients:

1/4 cup vegetable oil
2 each medium onion, finely minced
sea salt
3 tablespoons ginger, finely grated
5 each garlic cloves, finely grated
1 1/2 teaspoons garam masala
1 teaspoon ground turmeric
1 teaspoon ground coriander
1/4 teaspoon fenugreek seed
Seeds from 4 cardamom pods
15 ounces crushed tomatoes
9 ounces tofu, soft, cut into bite-size cubes
2 tablespoons brown sugar
2 tablespoons almond butter
1/4 cup heavy cream

Directions:

In a large frying pan, heat the oil or ghee over medium high heat. Add the onions and 1 teaspoon of sea salt and cook, stirring occasionally, until the onions are medium brown, about 8 to 10 minutes. Add the ginger and garlic and cook for 1 minute. Add all of the spices and cook for about 30 seconds, stirring constantly.

Stir in the crushed tomatoes, scraping the bottom of the pan to remove any browned bits. Add 1/2 cup of water to the pan, reduce the heat to low and simmer slowly for about 15 minutes, or until the sauce thickens and begins to splatter.

Remove from the heat and allow the sauce to cool for a couple minutes. Transfer the sauce to a blender and blend for 1 minute, or until very smooth (see Note).

Return the sauce to the pan and stir in the tofu over low heat until it is warm. Remove from the heat and stir through the brown sugar, almond butter and cream. Season with salt to taste.

Per Serving (excluding unknown items): 491 Calories; 35g Fat (59.8% calories from fat); 14g Protein; 39g Carbohydrate; 9g Dietary Fiber; 17mg Cholesterol; 211mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 3 1/2 Vegetable; 6 1/2 Fat; 1/2 Other Carbohydrates.

Butter Turkey

4 servings

Ingredients:

150 g butter

2 onions

2 cloves garlic

1 piece root ginger

2 tbsp curry powder

500 g turkey breast

6 fresh tomatoes

150 ml tomato paste (passata)

Directions:

Melt butter in saucepan, then add onions, garlic, ginger and curry powder. Fry for 5 minutes, but don't let the onions or garlic brown. Add the tomatoes and passata. Mix together well. Stir in the cubed turkey, cover and allow to simmer for 30 minutes, stirring occasionally. Serve with basmati rice, dal and naan bread.

Per Serving (excluding unknown items): 278 Calories; 20g Fat (62.4% calories from fat); 15g Protein; 12g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 362mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 3 Fat.

Chicken Parmesan [Baked Garlic Parmesan Chicken]

6 servings

Ingredients:

2 tbsp olive oil

1 clove garlic, minced

1 cup bread crumbs

2/3 cup nonfat Parmesan cheese, grated

1 tsp dried basil

1/4 tsp ground black pepper

6 chicken breast half without skin

Directions:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.

Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Per Serving (excluding unknown items): 274 Calories; 7g Fat (23.3% calories from fat); 34g Protein; 18g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 328mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Creamy Chicken Noodle Casserole [Chicken Noodle Casserole]

8 servings

Ingredients:

6 tablespoons unsalted butter
1 pinch kosher salt
12 ounces egg noodles, extra-wide
10 ounces mushroom, white, halved or quartered
1 pinch freshly ground black pepper
1/3 cup all-purpose flour
1 1/2 cups frozen onions, thawed
1 each carrot, halved lengthwise and sliced thinly across
1 each celery stalk, sliced thinly
2 sprigs thyme
1/2 cup dry white wine
4 cups chicken broth
1 cup cream
2 cups skinless boneless chicken breast, shredded
2 tablespoons chopped parsley
1 cup cheddar cheese, lowfat, shredded

Directions:

Preheat the oven to 375 degrees F. Butter a 3-quart casserole dish.

Bring a large pot of generously salted water to a boil. Add the egg noodles and cook until al dente, about 4 minutes. Strain.

Meanwhile, heat 2 tablespoons of the butter in a large Dutch oven or pot over medium-high heat. Add the mushrooms and cook, stirring occasionally, until browned all over, about 3 minutes. Season with 1/2 teaspoon salt and a few grinds of pepper. Transfer to a small bowl and set aside.

Lower the heat to medium and melt the remaining 4 tablespoons butter in the Dutch oven. Whisk in the flour to form a loose paste. Stir in the onions, carrots, celery and thyme and season with 1/2 teaspoon salt and a few grinds of pepper. Cook for 5 minutes to soften, then add the wine. Whisk for 30 seconds, then add the chicken broth and heavy cream. Bring to a boil, reduce heat and simmer for 10 minutes. Remove the thyme sprigs; fold in the noodles, mushrooms, chicken and parsley and season with salt and pepper. Transfer to the buttered casserole dish and top with the Gouda.

Bake until bubbly and brown on top, 40 to 45 minutes.

Per Serving (excluding unknown items): 475 Calories; 21g Fat (39.8% calories from fat); 28g Protein; 42g Carbohydrate; 3g Dietary Fiber; 127mg Cholesterol; 556mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 3 Fat.

Chicken Pot Pie

8 servings

Ingredients:

1 pound skinless boneless chicken breast, cubed
1 cup sliced carrot
1 cup frozen peas
1/2 cup sliced celery
1/3 cup chopped onion
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon celery seed
1 3/4 cups chicken broth
2/3 cup milk
2 each pie crust (9 inch)

Directions:

Preheat oven to 425 degrees F (220 degrees C.)

In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

Per Serving (excluding unknown items): 327 Calories; 14g Fat (38.9% calories from fat); 19g Protein; 30g Carbohydrate; 3g Dietary Fiber; 36mg Cholesterol; 671mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Chicken with Sundried Tomato Sauce

8 servings

Ingredients:

8 each chicken thighs
1 pinch salt
1 pinch pepper
3 tbsp butter
3 cloves garlic
1/4 tsp red pepper flakes
1 cup low sodium chicken broth
1/2 cup cream
1/3 cup sun-dried tomatoes
1/4 cup parmesan cheese
1/4 tsp thyme
1/4 tsp oregano
1/4 tsp basil
1/4 cup fresh basil leaf

Directions:

Preheat oven to 400 degrees F.

Season chicken thighs with salt and pepper, to taste.

Melt 2 tablespoons butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; set aside.

Melt remaining tablespoon butter in the skillet. Add garlic and red pepper flakes, and cook, stirring frequently, until fragrant, about 1-2 minutes. Stir in chicken broth, heavy cream, sun dried tomatoes, Parmesan, thyme, oregano and basil.

Bring to a boil; reduce heat and simmer until slightly thickened, about 3-5 minutes.

Return chicken to the skillet.

Place into oven and roast until completely cooked through, reaching an internal temperature of 175 degrees F, about 25-30 minutes.

Serve immediately, garnished with basil, if desired.

Per Serving (excluding unknown items): 175 Calories; 11g Fat (55.5% calories from fat); 17g Protein; 3g Carbohydrate; trace Dietary Fiber; 81mg Cholesterol; 281mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Chickpea Tomato Stew [Moroccan Chickpea Stew]

6 servings

Ingredients

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/2 teaspoon cayenne pepper, or to taste
- 1 teaspoon garam masala
- 1/2 teaspoon curry powder
- 1 pinch salt
- 3 potatoes, cut into 1/2-inch cubes
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 cup tomato sauce
- 1 cup golden raisins
- water, or enough to cover
- 1 (14.5 ounce) can chickpeas, drained and rinsed
- 1 bunch kale, ribs removed, chopped
- 1/2 cup chopped fresh cilantro

Directions

Heat the olive oil in a large pot over medium heat; cook the onion and garlic in the hot oil until the onions are translucent, 5 to 7 minutes. Stir the cumin, coriander, cayenne pepper, garam masala, curry powder, and salt into the onion and garlic; cook together until fragrant, about 1 minute. Add the potatoes, diced tomatoes, tomato sauce, and raisins to the pot. Pour enough water over the mixture to cover; bring to a simmer and cook until the potatoes are soft, 10 to 15 minutes.

Add the chickpeas and kale to the pot; simmer until the kale wilts, about 3 minutes. Sprinkle the cilantro over the stew and immediately remove the pot from the heat.

Cornmeal Crusted Fish Sticks

8 servings

Ingredients:

1/2 cup light sour cream
2 tablespoons mayonnaise
1 tablespoon lemon juice
1 each shallot
1/3 cup yellow cornmeal
1/3 cup dry breadcrumbs
cup buttermilk
20 oz perch fillet

Directions:

Position racks in the upper and lower thirds of the oven and preheat to 450 degrees . In a small bowl, stir together the sour cream, mayonnaise, lemon juice, shallot, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and refrigerate until ready to serve.

In a medium bowl, whisk together the cornmeal, breadcrumbs, the remaining 2 tablespoons parsley, 3/4 teaspoon salt and 1/4 teaspoon pepper. In another bowl, combine the buttermilk and fish, turning to coat. Working with 1 piece at a time, coat the fish with the cornmeal mixture; transfer to the prepared baking sheet. Bake on the upper rack until golden-brown, 12 to 14 minutes. Serve with the fries, dipping sauce and lemon wedges.

Per Serving (excluding unknown items): 134 Calories; 4g Fat (28.4% calories from fat); 15g Protein; 9g Carbohydrate; 1g Dietary Fiber; 66mg Cholesterol; 106mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Cornmeal Parmesan Fish Sticks

8 servings

Ingredients:

1/2 cup all-purpose flour
1/4 cup grated parmesan cheese
3 tablespoons cornmeal
1 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon pepper
1 each egg
1/4 cup skim milk
24 ounces fish fillet

Directions:

In a shallow dish, combine the flour, parmesan cheese, cornmeal, paprika, salt and pepper; set aside.

In another shallow dish, beat egg white and milk.

Dip fillets in milk mixture, then in flour mixture.

Place in a 13X9 inch baking dish coated with non-stick spray.

Bake, uncovered, at 350 degrees for 35-40 minutes or until fish flakes easily with a fork.

Per Serving (excluding unknown items): 134 Calories; 2g Fat (14.8% calories from fat); 18g Protein; 9g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 172mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 0 Fat.

Cornmeal Tofu Sticks

4 servings

Ingredients:

14 ounces tofu, firm, 1 brick, cut into 1/4" thick sticks

1/4 cup cornmeal

1/2 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon ground black pepper

1/4 teaspoon granulated sugar

2 tablespoons canola oil

Directions:

Place tofu on a paper-towel-lined plate. Cover with more towels and press down, then cover with a heavy plate for 15 minutes.

In a shallow bowl, combine cornmeal, oregano, ¼ tsp. salt, black pepper, and granulated sugar. Coat tofu on both sides. In a large skillet, heat oil over high heat. Pan-fry tofu until golden brown, about 2 minutes a side.

Per Serving (excluding unknown items): 170 Calories; 11g Fat (57.6% calories from fat); 9g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 243mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 2 Fat; 0 Other Carbohydrates.

Cucumber Ranch Turkey Wrap

8 servings

Ingredients:

4 each whole wheat tortilla
4 each leaf lettuce
4 ounces smoked turkey breast, sliced
4 each cheddar cheese slice
24 each cucumber slice
16 each cherry tomatoes, halved
4 tablespoons ranch salad dressing

Directions:

Arrange tortillas on a large plate. Top with lettuce, turkey, cheese, cucumbers and tomatoes, then drizzle with dressing. Roll up and serve.

Per Serving (excluding unknown items): 239 Calories; 12g Fat (42.1% calories from fat); 13g Protein; 23g Carbohydrate; 6g Dietary Fiber; 26mg Cholesterol; 399mg Sodium. Exchanges: 1 Lean Meat; 2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Egg Salad

4 servings

Ingredients:

1/4 cup light mayonnaise
1 tablespoon lemon juice
1 tablespoon mustard
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup chopped celery
1/4 cup green onions, thinly sliced
6 each eggs, hard-boiled, peeled

Directions:

Chop eggs. mix mayonnaise, lemon juice, mustard, salt and pepper in medium bowl. Add chopped eggs, celery and green onions; mix well. Refrigerate, covered, to blend flavors.

Per Serving (excluding unknown items): 159 Calories; 11g Fat (62.7% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 323mg Cholesterol; 362mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Fish in Coconut Sauce [White Fish in Coconut Sauce]

16 servings

Ingredients:

2 lb fish fillets
3/4 tbsp coriander leaves
1 pinch salt
1 pinch pepper
1 can coconut milk
1 each lime juice
1 tbsp ginger
1 tsp curry powder
1 tsp mustard seeds
1/4 tsp cumin seeds
1 inch lemon grass
1 pinch cilantro

Directions:

Making the sauce: Heat the oil in a pan, add the cumin and mustard seeds, as the cumin deepens in color and the mustard seeds begin to bounce off the pan, add the curry leaves for a minute until they curl up around the edges and crispen. Add the ginger, salt and pepper and cook until the ginger becomes golden.

Add the coconut milk and lemon grass and allow to reduce until it coats the back of a spoon (it will reduce to about half). Check the seasoning and squeeze in the lime juice.

Fish: On a plate, combine the coriander powder, salt and pepper.

Rub the mixture on one side of the fish.

Heat a pan with 1 tbsp. oil and add the fish, with seasoned side faced down first. Cook for a couple of minutes (to get a nice crust) and then flip to cook the other side. Check that it is cooked by inserting a knife into the thickest part. If the knife is hot, remove from heat.

Spoon the sauce over each fillet of fish (serve with rice). Splash a few droplets of lime over each dish for added zing, top with cilantro.

Per Serving (excluding unknown items): 92 Calories; 4g Fat (39.0% calories from fat); 11g Protein; 4g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Fish Pot Pie

12 servings

Ingredients:

2 each potatoes, peeled and diced
1 each carrot, peeled and diced
1 each onion, chopped
2 tablespoons olive oil
1 each red bell pepper, seeded and diced
1/2 cup fresh corn kernels
1 clove garlic, finely chopped
1/4 cup flour
2 cups skim milk
1 pound fish fillets, cut into cubes
2 tablespoons flat leaf parsley
1 teaspoon lemon juice
1 1/2 pounds puff pastry
1 pinch celery salt
1 pinch black pepper

Egg Wash

1 each egg yolk
1 tablespoon milk

Directions:

With the rack in the middle position, preheat the oven to 200 °C (400 °F).

In a pan of salted boiling water, cook the potatoes and carrots. Drain and set aside.

In another pan, brown the onion and bacon in the oil. Add the bell pepper, corn, and garlic and sauté until tender. Season with salt and pepper. Sprinkle with the flour and cook for 1 minute, stirring constantly. Add the milk and bring to a boil, stirring with a whisk. Adjust the seasoning. Add the potatoes, carrots, fish, parsley, and lemon juice. Pour into a 2 litres (8 cups) soufflé dish. Set aside.

Egg Wash: In a bowl, combine the ingredients. Set aside.

Roll out the dough so that the diameter is about 4-cm (1 1/2-inch) larger than the soufflé dish.

Moisten the dough. Cover the dish with the dough, moistened side down, and press on the sides for the dough to adhere to the dish. Lightly brush the dough with the egg wash and make a hole in the middle. Bake for about 45 minutes or until the pastry is golden brown.

Per Serving (excluding unknown items): 425 Calories; 25g Fat (52.4% calories from fat); 14g Protein; 37g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 197mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 Fat.

Ginger Chicken Thighs

8 servings

Ingredients:

8 chicken thighs
2 tablespoons honey
1 tablespoon dijon mustard, or more if needed
4 tablespoons water
2 teaspoons ground ginger
3 each garlic clove
1 pinch salt and pepper, to taste
1 teaspoon cayenne pepper, optional

Directions:

Preheat the oven to 180C or 350°F.

Select a sturdy oven dish - preferably non-stick.

Place the chicken thighs into the baking dish.

Mix the honey, mustard, water, ginger; crushed garlic (and cayenne pepper if using) together in a measuring jug.

Pour over the chicken thighs, easing them up slightly so the mixture runs underneath them.

Season with salt and freshly ground black pepper to taste and bake in the oven for 45 to 60 minutes.

Serve two chicken thighs per person with some of the cooking sauce drizzled over the top of the chicken.

Garnish with chopped parsley; serve with a medley of steamed vegetables and pasta.

Per Serving (excluding unknown items): 104 Calories; 3g Fat (25.1% calories from fat); 14g Protein; 5g Carbohydrate; trace Dietary Fiber; 57mg Cholesterol; 95mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Ginger Tofu

6 servings

Ingredients:

1/4 cup balsamic vinegar
28 ounces tofu, extra firm, drained, sliced crosswise
3 tablespoons light brown sugar
2 tablespoons vegetable oil
1/8 cup ginger, in matchsticks
2 each garlic cloves, thinly sliced
1/4 cup low sodium soy sauce

Directions:

Place tofu on a baking sheet lined with several layers of paper towels; place several layers of towels on top and press gently to remove liquid. Place tofu in a shallow baking dish.

Bring vinegar, soy sauce, and palm sugar to a boil in a small saucepan, stirring to dissolve sugar. Pour over tofu and turn to coat. Let stand at least 1 hour to marinate.

Heat oil in a large nonstick skillet over medium-high. Add ginger and garlic and cook, stirring often, until beginning to brown, about 1 minute.

Drain tofu, reserving marinade; pat tofu dry. Add tofu to skillet and cook until golden on all sides, 5–7 minutes (remove ginger and garlic if they are in danger of burning). Add reserved marinade to skillet and cook until marinade is reduced and glazes tofu, about 2 minutes longer. Transfer tofu to a platter, spoon pan juices over, and serve.

Per Serving (excluding unknown items): 173 Calories; 11g Fat (53.2% calories from fat); 12g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 412mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Honey Mustard Chicken Thighs

6 servings

Ingredients:

6 chicken
1/3 cup dijon mustard, smooth
1 tablespoon olive oil
1 pinch salt
2 sprigs rosemary
1 pinch freshly ground pepper, to taste

Directions:

Preheat the oven to 350°F. In a medium bowl, whisk together the mustard, honey, and olive oil. Add a pinch of salt and taste. Add more salt and mustard until you get the flavor where you want it.

Salt the chicken lightly and lay the pieces skin-side up in a shallow casserole dish. Spoon the honey mustard sauce over the chicken. Place the rosemary sprigs in between the pieces of chicken.

Bake for 45 minutes, or until the thighs read 175° on a meat thermometer, or the juices run clear when the meat is pierced with a knife. Remove the casserole pan from the oven, use a spoon to spoon off any excess chicken fat that has rendered during the cooking.

Sprinkle some freshly ground black pepper over the chicken before you serve.

Per Serving (excluding unknown items): 116 Calories; 6g Fat (44.8% calories from fat); 14g Protein; 2g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 249mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Jamaican Shepherd's Pie

10 servings

Ingredients:

450 g ground beef, 95% lean
1 tbsp vegetable oil
1 large onion, sliced
1 medium carrot, diced
1 stick celery, chopped
2 cups peas
1 tbsp flour, whole-grain wheat
2 tbsp spices, jerk
1 kg Sweet potato
1 cup stock, beef
1 tbsp honey
50 grams butter
salt
pepper
2 tsp cinnamon

Directions:

Fry the onion, carrot and celery over medium heat for five minutes until softened, and then transfer to a large casserole dish.

Fry the beef for five minutes until browned. Add the flour and stir for a minute, then add the Jerk seasoning and fry for a further minute. Transfer to the casserole and stir into the vegetables.

Season to taste. Put the lid on the casserole and cook for two hours at 140 degrees C/gas mark 1.

Half an hour before the end of the casserole's time in the oven, peel the sweet potatoes and boil for 20 minutes. Drain and mash with the butter, cinnamon and honey until smooth, and season to taste.

Add back enough of the reserved gravy to moisten. Add the sweet potato mash evenly and fork over to create cross-hatch pattern.

Return, uncovered to the oven and bake at 200 degrees C/ gas mark 6 for 39 minutes until the peaks of the potato are crispy and light brown

Serve with the reserved gravy.

Per Serving (excluding unknown items): 278 Calories; 7g Fat (31.3% calories from fat); 7g Protein; 26g Carbohydrate; 4g Dietary Fiber; 23mg Cholesterol; 72mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Lemon Garlic Tuna Cakes

6 servings

Ingredients:

10 oz canned tuna, in water
1/4 cup bread crumbs
1 each green onion, thinly sliced
1 each garlic clove, minced
1 each egg
1/2 each lemon juice
1 1/2 tablespoons light sour cream
1 tablespoon dried parsley
4 each whole wheat bun

Directions:

Combine tuna, bread crumbs, green onion, garlic, egg, lemon, sour cream and parsley, and mix well with your hands.

Form into four patties (they will be wet). Place on a greased baking sheet and bake for 20 minutes at 400 degrees F.

Per Serving (excluding unknown items): 140 Calories; 2g Fat (15.0% calories from fat); 21g Protein; 9g Carbohydrate; trace Dietary Fiber; 75mg Cholesterol; 319mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Lentil Zucchini [Pan]Cakes

6 servings

Ingredients:

2 each zucchini
1/4 cup diced onion
1 each egg white
1/2 cup cooked lentils, drained, or use canned
1/2 cup whole wheat flour
1/4 cup bread crumbs
1/2 teaspoon baking powder
1/2 teaspoon freshly ground black pepper
sea salt, to taste
1 tablespoon canola oil

Directions:

Preheat oven to 275 degrees.

Using a potato masher or fork, mash lentils before adding to zucchini mixture and remove as much liquid as possible.

In a small bowl, grate zucchini using the large holes of the grater. Add onion and egg white, whisk to combine. Add additional ingredients, except oil, and stir to combine. Make the mixture into 10 pancakes.

Note: If the mixture seems too thin, add additional flour, a little at a time, until it thickens up. Add oil to a large skillet, heat to medium, add pancakes and cook about 4-5 minutes on each side or until browned. Place cooked pancakes on a cookie sheet and keep warm in the oven until all pancakes are done.

Per Serving (excluding unknown items): 106 Calories; 3g Fat (23.1% calories from fat); 5g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 92mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Meatballs in Mushroom Gravy [Swedish Meatballs]

32 servings

Ingredients:

Meatballs

2 tablespoons butter
1/2 each yellow onion, finely chopped
1 1/2 teaspoons salt
1/4 cup skim milk
2 each large egg
1/3 cup bread crumbs
3/4 teaspoon freshly ground black pepper
1/4 teaspoon ground nutmeg
1/4 teaspoon ground allspice
1 pinch cayenne pepper, or to taste
1 pound ground beef, extra lean, chuck
1 pound ground pork

Gravy

2 tablespoons butter
3 tablespoons all-purpose flour
3 1/4 cups beef broth
1/2 cup light cream

Directions:

Melt 2 tablespoons butter in a large skillet over medium heat. Cook and stir onion and 1 1/2 teaspoons salt in butter until onion begins to turn translucent, about 6 minutes.

Transfer onion mixture to a large bowl. Add milk, eggs, bread crumbs, black pepper, nutmeg, allspice, and cayenne pepper to the breadcrumb mixture; stir to combine.

Mix beef and pork into the bread crumb mixture. Cover with plastic wrap and refrigerate for 1 hour.

Melt 2 tablespoons butter in a large skillet over medium heat; whisk flour into butter and cook until golden brown, 4 to 5 minutes. Slowly whisk beef broth into butter mixture.

Increase heat to medium-high, whisk cream into mixture and bring to a simmer. Stir sugar and Worcestershire sauce into gravy. Simmer until slightly thickened, 6 to 7 minutes. Season with salt and black pepper. Remove from heat and set aside.

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil and lightly coat foil with cooking spray.

Roll 2 to 3 tablespoons meatball mixture into a ball using wet hands; repeat with remaining meatball mixture. Place meatballs on the prepared baking sheet.

Bake in the preheated oven until browned, about 20 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Transfer meatballs to the gravy and cook over medium-low heat until warmed through, about 5 minutes.

Per Serving (excluding unknown items): 293 Calories; 21g Fat (66.2% calories from fat); 19g Protein; 6g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 742mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Pasta Primavera

12 servings

Ingredients:

24 oz penne pasta
1 each yellow squash
1 each zucchini
1 each carrot
1/2 each red pepper
1/2 pints tomato
1 cup green beans
5 spears asparagus
1/4 cup olive oil
1 tbsp italian seasoning
1/2 tbsp lemon juice
1/4 tsp salt
1/4 tsp ground pepper
1 tbsp butter
1/4 each onion
2 cloves garlic
2 tsp lemon zest
1/3 cup fresh basil
1/3 cup fresh parsley
3 tbsp balsamic vinegar
1/2 cup romano cheese

Directions:

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook until tender yet firm to the bite, 10 to 12 minutes; drain.

Toss squash, zucchini, carrot, red bell pepper, tomatoes, green beans, and asparagus together in a bowl with 2 tablespoons olive oil, salt, pepper, lemon juice, and Italian seasoning. Arrange vegetables on the lined baking sheet.

Roast vegetables in preheated oven until tender, about 15 minutes.

Heat remaining olive oil and butter in a large skillet. Cook onion and garlic in hot oil until tender, 5 to 7 minutes. Mix cooked pasta, lemon zest, basil, parsley, and balsamic vinegar into the onion mixture. Gently toss and cook until heated through, 3 to 5 minutes.

Remove from heat and transfer to a large bowl. Toss with vegetables and sprinkle with cheese.

Per Serving (excluding unknown items): 297 Calories; 8g Fat (23.6% calories from fat); 10g Protein; 47g Carbohydrate; 3g Dietary Fiber; 7mg Cholesterol; 120mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.

Portobello Mushroom Schnitzel

4 servings

Ingredients:

2 each eggs
3 tablespoons skim milk
1 1/2 cups breadcrumbs
4 each Portobello mushroom caps
1 tablespoon olive oil, plus more for frying
1/4 teaspoon kosher salt
3 tablespoons lemon juice
2 tablespoons capers, coarsely chopped
2 tablespoons unsalted butter
2 tablespoons chopped parsley

Directions:

Whisk together the eggs and milk and pour into a large, shallow bowl. Place the breadcrumbs on a plate. One at a time, dip the mushrooms into the egg mixture, making sure that they are thoroughly coated, and dredge the mushrooms in the breadcrumbs until they are completely covered. Transfer the mushrooms to a clean platter.

In a medium skillet, add 1 1/2 cups olive oil and set over high heat. When the oil is very hot, fry the mushrooms one at a time until golden, 3 to 4 minutes a side, lowering the heat if they cook too quickly. Drain on a rack or paper towels. Sprinkle them with salt on both sides, transfer to a platter and keep warm.

Pour out the oil and return the pan to medium heat. Add 1 tablespoon olive oil to the pan along with the lemon juice, capers and 1/4 teaspoon salt. Cook, stirring, for 1 minute. Whisk in the butter and parsley. Pour the sauce over the mushrooms and serve.

Per Serving (excluding unknown items): 317 Calories; 14g Fat (40.0% calories from fat); 11g Protein; 37g Carbohydrate; 3g Dietary Fiber; 122mg Cholesterol; 553mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Pulled Pork on Whole Wheat Buns

16 servings

Ingredients:

16 each whole wheat buns
1 can tomatoes, drained
1/2 cup ketchup
1/2 tablespoon worcestershire sauce
1/4 cup cider vinegar
1 tablespoon molasses
1 teaspoon dry mustard
1 tablespoon soy sauce
1 each onion, coarsely chopped
2 each cloves garlic
4 pounds pork shoulder roast
1 pinch salt and pepper

Directions:

In a blender, purée all ingredients except the pork. Season with salt and pepper.

Season the pork with salt and pepper. Place it in the slow cooker with the sauce. Cover and cook on low heat for about 8 hours. Alternatively, cook on high for 6 hours.

Place the meat on a plate and tent with aluminum foil. Let stand 15 minutes, then shred using a fork.

Meanwhile, in a saucepan, bring the sauce to a boil and reduce until syrupy, about half the original volume. Add the meat and coat well with the sauce.

Per Serving (excluding unknown items): 359 Calories; 17g Fat (44.7% calories from fat); 20g Protein; 28g Carbohydrate; 3g Dietary Fiber; 60mg Cholesterol; 390mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Roasted Vegetable Wrap

4 servings

Ingredients:

4 each whole wheat tortilla

3 cups vegetables, roasted (mixture of zucchini, peppers, onions, etc.)

1 tablespoon olive oil, for roasting

1/8 teaspoon salt

pinch freshly ground pepper

1 cup hummus

2 ounces spinach

Directions:

Roast vegetables, coated with olive oil and sprinkled with salt and pepper, in 400 degree oven til tender.

Spread 1/4 of hummus over each of the tortillas. Top with vegetables and spinach.

Roll up and cut in half on the diagonal.

Per Serving (excluding unknown items): 277 Calories; 12g Fat (37.5% calories from fat); 9g Protein; 35g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 695mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Salisbury Steak

5 servings

Ingredients:

Steaks

1 pound ground sirloin
1/2 cup panko
1 each egg, beaten
2 tablespoons skim milk
1 ounce onion soup mix, dry (1/2 package)
1 teaspoon Worcestershire sauce
1/4 teaspoon ground black pepper

Gravy

3 tablespoons butter
2 cups fresh mushroom, sliced
1 each sweet onion
3 tablespoons all-purpose flour
1 ounce onion soup mix, dry (1/2 package)
1 1/2 cups beef stock
1 cup water
salt and pepper, to taste

Directions:

Mix ground sirloin, panko bread crumbs, egg, milk, and 1/2 packet onion soup mix, Worcestershire sauce, and black pepper together in a large bowl; shape into 5 patties. Heat a skillet over medium heat. Cook patties in hot skillet until browned, 3-5 minutes per side. Melt butter in a separate skillet over medium-high heat. Saute mushrooms and onion in melted butter until tender, 5 to 7 minutes. Stir flour and remaining dry onion soup mix into the mushroom mixture; cook and stir until flour is integrated fully, about 1 minute. Stream beef stock and water over the mushroom mixture while stirring continually; bring to a simmer, reduce heat to medium, and cook, stirring frequently, until the liquid thickens, about 5 minutes. Season with salt and pepper.

Lie the browned steaks into the gravy; simmer until steaks are firm and gray in the center, about 30 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Per Serving (excluding unknown items): 392 Calories; 25g Fat (57.2% calories from fat); 22g Protein; 19g Carbohydrate; 2g Dietary Fiber; 124mg Cholesterol; 2021mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Salmon Fish Cakes [Salmon Patties]

5 servings

Ingredients:

14 3/4 ounces canned salmon, drained and flaked

2 each eggs, beaten

1/4 cup seasoned bread crumbs

1/4 cup potato flakes

1 each medium onion, minced

1 each clove garlic, minced

1/4 teaspoon dried dill weed

1/4 teaspoon celery salt

salt and pepper, to taste

2 tablespoons olive oil

Directions:

In a medium bowl, mix salmon, eggs, garlic and herb seasoned dry bread crumbs, dry potato flakes, onion, garlic, dill weed, celery salt, salt, and pepper. Form the mixture into 2 inch balls, and flatten into patties about 1/2 inch thick.

Heat olive oil in a medium skillet over medium heat. In batches, cook patties about 5 minutes on each side, until lightly browned.

Per Serving (excluding unknown items): 234 Calories; 13g Fat (49.6% calories from fat); 20g Protein; 8g Carbohydrate; 1g Dietary Fiber; 131mg Cholesterol; 733mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Salmon Quinoa Burgers on Whole Wheat Buns

8 servings

Ingredients:

8 each whole wheat buns
2 tablespoons canola oil, divided
1 cup minced onion
1/2 cup finely chopped celery
1 cup quinoa, cooked
13 ounces salmon, canned, rinsed and drained
3 each eggs
2 tablespoons relish

Directions:

In a large non-stick pan, heat 1tbsp (15 mL) canola oil over medium heat. Add onion and celery and sauté for about 5 minutes. Remove from heat.

In large bowl, combine prepared quinoa with cooked onions and celery. Add salmon, eggs, and relish. Stir well to combine.

Shape mixture into 8 patties, about 1/3 cup (75 mL) mixture each.

In a saucepan, heat remaining canola oil over medium heat.

Cook patties for 3 to 4 minutes, undisturbed or until golden brown. Flip over and continue cooking for about 4 additional minutes.

Per Serving (excluding unknown items): 344 Calories; 10g Fat (27.0% calories from fat); 20g Protein; 42g Carbohydrate; 5g Dietary Fiber; 103mg Cholesterol; 270mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Sesame Ginger Tofu Stir Fry

6 servings

Ingredients

16 ounces tofu, firm, drained and pressed
2 tablespoons safflower oil
1 tablespoon arrowroot powder, or cornstarch
3/4 cup water
2 tablespoons soy sauce
1/2 tablespoon chili sauce
1 tablespoon sesame oil
2 teaspoons fresh ginger, grated
2 tablespoons granulated sugar
1 tablespoon rice vinegar
3 each cloves garlic, minced
2 cups broccoli florets
1 pinch sesame seeds

Directions:

Cut the tofu into 6 slabs crosswise. Blot well on paper towels or clean tea towels (or use the a tofu press ahead of time for making the tofu nice and firm), then cut into dice.

Heat the oil in a large skillet or steep-sided stir-fry pan. Add the tofu and sauté over medium-high heat until golden and crisp on most sides, stirring often. This will take from 8 to 10 minutes or so. Remove the tofu to a plate and set aside.

Meanwhile, combine the arrowroot or cornstarch with 1/4 cup of the water in a small mixing bowl. Stir until dissolved, then add the remaining sauce ingredients. Stir together and set aside.

Wipe out the pan in which you sautéed the tofu. Add the garlic and just a little water, and cook over low heat for 2 minutes.

Add the broccoli and just enough additional water to keep the pan moist; cover and cook over medium-high heat until bright green and tender-crisp, about 3 to 4 minutes.

Stir the tofu and sauce in with the broccoli and cook until the sauce thickens. Taste to see if you'd like more soy sauce.

Garnish with sesame seeds.

Per Serving (excluding unknown items): 153 Calories; 10g Fat (57.1% calories from fat); 7g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 357mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

Schnitzel

4 servings

Ingredients:

4 each boneless pork top loin chop

1 pinch salt and pepper

1/2 cup flour

1 teaspoon salt

2 large eggs, lightly beaten

3/4 cup bread crumbs

Directions:

Place the pork chops between two sheets of plastic wrap and pound them until just ¼ inch thick with the flat side of a meat tenderizer. Lightly season both sides with salt and freshly ground black pepper.

Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the chops in the flour, the egg, and the breadcrumbs, coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried - fry immediately.

Make sure the cooking oil is hot enough at this point (about 330 degrees F) as you don't want the Schnitzel to sit around in the coating before frying. Use enough oil so that the Schnitzels "swim" in it.

Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Transfer briefly to a plate lined with paper towels.

Serve immediately with slices of fresh lemon and parsley sprigs or with your choice of sauce.

Per Serving (excluding unknown items): 305 Calories; 9g Fat (26.4% calories from fat); 28g Protein; 27g Carbohydrate; 1g Dietary Fiber; 157mg Cholesterol; 807mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Fat.

Shepherd's Pie

12 servings

Ingredients:

1 tablespoon vegetable oil
1 large onion
2 large carrot
2 pounds ground beef, extra lean
2 cups broth
2 tablespoons tomato paste
1 teaspoon rosemary
1 tablespoon parsley
2 cups frozen corn
2 cups frozen peas
2 pounds russet potato
6 tablespoons unsalted butter
1/2 cup milk

Directions:

Preheat oven to 375°F.

In a large sauté pan over medium-high heat, heat the oil, then add the onion, carrot, and meat.

Cook until browned, 8 to 10 minutes.

Drain the fat and add the broth, tomato paste, and herbs. Simmer until the juices thicken, about 10 minutes, then add the peas and corn

Pour the mixture into a 1 1/2-quart baking dish; set aside.

Meanwhile, bring the potatoes to a boil in salted water. Cook until tender, about 20 minutes; drain.

Mash the potatoes with the butter, milk, and salt.

Spread them over the meat mixture, then crosshatch the top with a fork.

Bake until golden, 30 to 35 minutes.

Per Serving (excluding unknown items): 355 Calories; 20g Fat (50.7% calories from fat); 19g Protein; 26g Carbohydrate; 4g Dietary Fiber; 68mg Cholesterol; 114mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Spinach Manicotti

6 servings

Ingredients:

1 pound spinach, stems trimmed and washed well
1/2 teaspoon salt
12 each
3 cups tomato sauce
1 1/2 cups ricotta cheese, part skim milk
1 cup mozzarella cheese, part skim milk, shredded
1 cup parmesan cheese, grated
2 large eggs, beaten
1 pinch nutmeg, freshly grated
1 pinch salt and pepper

Directions:

Bring a large pot of water to a boil over high heat, and season generously with salt. Fill a medium bowl with ice water and season with salt. Boil the spinach, uncovered, until tender, about 3 to 4 minutes. Remove with a slotted spoon, and immediately plunge the spinach into the ice water. Drain and squeeze the excess water from the spinach, and finely chop.

In the same pot of boiling water, cook the pasta shells until al dente, tender but still slightly firm. Drain and pat dry.

Preheat the oven to 350 degrees F.

Cover the bottom of a 9x13" ovenproof baking dish with 1 cup of the tomato sauce. In a medium mixing bowl, combine the ricotta, mozzarella, 1/2 cup of the parmesan, the eggs, and the spinach. Season with 1/2 tsp salt, nutmeg, and pepper to taste. Spoon the cheese mixture into the manicotti shells and line them up in the baking dish. Cover with remaining sauce. Scatter remaining cheese on top.

Bake for 30 minutes.

Per Serving (excluding unknown items): 277 Calories; 14g Fat (44.8% calories from fat); 24g Protein; 16g Carbohydrate; 4g Dietary Fiber; 110mg Cholesterol; 1441mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1 Fat.

Sweet and Sour Pork

4 servings

Ingredients:

1/2 pound pork, boneless
1/2 each fresh pineapple, or 1 canned pineapple ring
1 each red and green bell pepper
14 ounces baby corn, canned
1 each egg
1 each ginger root, finely chopped
1 each spring onion, finely chopped
1 each garlic clove, finely chopped

1 teaspoon salt
1 each ginger
1 each spring onion
1 tablespoon boiling water

2 tablespoons ketchup
1 teaspoon sugar
2 tablespoons water
1 teaspoon cornstarch
2 teaspoons cooking wine

Directions:

Cut ginger and spring onion whites into small sections and soak in a small bowl with hot water to make the ginger onion water.

Cut the pork into small cubes and place them in a large bowl. Add salt and ginger onion water prepared in the previous step in. Grasp well to let the pork cubes absorb the water completely. (Do not add all the water once, add them in batches.) The amount of water needed depends on the pork you are using.

Stop adding water when the pork cubes are watery. Set aside to marinate for around 10 minutes.

Cut the pineapple into cubes; and if you are using fresh pineapple, soak the cubes in salted water for around 30 minutes. Transfer out and drain.

Prepare other side ingredients. Cut peppers into small pieces too.

Beaten egg in a small bowl; add cornstarch in a plate. Roll the pork cubes in the egg liquid firstly and then in the cornstarch. Coat each cube one by one.

Heat up enough cooking oil for deep-frying. When the oil just began to have movements on the surface, put the pork pieces to deep frying until pork pieces become golden brown. Move out and drain the oil.

Prepare a small bowl; add all the ingredients for sweet and sour sauce together. Mix well and set aside.

Pour extra oil out and leave around 1 tablespoon of cooking oil in wok. Add round pepper pieces, garlic, ginger and spring onion whites in to stir-fry until slightly soft. Add pineapple cubes as well as the sweet and sour sauce in. Bring the sauce to a boiling. Return deep-fried pineapple in; do a quick stir-fry so that each cube can coated with the sauce evenly.

Per Serving (excluding unknown items): 259 Calories; 11g Fat (38.9% calories from fat); 16g Protein; 23g Carbohydrate; 2g Dietary Fiber; 92mg Cholesterol; 691mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Tofu in Sundried Tomato Sauce

4 servings

Ingredients:

225 grams tofu

1 small onion

1 clove garlic

1/2 cup sun-dried tomatoes, oil-packed

1 tablespoon ground almonds

1 tablespoon olive oil

50 milliliters balsamic vinegar

1 tablespoon salt

1 teaspoon sugar

1 handful basil leaves

Directions:

Drain tofu and wrap it in a kitchen towel to absorb excess liquid. Cut into 1-inch cubes. Peel and chop garlic and onion finely.

Heat oil in a heavy-set pan over a medium heat. Add garlic, onion and almond and fry until the onions are soft. Watch out for the almond to make sure that it doesn't burn.

Add tofu, sun-dried tomatoes and the oil it comes in. Add sugar and salt. Stir and mix well.

Add balsamic vinegar and bring to a boil. Lower to a simmer and cover to cook for one hour over a very low heat.

When done, check seasoning and add torn basil leaves. Stir through the leaves and serve.

Per Serving (excluding unknown items): 131 Calories; 9g Fat (57.1% calories from fat); 6g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1641mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Tofu Nuggets

10 servings

Ingredients:

3 tablespoons all-purpose flour

6 tablespoons cold water

2/3 cup bread crumbs, unseasoned

1 teaspoon salt

1 dash ground red pepper

12 ounces firm tofu, drained and cut into 1 inch cubes

1 tablespoon vegetable oil

2/3 cup barbecue sauce, or sweet and sour sauce

Directions:

In small bowl, beat flour and water with wire whisk or hand beater until smooth. In shallow dish or pie plate, toss bread crumbs, salt and red pepper.

Dip tofu cubes into batter, then roll in bread crumb mixture to coat.

In 10-inch skillet, heat oil (1/2 inch) over medium-high heat. Cook 15 nuggets at a time in oil about 1 minute, turning once, until golden brown. Drain nuggets on paper towels. Serve hot with barbecue sauce.

Tofu with Carrot Sauce

8 servings

Ingredients:

2 tablespoons canola oil
4 each garlic clove, peeled and minced
2 tablespoons ginger, peeled and minced
8 medium carrots, peeled and chopped
4 tablespoons miso
2 tablespoons tahini
8 tablespoons water
1 pound tofu, cut into 1/2 inch cubes

Directions:

Heat oil in a saute pan over medium heat.
Add garlic and sauté until soft, about 30 seconds.
Add ginger and carrots.
Cover and cook until carrots are soft, about 15 minutes.
Transfer to a food processor and add the miso, tahini and water.
Puree until smooth.
Add tofu and simmer until warmed through; serve over cooked brown rice.

Per Serving (excluding unknown items): 151 Calories; 9g Fat (49.7% calories from fat); 7g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 348mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Tuna Salad

5 servings

Ingredients:

2 cans tuna in water, canned
2 each celery stalk
1 each carrot
1/2 each red pepper
1/4 cup light mayonnaise
3 tablespoons nonfat plain yogurt
1 tablespoon fresh lemon juice
1 pinch pepper

Directions:

In medium bowl, combine tuna, celery, carrot, red pepper, mayonnaise, yogurt, lemon juice, and 1/4 teaspoon freshly ground black pepper. Makes about 2 1/2 cups.

Per Serving (excluding unknown items): 117 Calories; 3g Fat (22.6% calories from fat); 17g Protein; 6g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 294mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Turkey Fingers

1/2 cup light mayonnaise
1 tbsp lemon juice
1 each garlic clove
1 lb boneless turkey breast
1 cup bread crumbs
3 tbsp grated Parmesan cheese
1 tbsp dried rosemary
2 tbsp grated lemon rind
1/2 tsp paprika
1/2 tsp black pepper

Directions:

In a small bowl whisk together mayo, lemon juice, and garlic; brush over turkey evenly.
In separate bowl mix together bread crumbs, cheese, rosemary, lemon rind, paprika and black pepper. Coat the turkey strips evenly and place on parchment papered baking sheets. Bake at 375 F oven for 8 minutes turning once.

Per Serving (excluding unknown items): 181 Calories; 8g Fat (39.5% calories from fat); 14g Protein; 13g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 256mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Turkey Meatballs in Marinara

10 servings

Ingredients:

3 cups marinara sauce, house-made

Meatballs

1 1/2 tablespoons canola oil

1 1/2 pounds ground turkey

3/4 cup zucchini, finely grated

2 each cloves garlic, minced

1 1/2 tablespoons Worcestershire sauce

1 teaspoon salt

1 teaspoon dried parsley

1/2 teaspoon dried thyme

1/2 teaspoon freshly ground black pepper

1 large egg

1/4 cup bread crumbs, panko

Directions:

Combine the ground turkey with the zucchini, garlic, Worcestershire, salt, parsley, thyme, pepper, egg, and bread crumbs in a large bowl, being careful not to over mix or the meat will become tough. Form into about (15) 2" meatballs. Heat the canola oil in a sauté pan over medium high heat, and add the meatballs. Brown on the top and bottom, about 2 minutes per side, and remove from the pan. Place in the slow cooker with the marinara and cook on low for 2 hours or until cooked through.

Per Serving (excluding unknown items): 185 Calories; 10g Fat (48.8% calories from fat); 14g Protein; 9g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 639mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Turkey Meatloaf

8 servings

Ingredients:

1 lb lean ground turkey
1 egg
1/4 cup bread crumbs, seasoned
1 tsp Italian seasoning
1/2 clove garlic
1/2 tsp ground black pepper
1/4 tsp salt
2 cups tomato sauce

Directions:

Preheat oven to 400 degrees F (200 degrees C). Prepare a baking dish with cooking spray. Mix turkey, egg, bread crumbs, Italian seasoning, garlic, black pepper, and salt in a large bowl; shape into a loaf and put into prepared baking dish.

Bake in preheated oven for 40 minutes. Spoon about half the tomato sauce over the loaf and continue baking until the meatloaf is no longer pink in the center, 10 to 15 minutes more. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Rest meatloaf 5 to 10 minutes before slicing to serve.

While the meatloaf rests, warm remaining tomato sauce in a small saucepan over medium-low heat; serve with the sliced meatloaf.

Per Serving (excluding unknown items): 123 Calories; 5g Fat (34.2% calories from fat); 14g Protein; 7g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 586mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Turkey Salad

4 servings

Ingredients:

3/4 lbs turkey (cooked)
2 stalks celery
2 each green onion
1/2 each red bell pepper
3 tbsp mayonnaise
2 tbsp Dijon mustard
1 tbsp cider vinegar
1 tsp sugar
1/4 tsp salt

Directions:

Place cooked turkey meat, celery, green onions and red bell pepper in a blender or food processor. Finely chop using the pulse setting.

Transfer the turkey mixture to a medium bowl. Mix in mayonnaise, prepared Dijon-style mustard, cider vinegar, white sugar and salt. Cover and refrigerate 8 hours, or overnight, before serving.

Per Serving (excluding unknown items): 201 Calories; 15g Fat (63.8% calories from fat); 15g Protein; 4g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 348mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Turkey Taco Mac n Cheese

8 servings

Ingredients:

1 tablespoon taco seasoning mix, or as needed
1 1/3 pounds lean ground turkey
3 cloves garlic, minced
1 each red bell pepper, chopped
10 ounces tomatoes with green chilies
14 1/2 ounces red beans, drained
8 ounces tomatoes
4 ounces fat-free refried beans
15 ounces chicken broth
1 3/4 cups water
8 ounces whole wheat pasta , shells removed
3/4 cup cheddar cheese, low fat, shredded
2 tablespoons fresh cilantro, chopped

Directions:

Heat a large Dutch oven or pot with a fitted lid over medium-high heat and spray with oil, brown the turkey breaking it up with a wooden spoon as it cooks. When cooked through, add the onions, garlic, pepper and taco seasoning; cook 2-3 minutes.

Add the canned tomatoes, beans, tomato sauce, refried beans, chicken broth and water. Bring to a boil, cover and simmer about 15 minutes.

Stir in the uncooked pasta and simmer uncovered over medium heat until al dente, about 6 minutes or according to package directions.

Remove the pot from heat and top with the cheese, cover and let sit for about 2-3 minutes, until the cheese melts.

Serve immediately garnished with fresh cilantro and scallions.

Per Serving (excluding unknown items): 430 Calories; 7g Fat (14.7% calories from fat); 36g Protein; 59g Carbohydrate; 16g Dietary Fiber; 50mg Cholesterol; 527mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Turkey Teriyaki

6-8 servings (original recipe: 4)

Ingredients:

1/2 cup soy sauce, low sodium

1/4 cup honey

1 tsp sesame oil

1 teaspoon vegetable oil

1 clove garlic, minced

2 tbsp vegetable oil

1 clove garlic, minced

1 tbsp fresh ginger, minced

1/2 cup onion, sliced

1 1/2 lbs turkey breast, boneless and skinless

3 green onions

1 cup red pepper, sliced

1/2 tsp red chili flakes

Directions:

Sauce: Combine soy sauce, sugar, honey, sesame oil, vegetable oil, and garlic in a sauce pan. Bring to a boil and then simmer for 5 minutes.

Turkey: in a large bowl mix together oil, garlic and ginger, add turkey and stir to coat. Heat oil in skillet, add turkey and cook until browned cooking thoroughly. Add sliced onion, green onions and red peppers, cooking until tender crisp. Add sauce and stir coat before serving.

Per Serving (excluding unknown items): 189 Calories; 5g Fat (24.8% calories from fat); 22g Protein; 13g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 644mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Vegetable and Tomato Sauce [Vegetable Tomato Sauce]

6 servings

Ingredients:

2 tablespoons olive

1 medium onion

2 each garlic clove

1 1/2 pounds vegetables, i.e. peppers, zucchini, mushrooms, etc.

1 pound tomatoes, in wedges

1 sprig fresh basil

Directions:

Heat the oil in a large nonstick skillet or heavy casserole over medium heat. Add the onion.

Cook, stirring, until tender, about five minutes, and add the garlic and vegetables. Add a generous pinch of salt, and cook, stirring often, until the peppers have softened, about 10 minutes.

Add the tomatoes, basil sprig, salt and pepper, and bring to a simmer. Simmer, stirring from time to time, until the tomatoes have cooked down somewhat, about 10 minutes. Cover, reduce the heat and simmer another 15 to 20 minutes (or longer), stirring occasionally until the mixture is thick and fragrant. Taste and adjust seasonings.

Remove the basil sprig, and put the peppers and tomatoes through the fine blade of a food mill, or puree in a food processor and press through a strainer. Return to the pan, and keep the sauce warm while you cook the pasta.

Per Serving (excluding unknown items): 63 Calories; 5g Fat (64.0% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 Vegetable; 1 Fat.

Vegetable Pasta

6 servings

Ingredients:

2 tablespoons olive

1 medium onion

2 each garlic clove

1 1/2 pounds vegetables, i.e. peppers, zucchini, mushrooms, etc.

1 pound tomatoes, in wedges

1 sprig fresh basil

12 ounces whole wheat pasta

Directions:

Heat the oil in a large nonstick skillet or heavy casserole over medium heat. Add the onion. Cook, stirring, until tender, about five minutes, and add the garlic and vegetables. Add a generous pinch of salt, and cook, stirring often, until the peppers have softened, about 10 minutes.

Add the tomatoes, basil sprig, salt and pepper, and bring to a simmer. Simmer, stirring from time to time, until the tomatoes have cooked down somewhat, about 10 minutes. Cover, reduce the heat and simmer another 15 to 20 minutes (or longer), stirring occasionally until the mixture is thick and fragrant. Taste and adjust seasonings.

Remove the basil sprig, and put the peppers and tomatoes through the fine blade of a food mill, or puree in a food processor and press through a strainer. Return to the pan, and keep the sauce warm while you cook the pasta.

Bring a large pot of water to a boil. Salt generously, and add the pasta. Cook al dente, following the timing instructions on the package but checking a minute before the indicated cooking time. Stir 1/4 to 1/2 cup of the pasta cooking water into the sauce, then drain the pasta and toss with the sauce.

Vegetable Pot Pie [Veggie Pot Pie]

6 servings

Ingredients:

2 tablespoons olive oil
1 each onion, chopped
8 ounces mushrooms
1 each clove garlic, minced
2 each large carrots, diced
2 each potatoes, peeled and diced
2 each celery stalks, sliced 1/4" wide
2 cups cauliflower, florets
1 teaspoon kosher salt
1 teaspoon ground black pepper
2 tablespoons cornstarch
2 tablespoons soy sauce
1 each pie crust

Directions:

Preheat oven to 425 degrees F (220 degrees C).

Heat oil in a large skillet or saucepan. Cook onions, mushrooms, and garlic in oil for 3 to 5 minutes, stirring frequently. Stir in carrots, potatoes, and celery. Stir in cauliflower, green beans, and vegetable broth. Bring to a boil, then turn heat down to a simmer. Cook until vegetables are barely tender, about 5 minutes. Season with salt and pepper.

In a small bowl, mix the cornstarch, soy sauce, and 1/4 cup water until cornstarch is completely dissolved. Stir into vegetables, and cook until sauce thickens, about 3 minutes.

Roll out 1/2 of the dough to line an 11x7 inch baking dish. Pour the filling into the pastry lined dish. Roll out remaining dough, arrange over the filling, and seal and flute the edges.

Bake in preheated oven for 30 minutes, or until the crust is brown.

Per Serving (excluding unknown items): 257 Calories; 13g Fat (44.1% calories from fat); 5g Protein; 32g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 886mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 2 1/2 Fat.

Vegetarian Quesadillas [Vegetable Quesadilla]

2 servings

Ingredients:

2 whole wheat tortillas
1/3 cup cheese, shredded
1 tbsp tomatoes, diced
1 tbsp onion, diced
1 tbsp bell peppers, diced
1 tbsp mushroom, diced
2 tbsp taco sauce

Directions:

Lightly spray a frying pan with cooking spray.

Cooked diced vegetables in pan for about 3 minutes. Remove from heat and add taco sauce.

Lightly spray another small frying pan with cooking spray.

Place 1 of tortillas into the pan. Put a thin layer of cheese onto the shell.

Scatter the vegetable mixture on top of the cheese. Add another thin layer of cheese and cover with second tortilla.

Cook on both sides 'til lightly brown.

Cut into quarters and serve hot.

Per Serving (excluding unknown items): 150 Calories; 3g Fat (16.6% calories from fat); 4g Protein; 28g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 445mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.

Vegetable Ranch Wrap

4 servings

Ingredients:

4 each tortillas, whole wheat 96% fat free flour

3/4 cup dips, ranch

1/2 cup spinach, baby, packed

1 each avocado

1 tablespoon lime juice

1/2 cup roasted red pepper, sliced

Directions:

Spread each tortilla with 3 tablespoons roasted vegetable-ranch dip. Layer evenly with spinach. Slice avocado, and toss with lime juice to prevent browning. Place avocado and red bell pepper slices along bottom edges of tortillas. Roll tightly, cover with plastic wrap, and chill until you are ready to serve.

Per Serving (excluding unknown items): 226 Calories; 10g Fat (38.9% calories from fat); 5g Protein; 31g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 388mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Vegetarian Chili

16 servings

Ingredients:

1 tablespoon olive oil
1/2 medium onion, chopped
2 each bay leaf
1 teaspoon ground cumin
2 tablespoons dried oregano
2 each celery stalk, chopped
2 each green peppers, chopped
2 each jalapeno pepper, chopped
3 each garlic clove, chopped
8 ounces chiles
15 ounces black beans
15 ounces kidney beans
15 ounces garbanzo beans
84 ounces canned tomatoes, whole peeled, crushed
1/4 cup chili powder
1 tablespoon ground black pepper
15 ounces corn, whole kernel, canned

Directions:

Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, reduce heat to low, cover pot, and simmer 5 minutes.

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Per Serving (excluding unknown items): 342 Calories; 4g Fat (9.6% calories from fat); 20g Protein; 62g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 261mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Vegetarian Meatballs [Veggie Meatballs]

6 servings

Ingredients:

1 tablespoon olive oil
1 pound fresh mushrooms, finely chopped
1 pinch salt
1 tablespoon butter
1/2 cup finely chopped onion
4 each cloves garlic, minced
1/2 cup quick-cooking oats
1 ounce parmesan cheese, very finely shredded
1/2 cup bread crumbs
1/4 cup flat leaf parsley, chopped, packed
2 each eggs, divided
1 teaspoon salt
freshly ground black pepper, to taste
1 pinch cayenne pepper, to taste
1 pinch dried oregano
3 cups pasta sauce

Directions:

Heat olive oil in a skillet over medium-high heat. Add mushrooms to the hot oil, sprinkle with salt, and cook and stir until liquid from mushrooms has evaporated. Stir butter into mushrooms, reduce heat to medium, and cook and stir mushrooms until golden brown, about 5 minutes. Stir onion into mushrooms and cook, stirring often, until onion is translucent, 5 minutes. Remove skillet from heat and stir garlic into mushroom mixture until fragrant, about 1 minute. Transfer mixture to a mixing bowl.

Mix oats into mushroom mixture until thoroughly combined. Gently stir 1 ounce Parmigiano-Reggiano cheese into mixture. Add bread crumbs, 1/4 cup parsley, and 1 egg; season with salt, black pepper, cayenne pepper, and oregano. Mix together with a fork until crumbly. Stir in remaining 1 egg. Mixture should hold together when pressed.

Cover bowl with plastic wrap and refrigerate at least 4 hours. For best flavor and texture, refrigerate overnight.

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with a silicone baking mat or parchment paper.

Form mixture into small meatballs using a 2-tablespoon scoop. Roll meatballs lightly between your hands until smooth, if desired; arrange meatballs on prepared baking sheet.

Bake in the preheated oven until meatballs are lightly golden brown, 12 to 15 minutes.

Bring pasta sauce to a boil in a large saucepan; reduce heat to low. Gently stir meatballs into sauce until coated. Simmer meatballs in sauce until cooked through, 45 minutes to 1 hour.

Transfer to a serving bowl and garnish with extra Parmigiano-Reggiano cheese and parsley, if desired.

Per Serving (excluding unknown items): 172 Calories; 8g Fat (43.4% calories from fat); 8g Protein; 17g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 591mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Vegetarian Meatloaf [Veggie Meatloaf]

6 servings

Ingredients:

2 cups water
1 teaspoon salt
1 cup lentils
1 each small onion, diced
1 cup quick cooking oats
3/4 cup cheddar cheese, low fat, grated
1 each egg, beaten
4 1/2 ounces spaghetti sauce
1 teaspoon garlic powder
1 teaspoon dried basil
1 tablespoon dried parsley
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions:

Add salt to water and boil in a saucepan.

Add lentils and simmer covered 25-30 minutes, until lentils are soft and most of water is evaporated.

Remove from fire.

Drain and partially mash lentils.

Scrape into mixing bowl and allow to cool slightly.

Stir in onion, oats and cheese until mixed.

Add egg, tomato sauce, garlic, basil, parsley, seasoning salt and pepper.

Mix well.

Spoon into loaf pan that has been generously sprayed with Pam (non-stick cooking spray) or well-greased.

Smooth top with back of spoon.

Bake at 350 degrees for 30- 45 minutes until top of loaf is dry, firm and golden brown.

Cool in pan on rack for about 10 minutes.

Run a sharp knife around edges of pan then turn out loaf onto serving platter.

Per Serving (excluding unknown items): 226 Calories; 4g Fat (15.7% calories from fat); 16g Protein; 32g Carbohydrate; 12g Dietary Fiber; 38mg Cholesterol; 744mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

Vegetarian Shepherd's Pie

6 servings

Ingredients:

3/4 cup vegetable broth, no salt added
1 tablespoon soy sauce, low sodium
1 tablespoon cornstarch
1/2 teaspoon salt
1/4 teaspoon pepper
2 each russet potato, ~700g total
2 teaspoons olive oil
227 grams button mushroom, finely chopped
1 each onion, finely chopped
1 each carrot, finely chopped
1 1/2 teaspoons chopped fresh thyme
1 can lentils, drained and rinsed
1/4 cup chopped parsley, freshly ground
1/4 cup skim milk
2 tablespoons butter
1/2 teaspoon grainy mustard

Directions:

In small bowl, whisk together broth, soy sauce, cornstarch and half each of the salt and pepper until smooth. Set aside.

Using fork, prick potatoes all over. Microwave on high, turning once, until fork-tender, 8 to 10 minutes. Set aside until cool enough to handle.

Meanwhile, in large skillet, heat oil over medium-high heat; cook mushrooms, onion, carrot and thyme, stirring occasionally, until softened and no liquid remains, 6 to 8 minutes. Stir in lentils; cook for 1 minute.

Stir in broth mixture; cook, whisking, until slightly thickened, about 2 minutes. Stir in 3 tbsp of the parsley. Scrape into 6-cup (1.5 L) casserole dish.

Peel potatoes. Using potato masher, mash together potatoes, milk, half of the butter and the remaining salt and pepper. Stir in remaining parsley and the mustard. Spoon over mushroom mixture, spreading to edge; dot with remaining butter. Broil on centre rack until top is golden, 3 to 5 minutes.

Per Serving (excluding unknown items): 228 Calories; 6g Fat (24.3% calories from fat); 12g Protein; 33g Carbohydrate; 12g Dietary Fiber; 11mg Cholesterol; 542mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat.

Whole Grain Spaghetti with Housemade Tomato Sauce

8 servings

Ingredients:

16 ounces whole grain pasta
2 tablespoons canola oil
1 each onion, chopped
1 each garlic clove, minced
3 cups canned tomatoes
16 ounces lentils, cooked
1/2 cup tomato paste
2 teaspoons sugar
1 teaspoon salt
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon ground pepper

Directions:

Turn on the element to medium heat. Heat the oil in a saucepan. Add the chopped onion and cook until soft and clear, about 5-7 minutes. Add the garlic and cook for 1 minute. Stir in tomatoes, tomato paste, sugar, salt, basil, thyme, oregano and pepper. Add lentils (could also be pureed into sauce). Heat to boiling. Turn down the heat to low, cover and simmer for 40 minutes. Stir several times while simmering. This sauce can be made ahead of time and stored in the refrigerator or frozen for use in recipes that call for tomato sauce.

Substitutions:

Use any type of vegetable oil instead of canola oil.

Use 3 tsp Italian seasoning instead of 1 tsp each of basil, thyme and oregano.

Per Serving (excluding unknown items): 336 Calories; 5g Fat (11.8% calories from fat); 15g Protein; 64g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 536mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

3-Bean Sloppy Joes

12 servings

Ingredients:

10 ounces black beans
10 ounces pinto beans
10 ounces black-eyed peas
15 ounces canned tomatoes
3/4 cup salsa
1 each clove garlic
1/2 teaspoon cumin
1/2 teaspoon chili powder
4 each green onion, whole
12 each whole wheat buns

Directions:

Bring all ingredients to a boil in a 10- or 12-in. nonstick skillet over medium-high heat. Reduce heat, partially cover skillet and simmer, stirring occasionally, 10 to 15 minutes until green pepper is tender.

Serve on buns.

Per Serving (excluding unknown items): 394 Calories; 3g Fat (6.8% calories from fat); 21g Protein; 71g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 302mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Side Dishes

Apple Bars [Apple Squares, Apple Brownies]

16 servings

Ingredients:

1 cup whole wheat flour
1 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/2 cup brown sugar
1/4 cup margarine
1/2 cup sugar
1 each egg
1 teaspoon vanilla extract
1/2 cup chopped apple
1/2 cup chopped walnuts
2 tablespoons sugar
2 teaspoons cinnamon

Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch pan. Sift together flour, baking powder, salt, and 1/4 teaspoon of cinnamon; set aside.

In a large bowl, mix together melted butter, brown sugar, and 1/2 cup of white sugar with a wooden spoon until smooth. Stir in the egg and vanilla. Blend in the flour mixture until just combined, then stir in the apples and walnuts. Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar; sprinkle over the top of the bars.

Bake for 25 to 30 minutes in preheated oven; finished bars should spring back when lightly touched. Cool in the pan, and cut into squares.

Per Serving (excluding unknown items): 130 Calories; 6g Fat (36.5% calories from fat); 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 104mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Apple Beet Sauce

8 servings

Ingredients:

2 tablespoons extra-virgin olive oil

5 large beets, trimmed, peeled, and cut into 3/4-inch chunks

2 Granny Smith apples, peeled, cored, and quartered

1 teaspoon coarse salt

Pepper

Directions:

Heat oil in a large pot over medium heat. Add beets, apples, and salt. Cover, and cook, stirring occasionally, until partially tender, about 16 minutes. Uncover, and cook until liquid has mostly evaporated, about 4 minutes. Add 2 cups water, cover, and simmer over medium-high heat until completely tender and water has mostly evaporated, 20 to 25 minutes. Mash with a potato masher. Season with pepper.

Per Serving (excluding unknown items): 67 Calories; 3g Fat (44.5% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 276mg Sodium. Exchanges: 1 Vegetable; 1/2 Fruit; 1/2 Fat.

Apple Crisp

8 servings

Ingredients:

4 apples, cored and sliced

1/2 cup brown sugar

1/2 cup whole wheat flour

1/2 cup rolled oats

1 tsp cinnamon

1 tsp nutmeg

1/4 cup non-hydrogenated soft margarine

Directions:

Preheat the oven to 350°F (180°C). Place the apple slices in a greased cake pan. Mix the remaining ingredients and sprinkle over the apples. Bake for 30 minutes, or until topping is golden brown and apples are soft.

Substitutions: • Use pears, peaches, berries or a combination of different kinds of fruit instead of apples. • Use all purpose flour instead of whole wheat flour.

Per Serving (excluding unknown items): 173 Calories; 7g Fat (32.3% calories from fat); 2g Protein; 29g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Apple Pear Salad with Yogurt Dressing

8 servings

Ingredients:

4 cups romaine lettuce, chopped
2 pears, cored and chopped
2 apples, cored and chopped
1/2 cup coconut, shredded
1/2 cup sunflower seeds, roasted
1 cup vanilla yogurt, low fat
2 Tbsp maple syrup
1/4 tsp sea salt

Directions:

Place 1 cup chopped romaine on each plate; add 1/4 of the pears and 1/4 of the apples to each. Top with 1 Tbsp each shredded coconut and sunflower seeds. Mix yogurt, maple syrup and salt in a small bowl. Top each salad with 2 Tbsp dressing.

Per Serving (excluding unknown items): 156 Calories; 7g Fat (39.0% calories from fat); 4g Protein; 21g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 81mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Applesauce

20 servings

Ingredients:

3 pounds apples

1 tablespoon lemon zest

1 tablespoon lemon juice

1 each cinnamon stick

1/4 cup brown sugar

1 cup water

1/2 teaspoon salt

Directions:

*To prep the apples, use a sharp vegetable peeler or paring knife and cut away the outer peel. Then quarter the apple and use a paring knife to cut out the tough core parts from the quarters. Or use an apple peeler corer.

Place the peeled, cored, and quartered apples into a large pot. Add the strips of lemon peel, the lemon juice, cinnamon stick, sugars, water and salt. (You might want to start with half the sugar at this point and add more to taste later.) Bring to a boil on high heat, then lower the temperature, cover the pot, and maintain a low simmer for 20-30 minutes, until the apples are completely tender and cooked through.

Once the apples are cooked through, remove the pot from the heat. Remove the lemon peels and the cinnamon stick. Use a potato masher to mash the cooked apples in the pot to make a chunky applesauce. For a smoother applesauce you can either run the cooked apples through a food mill, or purée them in a blender. (If you use a blender, do small batches and do not fill the blender bowl more than halfway.)

Add more sugar to taste. If too sweet, add more lemon juice.

This applesauce is delicious either hot or chilled. It pairs well with pork chops for savory dishes; it's terrific with cottage cheese as a snack or light lunch, and it's great with vanilla ice cream or yogurt.

Freezes well and will last at least a year in a cold freezer.

Per Serving (excluding unknown items): 46 Calories; trace Fat (4.3% calories from fat); trace Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Baked Potato Wedges

4 servings

Ingredients:

6 medium potatoes, cut into wedges

2 tbsp olive oil

spices (may contain garlic powder, garlic salt, salt, pepper, chili powder, onion powder, rosemary)

Directions:

Preheat oven to 375 degrees F.

Spread potato wedges in a single layer on a baking sheet and coat with olive oil. Mix spices in a small bowl; sprinkle over potatoes and toss to coat evenly.

Bake in preheated oven until potatoes are tender, 30 to 35 minutes.

Per Serving (excluding unknown items): 204 Calories; 7g Fat (29.8% calories from fat); 4g Protein; 33g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Fat.

Basmati Rice

4 servings

Ingredients:

1 cup basmati rice

4 cups water, for rinsing/soaking/cooking

1 pinch salt

1 tablespoon oil

Directions:

Wash rice to remove some of the starch.

Soak rice for 30 minutes; drain.

Fill a medium saucepan with 1 3/4 cups water, add salt and oil, and bring to a boil.

Add the rice, stir, and wait until the water comes back to a full boil. When it does, turn the heat down as low as it can go, and then cover. Cook for 15 minutes.

At the end of 15 minutes, cut the heat. Let the rice sit for 5 minutes. Fluff with a fork; you should see that every grain of rice has grown a little longer and is separate from its brothers and sisters.

Per Serving (excluding unknown items): 184 Calories; 4g Fat (21.6% calories from fat); 4g Protein; 32g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Fat.

Berry Yogurt Parfait [Blueberry Yogurt Parfait, Strawberry Yogurt Parfait, Raspberry Yogurt Parfait, etc.]

4 servings

Ingredients:

2 cups berries

1 quart plain low-fat yogurt

1 cup granola

Directions:

Wash and dry berries. Cut strawberries, if using.

Spoon a layer of yogurt into 4 parfait bowls. Add a layer of berries, and sprinkle with 2 tbsp granola. Repeat the layering once more, ending with a layer of granola.

Per Serving (excluding unknown items): 326 Calories; 12g Fat (33.0% calories from fat); 17g Protein; 39g Carbohydrate; 5g Dietary Fiber; 15mg Cholesterol; 176mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 1 Non-Fat Milk; 2 1/2 Fat.

Boiled Potatoes

4 servings

Ingredients:

1 pound new potatoes
1 each garlic bulb, halved crosswise
1 each bay leaf
1 teaspoon black peppercorn
kosher salt
2 tablespoons unsalted butter
1 teaspoon freshly ground black pepper

Directions:

Put the potatoes, garlic, bay leaf, and peppercorns in a large saucepan, add cold water to cover by about an inch and season generously with salt,. Bring to a boil, lower the heat, and simmer until potatoes are fork tender, about 5 to 8 minutes depending on their size.

Drain and discard the garlic, bay leaves, and peppercorns. Halve the potatoes, if large, toss with the butter and season with salt, and pepper, to taste. Keep warm.

Per Serving (excluding unknown items): 161 Calories; 6g Fat (32.1% calories from fat); 3g Protein; 25g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 10mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.

Broccoli au Gratin

8 servings

Ingredients:

1/8 cup unsalted butter, plus more for the baking dish

3 tbsp all-purpose flour

1 1/2 cups 1% milk

1 1/2 tsp kosher salt, plus more as needed

pinch nutmeg

freshly ground black pepper, to taste

2 lbs broccoli, cut into small florets (about 8 cups)

1/2 cup cheddar cheese, low fat (about 4 ounces)

1/2 cup fresh bread crumbs

Directions:

Place a rack in the middle of the oven and preheat to 450 degrees F. Butter an 8-by-8-by-2-inch baking dish or an 8-cup gratin dish.

Melt 3 tablespoons of the butter in a medium saucepan over medium heat. Whisk in the flour until smooth. Cook, stirring, for 1 minute. Add the milk, 1 1/2 teaspoons salt, and nutmeg and bring to a boil while whisking constantly. Lower the heat and simmer, stirring occasionally, until the white sauce is thickened, about 10 minutes. Season with pepper. Remove from the heat. Meanwhile, bring about 1-inch of water to a boil in a large saucepan and set up a collapsible steamer on top. Put the broccoli in the steamer and season with salt. Cover, and steam until crisp-tender, about 5 minutes. Put the broccoli in the prepared dish, sprinkle with half of the cheese and pour on the sauce. Cover with the remaining cheese.

Melt the remaining 1 tablespoon butter in a medium skillet over medium-high heat. Add the bread crumbs and cook, stirring, until lightly browned, about 2 minutes. Cover the gratin with the bread crumbs. Bake until lightly browned and bubbly, about 20 minutes. Serve immediately.

Per Serving (excluding unknown items): 94 Calories; 4g Fat (38.1% calories from fat); 6g Protein; 10g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 453mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Brown Rice

4 servings

Ingredients:

1 cup brown rice

1 pinch salt

1 tablespoon oil

1 1/2 cups water

Directions:

Put brown rice, oil, salt and water together in a pot with a lid. Set the heat to max, and bring rice/water to a boil uncovered.

Put the lid on the pot and reduce heat to let rice simmer for 20 minutes.

Turn off the heat. Allow the rice to sit for another 5-10 minutes before removing lid for fluffing and serving.

Per Serving (excluding unknown items): 202 Calories; 5g Fat (20.9% calories from fat); 4g Protein; 36g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Fat.

Brown Rice Pilaf

10 servings

Ingredients:

2 cups water

1 cup brown rice

1/2 tsp dried basil

2 each carrots

1 cup onions, chopped

9 each green onions

1/2 cup raisins

2 tbsp olive oil

10 oz frozen peas

1 tsp salt

Directions:

In a small saucepan, bring water to a boil. Stir in rice and basil. Reduce heat to medium-low; cover and simmer for 30-35 minutes or until rice is tender and water is absorbed. fluff with a fork.

Meanwhile, in a large nonstick skillet, stir-fry the carrots, onion, green onions and raisins in hot oil for 5-7 minutes or until vegetables are lightly browned. Add the peas and salt; cook 1 minute longer or until vegetables are tender. Stir in pecans and rice; heat through.

Per Serving (excluding unknown items): 153 Calories; 3g Fat (19.5% calories from fat); 4g Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 256mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.

Butternut Squash Brownies

24 Servings

Ingredients:

Frosting

4 oz cream cheese, at room temperature

2 tbsp granulated sugar

1 egg

1/2 tsp vanilla

1/2 cup chocolate chips

Brownies

1 1/2 cups butternut squash, cooked, mashed

1 cup packed brown sugar

1/4 cup milk, 1% low fat

2 egg, well beaten

1 tsp vanilla

1 1/4 cup flour, whole-grain wheat

1 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

Directions:

Chocolate Swirl Topping: In small bowl, cream together cream cheese, sugar, egg and vanilla; stir in chocolate chips. Set aside.

Brownies: In large bowl, stir together squash, brown sugar, buttermilk, oil, eggs and vanilla. In small bowl, whisk together flour, baking powder, cinnamon, ginger, baking soda, nutmeg and salt; stir into squash mixture until combined. Stir in nuts. Spread into greased 13- x 9- inch (3.5 L) pan. Drop heaping tablespoons of chocolate swirl topping over batter. Swirl into batter with knife. Bake in 350°F (180°C) oven for 35 minutes or until tester comes out clean. Let pan cool on wire rack. When cool, cut into squares.

Per Serving (excluding unknown items): 114 Calories; 4g Fat (28.7% calories from fat); 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 97mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

Butternut Squash Pilaf

4-6 servings

Ingredients:

1 tbsp unsalted butter
1 tsp cumin seed
1 tsp mustard seeds
1 cup brown rice
3/4 lbs butternut squash, cut into 1/4-inch dice (2 cups)
2 cups water
1 teaspoon kosher salt

Directions:

In a medium saucepan, melt the butter. Add the cumin and mustard seeds and cook over high heat until the mustard seeds begin to pop, about 30 seconds.

Add the rice and diced squash and stir to coat with the butter. Add the water and salt and bring to a boil.

Cover and cook over very low heat until the squash is tender and the water is completely absorbed, about 15 minutes.

Remove from the heat and let the rice stand, covered, for 5 minutes. Fluff the rice with a fork and serve right away.

Per Serving (excluding unknown items): 157 Calories; 3g Fat (17.2% calories from fat); 3g Protein; 30g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 320mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Caesar Salad

15 servings

Ingredients:

1 each garlic clove
2 each egg yolks
2 tbsp lemon juice
3/4 tsp dijon mustard
3 tablespoons olive oil
1/2 cup vegetable oil
3 tbsp grated Parmesan cheese
3 cups bread cubes
3 each romaine lettuce
1 pinch kosher salt
1 pinch pepper

Directions:

The Dressing: Chop together 6 anchovy fillets packed in oil, 1 small garlic clove, and a pinch of kosher salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl. Whisk in 2 large egg yolks*, 2 tablespoons fresh lemon juice, and 3/4 teaspoon Dijon mustard. Adding drop by drop to start, gradually whisk in 2 tablespoons olive oil, then 1/2 cup vegetable oil; whisk until dressing is thick and glossy. Whisk in 3 tablespoons finely grated Parmesan. Season with salt, freshly ground black pepper, and more lemon juice, if desired. Can be made 1 day ahead.

The Croutons: Make your own. Tearing, not cutting, the bread ensures nooks and crannies that catch the dressing and add texture. Toss 3 cups torn "pieces country bread with 3 tablespoons olive oil on a baking sheet; season with kosher salt and freshly ground black pepper. Bake at 375°F, tossing occasionally, until golden, 10-15 minutes.

The Lettuce: Use whole leaves from 3 romaine hearts. They provide the ideal mix of crispness, surface area, and structure.

The Cheese: Caesars crowned with a mound of grated Parmesan may look impressive, but all that clumpy cheese mutes the dressing. Instead, use a vegetable peeler to thinly shave a modest amount on top for little salty bursts.

The Assembly: Skip the tongs. Use your hands to gently toss the lettuce, croutons, and dressing, then top off with the shaved Parm.

Per Serving (excluding unknown items): 148 Calories; 12g Fat (67.5% calories from fat); 4g Protein; 8g Carbohydrate; 3g Dietary Fiber; 29mg Cholesterol; 95mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Carrot Cake

20 servings

Ingredients:

3 each eggs
3/4 cup buttermilk
3/4 cup oil
1 1/2 cups sugar
2 tsp vanilla extract
2 tsp cinnamon
1/4 tsp salt
2 cups wheat flour
2 tsp baking soda
2 cups carrots
1 cup coconut shreds
1 cup walnuts
8 oz crushed pineapple
1 cup raisins

Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x12 inch pan.

In a medium bowl, sift together flour, baking soda, salt and cinnamon. Set aside.

In a large bowl, combine eggs, buttermilk, oil, sugar and vanilla. Mix well. Add flour mixture and mix well.

In a medium bowl, combine shredded carrots, coconut, walnuts, pineapple and raisins.

Using a large wooden spoon or a very heavy whisk, add carrot mixture to batter and fold in well.

Pour into prepared 8x12 inch pan, and bake at 350 degrees F (175 degrees C) for 1 hour.

Check with toothpick.

Allow to cool for at least 20 minutes before serving.

Per Serving (excluding unknown items): 283 Calories; 14g Fat (44.1% calories from fat); 5g Protein; 36g Carbohydrate; 3g Dietary Fiber; 32mg Cholesterol; 191mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.

Carrot Salad

6 servings

Ingredients:

1/4 cup olive oil
2 tablespoons lemon juice
1 tablespoon flat leaf parsley, chopped
1 teaspoon dijon mustard
1 teaspoon salt
1/2 teaspoon sugar
1 bag shredded carrots
1/2 cup dried cranberries
1 each small red onion, chopped

Directions:

Combine olive oil, lemon juice, parsley, mustard, salt and sugar in small bowl.
Combine carrots, cranberries, and onion in large bowl. Add dressing. Cover and refrigerate 2 hours or overnight.

Per Serving (excluding unknown items): 91 Calories; 9g Fat (87.0% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 370mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Carrot Apple Salad

6 servings

Ingredients:

2 tablespoons sesame seeds
2 cups shredded carrots
1 each Granny Smith apple
1/2 cup chopped parsley
1/4 cup lemon juice
2 tablespoons apple cider vinegar
1 tablespoon sugar
1 each garlic clove
1 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons safflower oil

Directions:

Heat a skillet over medium heat; pour sesame seeds into the hot skillet. Cook, stirring often, until sesame seeds are lightly browned and fragrant, 3 to 5 minutes. Remove from heat.

Mix carrots, apple, toasted sesame seeds, and parsley together in a bowl.

Whisk lemon juice, vinegar, sugar, garlic, salt, and pepper together in a separate bowl; slowly drizzle safflower oil into lemon juice mixture while continuing to whisk. Pour dressing over carrot mixture; toss to coat.

Per Serving (excluding unknown items): 99 Calories; 6g Fat (52.5% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 373mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Cheese Sauce for Vegetables

12 servings

Ingredients:

2 tbsp butter

2 tbsp all-purpose flour

1 cup skim milk

1 ½ cup cheddar cheese, shredded

salt and ground black pepper, to taste

Directions:

Melt butter in saucepan over medium heat; whisk flour into butter until smooth. Pour milk into butter mixture and stir with a wooden spoon to combine. Cook and stir until mixture thickens, about 3 minutes. Add Cheddar cheese and stir until melted, about 3 minutes more. Season with salt and pepper.

May be served over cauliflower and/or broccoli.

Per Serving (excluding unknown items): 53 Calories; 3g Fat (50.4% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 124mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Cheesecake Cups

16 servings

Ingredients:

16 each vanilla wafer cookie

16 ounces cream cheese, 2 packages

3/4 cup sugar, white pith removed

2 each eggs

1 teaspoon vanilla extract

Directions:

Preheat oven to 350 degrees F (175 degrees C). Line muffin pans with cupcake papers.

Place one wafer cookie in the bottom of each cupcake paper. In a medium bowl, cream together cream cheese and sugar. Beat in eggs and vanilla until smooth. Pour over wafers in cupcake papers.

Bake in preheated oven 15 minutes, until golden and set.

Per Serving (excluding unknown items): 174 Calories; 12g Fat (59.7% calories from fat); 3g Protein; 15g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 111mg Sodium. Exchanges: 1/2 Lean Meat; 2 Fat; 1 Other Carbohydrates.

Chickpea Salad [Greek Chickpea Salad]

16 servings

Ingredients:

2 cans garbanzo beans
2 each cucumbers
12 each cherry tomatoes
1/2 each red onion
2 each garlic cloves
1 can black olives
1 ounce crumbled feta cheese
1/2 cup Italian salad dressing
1/2 each lemon juice
1/2 tsp garlic salt
1/2 tsp ground pepper

Directions:

Combine the beans, cucumbers, tomatoes, red onion, garlic, olives, cheese, salad dressing, lemon juice, garlic salt and pepper. Toss together and refrigerate 2 hours before serving. Serve chilled.

Per Serving (excluding unknown items): 143 Calories; 6g Fat (33.8% calories from fat); 6g Protein; 19g Carbohydrate; 5g Dietary Fiber; 2mg Cholesterol; 152mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Coleslaw

6 servings

Ingredients:

2 cups cabbage

1 carrot

2 green onions

1/8 cup green pepper

vinegar, to taste

dash salt and pepper

Directions:

Mix the vegetables with the mayonnaise or oil and vinegar to taste, depending on what you prefer. Add salt, pepper and sugar to taste. Chill.

Per Serving (excluding unknown items): 15 Calories; trace Fat (5.9% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1/2 Vegetable.

Cornbread Muffins

12 servings

Ingredients:

1 cup milk
1/4 cup melted margarine, or butter
1 each egg
1 1/4 cups cornmeal
1 cup all-purpose flour
1/2 cup sugar
3 teaspoons baking powder
1/2 teaspoon salt

Directions:

Heat oven to 400 degrees F. Grease or line muffin tin.

Beat milk, butter, and egg in a large bowl. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy). Pour batter into pan.

Bake 20-25 minutes or until golden brown and toothpick inserted in centre comes out clean.

Per Serving (excluding unknown items): 176 Calories; 5g Fat (26.8% calories from fat); 4g Protein; 29g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 272mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Corn Quinoa Salad [Mexican Quinoa Salad]

12 servings

Ingredients:

2 cups quinoa
1 can pinto beans, canned
1 can kidney beans, canned
1 can corn
1 red onion
1 cup brown rice, cooked
1 bell pepper
1/4 cup fresh cilantro
3/4 cup olive oil
1/3 cup red wine vinegar
1 tbsp chili powder
2 cloves garlic
1/2 tsp ground black pepper
1/4 tsp cayenne pepper

Directions:

Mix quinoa, pinto beans, kidney beans, corn, red onion, brown rice, red bell pepper, and cilantro together in a glass or plastic container with a lid.

Whisk olive oil, vinegar, chili powder, garlic, salt, black pepper, and cayenne pepper together in a bowl; pour over quinoa mixture and toss to coat. Cover bowl with a lid and refrigerate until flavors blend, at least 2 hours. Stir again before serving.

Per Serving (excluding unknown items): 295 Calories; 16g Fat (46.6% calories from fat); 7g Protein; 34g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 172mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.

Creamed Corn

8 servings

Ingredients:

20 ounces corn kernels, thawed if frozen
1 cup cream, heavy cream
1 teaspoon salt
2 tablespoons sugar
1/4 teaspoon black pepper
2 tablespoons butter
1 cup whole milk
2 tablespoons all-purpose flour
1/4 cup parmesan cheese, freshly grated

Directions:

In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter. Whisk together the milk and flour, and stir into the corn mixture. Cook stirring over medium heat until the mixture is thickened, and corn is cooked through. Remove from heat, and stir in the Parmesan cheese until melted.

Serve hot.

Per Serving (excluding unknown items): 164 Calories; 10g Fat (51.8% calories from fat); 4g Protein; 17g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 298mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Cucumber Salad [Gurkensalat]

8 servings

Ingredients:

2 each cucumber

2 tbsp cider vinegar

1 1/2 tbsp sugar

1/2 tsp salt

1/4 tsp black pepper

3 3/8 cup sour cream, light

2 tbsp parsley

Directions:

Peel cucumbers and cut into very thin slices.

Mix together vinegar, sugar, salt, and pepper and pour over cucumbers.

Marinate about 20 minutes to an hour but no more than that; drain off liquid, toss cucumbers with sour cream, then top with fresh parsley and serve.

Per Serving (excluding unknown items): 54 Calories; 2g Fat (29.2% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 160mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Fried Rice with Seasonal Vegetables [Rainbow Vegetable Fried Rice]

8 servings

Ingredients:

3 cups water

1 ½ cups quick-cooking brown rice

2 tbsp oil

1 small onion, chopped

1-2 cups seasonal vegetables (peppers, peas, broccoli, cauliflower), chopped

1 tsp minced garlic

¼ tsp red pepper flakes

3 green onions

3 tbsp soy sauce

2 tsp sesame oil

Directions:

In a saucepan bring water to a boil. Stir in rice. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, heat oil in a large skillet or wok over medium heat. Add onions, vegetables, garlic and pepper flakes, to taste. Cook 3 minutes, stirring occasionally.

Increase heat to medium-high and stir in cooked rice, green onions, and soy sauce. Stir fry-for 1 minute. Remove from heat. Add sesame oil and mix well.

Per Serving (excluding unknown items): 180 Calories; 6g Fat (27.6% calories from fat); 3g Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 391mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1 Fat.

Fruit Crumble

12 servings

Ingredients:

For filling

6-7 cups fruit, enough to almost fill pan (may include apples, apricots, rhubarb, berries, plums, peaches, etc.)

½ - 1 cup sugar, depending on the sweetness of the fruit

1-3 tsp of lemon juice, to taste

1-3 tbsp cornstarch, depending on juiciness of fruit

1 tsp spices (ginger, cinnamon, nutmeg)

For crumble

1 cup all-purpose flour

½ cup brown sugar

1 tsp baking powder

½ tsp cinnamon

¼ tsp salt

8 tbsp unsalted butter, softened

Directions:

Heat oven to 375 degrees F.

Prepare the fruit filling: Toss prepared fruit with sugar, lemon juice, cornstarch, and any spices. Use more sugar and less lemon juice when cooking with tart fruits (rhubarb, blackberries, etc.) and less sugar but more lemon juice for sweet fruits (peaches, plums, etc.). Use more cornstarch with very juice fruits and less with firm fruits like apples.

Pour fruit into a 9x9" baking dish.

Prepare crumble topping: Whisk together the flour, sugar, cinnamon, baking powder, and salt for the crumble topping. Cut the butter into a few large pieces and toss into the dry ingredients. Use your fingers, a fork, or a pastry cutter to work the butter into the dry ingredients until large heavy crumbs are formed.

Cover the fruit with the crumble evenly.

Bake for 30-35 minutes until the fruit juices are bubbling around the edges of the pan and the topping is firm to the touch.

Cool the crumble for at least 15 minutes before serving.

Per Serving (excluding unknown items): 161 Calories; 8g Fat (42.6% calories from fat); 1g Protein; 22g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 89mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Fruit Muffins [Peach Muffins, Blueberry Muffins, Mixed Berry Muffins, etc.]

16 servings

Ingredients:

3 cups whole wheat flour

1 tablespoon ground cinnamon

1 teaspoon baking soda

1 teaspoon salt

1/4 cup vegetable oil

1 cup applesauce

3 each eggs, lightly beaten

2 cups sugar

2 cups fruit, peeled, pitted, and chopped, cleaned, prepared as required

Directions:

Preheat oven to 400 degrees F. Lightly grease 16 muffin cups.

In a large bowl, mix the flour, cinnamon, baking soda, and salt. In a separate bowl, mix the oil, applesauce, eggs, and sugar. Stir the oil mixture into the flour mixture just until moist. Fold in the fruit. Spoon into the prepared muffin cups.

Bake 25 minutes in the preheated oven, until a toothpick inserted in the centre of a muffin comes out clean.

Cool 10 minutes before turning out onto wire racks to cool completely.

Per Serving (excluding unknown items): 230 Calories; 5g Fat (18.0% calories from fat); 4g Protein; 45g Carbohydrate; 3g Dietary Fiber; 40mg Cholesterol; 227mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.

Fruit Salad

10 servings

Ingredients:

5 cups of fresh fruit (strawberries, grapes, cantaloupe, bananas, blueberries, honeydew, etc.)

1/3 cup orange juice

Directions:

In a large bowl, combine fruit.

Pour juice over the fruit to toss and coat.

Cover and refrigerate for 4 hours, then stir just before serving.

Per Serving (excluding unknown items): 97 Calories; trace Fat (0.9% calories from fat); trace Protein; 25g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 1/2 Fruit.

Garlic Butter

36 servings

Ingredients:

1 cup butter, softened
1 tablespoon minced garlic
1/4 cup grated parmesan cheese
1 tablespoon garlic salt
1 teaspoon Italian seasoning
1/2 teaspoon ground black pepper
1/4 teaspoon paprika

Directions:

In a small bowl, combine softened butter, minced garlic and parmesan cheese. Season with garlic salt, Italian seasoning, pepper and paprika. Mix until smooth.

Per Serving (excluding unknown items): 49 Calories; 5g Fat (95.7% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 233mg Sodium.

Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Herb Butter

36 servings

Ingredients:

1/2 pound butter

1/4 teaspoon minced garlic

1 tablespoon scallions, mixed green and white parts

3 tablespoons fresh herbs, i.e. fresh dill, parsley, etc.

1 teaspoon lemon juice

1 teaspoon salt

1/4 teaspoon black pepper

Directions:

Combine the butter, garlic, scallions, dill, parsley, lemon juice, salt and pepper in the bowl of an electric mixer fitted with a paddle attachment. Beat until mixed, but do not whip.

Per Serving (excluding unknown items): 46 Calories; 5g Fat (98.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 112mg Sodium.

Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1 Fat.

Herb Roasted Potatoes

4 servings

Ingredients:

1 tbsp olive oil

1 tbsp garlic

1 tbsp fresh basil

1 tbsp fresh rosemary

1 tbsp fresh parsley

1/2 tsp red pepper flakes

1/2 tsp salt

4 each potatoes

Directions:

Preheat oven to 475 degrees F (245 degrees C).

Combine oil, garlic, basil, rosemary, parsley, red pepper flakes, and salt in a large bowl. Toss in potatoes until evenly coated. Place potatoes in a single layer on a roasting pan or baking sheet.

Roast in preheated oven, turning occasionally, until potatoes are brown on all sides, 20 to 30 minutes.

Per Serving (excluding unknown items): 130 Calories; 4g Fat (23.8% calories from fat); 3g Protein; 23g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 275mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.

Honey Glaze

30 servings

Ingredients:

$\frac{3}{4}$ cup butter

$\frac{1}{4}$ cup honey

Directions:

In a small bowl, mix butter and honey until smooth.

Store, covered in the refrigerator.

Per Serving (excluding unknown items): 49 Calories; 5g Fat (81.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 47mg Sodium. Exchanges: 1 Fat; 0 Other Carbohydrates.

Kale Apple Salad

8 servings

Ingredients:

4 cups kale, very finely chopped
2 tablespoons toasted almonds, coarsely chopped
1 each apple, sweet or sweet-tart
1 ounce cheddar cheese, low fat, cut in 1/4" dice
2 tablespoons lemon juice
salt, to taste
1 small garlic clove
5 tablespoons olive oil
2 tablespoons parmesan cheese, freshly grated

Directions:

Combine the kale, almonds, apple and Cheddar in a large bowl.
Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well.
Sprinkle the Parmesan over the top, and serve.

Per Serving (excluding unknown items): 128 Calories; 10g Fat (70.1% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 60mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.

Kale Caesar Salad

12 servings

Ingredients:

Dressing

1 each clove garlic
1/2 teaspoon Dijon mustard
1 1/2 tablespoons lemon juice
1 1/2 teaspoons white wine vinegar
1/4 teaspoon salt
1/2 cup olive oil
1/3 cup grated parmesan cheese
1/8 teaspoon black pepper

Salad

8 cups kale, leaves, lightly packed, ribs removed and leaves torn into bite-size pieces
4 cups romaine lettuce, into 1 inch strips
4 tablespoons grated parmesan cheese
1 cup croutons, seasoned, homemade

Directions:

Place the vinaigrette ingredients into a blender or food processor. Purée until smooth.
Place the chopped kale and romaine leaves into a large bowl. Add the dressing and massage with your (clean) hands until the salad is well dressed. (Massaging the kale with your hands helps soften the leaves.) Add the croutons and the Parmesan cheese.

Per Serving (excluding unknown items): 139 Calories; 11g Fat (69.0% calories from fat); 4g Protein; 7g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 181mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Kale Salad

4 servings

Ingredients:

1/2 cup lemon juice

1 tablespoon canola oil

1 teaspoon sugar

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 bunch kale, cut into bite-sized pieces

1 each large tomato, seeded and diced

1/2 cup sunflower seeds, roasted

1/2 cup dried cranberries

Directions:

Whisk lemon juice, canola oil, olive oil, sugar, salt, and black pepper in a large bowl. Add kale, tomato, sunflower seeds, and cranberries; toss to combine.

Per Serving (excluding unknown items): 164 Calories; 13g Fat (66.9% calories from fat); 5g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 279mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Lemon Herb Sauce

20 servings

Ingredients:

2 1/2 oz butter

4 tsp flour

1 1/4 cup vegetable stock

1/3 cups dry white wine

6 tbsp light cream cheese

3 tbsp fresh herbs

2 tbsp lemon juice

1 lemon zest

Directions:

Melt butter in pan, add flour and cook. Remove pan from heat and gradually stir in the stock and wine. Return pan to heat, bring to boil. Remove pan from heat, add cream, mixed herbs, lemon juice and zest. Season with salt and pepper.

Per Serving (excluding unknown items): 48 Calories; 4g Fat (71.3% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Lemon Vinaigrette

5 servings

Ingredients:

1/2 teaspoon grated lemon peel
2 tablespoons lemon juice
1 teaspoon sugar
1/2 teaspoon Dijon mustard
1/4 teaspoon sea salt
3 tablespoons extra virgin olive oil
freshly ground black pepper, to taste

Directions:

In a small bowl, whisk together the lemon zest, lemon juice, sugar, mustard, and fine sea salt, whisking until the sugar and salt are dissolved. Add 3 tablespoons of the oil in a slow stream, whisking constantly until the dressing is well blended. Season with fine sea salt and freshly ground black pepper. If desired, whisk in the remaining oil in a slow stream, whisking constantly.

Per Serving (excluding unknown items): 77 Calories; 8g Fat (92.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Mashed Potatoes

8 servings

Ingredients:

2 pounds baking potatoes, peeled and quartered

2 tablespoons butter, room temperature

1 cup milk

1 pinch salt and pepper, to taste

Directions:

Bring a pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain.

In a small saucepan heat butter and milk over low heat until butter is melted. Using a potato masher or electric beater, slowly blend milk mixture into potatoes until smooth and creamy.

Season with salt and pepper to taste.

Per Serving (excluding unknown items): 134 Calories; 4g Fat (26.3% calories from fat); 3g Protein; 22g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 62mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Non-Fat Milk; 1 Fat.

Melon Salad

12 servings

Ingredients:

2 tablespoons honey

1/4 teaspoon lime peel, grated

2 tablespoons fresh lime juice

2 cups cantaloupe, balls or cubes

2 cups honeydew melon, balls or cubes

2 cups watermelon, balls or cubes

Directions:

In large bowl, mix honey, lime peel and lime juice. Add remaining ingredients; toss gently to coat. Cover; refrigerate at least 1 hour to chill.

Stir salad before serving. If desired, garnish with fresh mint.

Per Serving (excluding unknown items): 39 Calories; trace Fat (4.5% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.

Naan Bread

14 servings

Ingredients:

1/4 ounce dry yeast, package
1 cup warm water
1/4 cup sugar
3 tablespoons milk
1 each egg, beaten
2 teaspoons salt
4 1/2 cups bread flour
2 teaspoons minced garlic, optional
1/4 cup butter, melted

Directions:

In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a well-oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume.

Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.

During the second rising, preheat grill to high heat.

At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2 to 4 minutes.

Remove from grill, and continue the process until all the naan has been prepared.

Per Serving (excluding unknown items): 211 Calories; 5g Fat (19.4% calories from fat); 6g Protein; 36g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 346mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Oatmeal Raisin Cookies

36 servings

Ingredients:

1/2 cup butter
1/2 cup shortening
1 cup brown sugar
1/2 cup sugar
2 each eggs
1 tsp vanilla
1 1/2 cups wheat flour
1 tsp baking soda
1 tsp cinnamon
1/2 tsp cloves
1/2 tsp salt
3 cups rolled oats
1 cup raisins

Directions:

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, cream together the butter, butter flavored shortening, brown sugar, white sugar, eggs, and vanilla until smooth. Combine the flour, baking soda, cinnamon, cloves, and salt; stir into the sugar mixture. Stir in the oats and raisins. Drop by rounded teaspoonfuls onto ungreased cookie sheets.

Bake 10 to 12 minutes until light and golden. Do not overbake. Let them cool for 2 minutes before removing from cookie sheets to cool completely. Store in airtight container. Make sure you get some, because they don't last long!

Per Serving (excluding unknown items): 133 Calories; 6g Fat (40.7% calories from fat); 2g Protein; 18g Carbohydrate; 2g Dietary Fiber; 19mg Cholesterol; 97mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Pear Sauce

20 servings

Ingredients:

3 each pears

1 tablespoon lemon zest

3 tablespoons lemon juice

1 each cinnamon stick

+1/4 cup dark brown sugar

1 cup water

1/2 teaspoon salt

Directions:

Place the peeled, cored, and quartered pears into a large pot. Add the strips of lemon peel, the lemon juice, cinnamon stick, sugars, water and salt. (You might want to start with half the sugar at this point and add more to taste later.) Bring to a boil on high heat, then lower the temperature, cover the pot, and maintain a low simmer for 20-30 minutes, until the pears are completely tender and cooked through.

Once the pears are cooked through, remove the pot from the heat. Remove the lemon peels and the cinnamon stick. Use a potato masher to mash the cooked pears in the pot to make a chunky pear sauce. For a smoother applesauce you can either run the cooked pears through a food mill, or purée them in a blender. (If you use a blender, do small batches and do not fill the blender bowl more than halfway.)

Add more sugar to taste. If too sweet, add more lemon juice.

This applesauce is delicious either hot or chilled. It pairs well with pork chops for savory dishes, it's terrific with cottage cheese as a snack or light lunch, and it's great with vanilla ice cream or yogurt.

Freezes well and will last at least a year in a cold freezer.

Per Serving (excluding unknown items): 28 Calories; trace Fat (3.6% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Pumpkin Bread

48 servings (original recipe = 36)

Ingredients:

3 cups pumpkin puree
1 1/2 cups vegetable oil
4 cups sugar
6 eggs
4 3/4 cups all-purpose flour
1 1/2 tsp baking powder
1 1/2 tsp baking soda
1 1/2 tsp salt
1 1/2 tsp ground cinnamon
1 1/2 tsp ground nutmeg
1 1/2 tsp ground cloves

Directions:

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour three 9x5 inch loaf pans. In a large bowl, mix together the pumpkin, oil, sugar, and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the pumpkin mixture until well blended. Divide the batter evenly between the prepared pans. Bake in preheated oven for 45 minutes to 1 hour. The top of the loaf should spring back when lightly pressed.

Per Serving (excluding unknown items): 185 Calories; 8g Fat (36.6% calories from fat); 2g Protein; 28g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 131mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.

Polenta [Creamy Polenta]

12 servings (up from 8, for nutritional reasons)

Ingredients:

4 cups water

4 cups milk, skim

3 tbsp butter

2 tsp salt

2 cups polenta

1/2 cup crème fraiche

1/3 cup nonfat Parmesan cheese

Directions:

In a large saucepan, bring the water, milk and butter to a boil. Add 2 teaspoons of salt to the water and whisk in the polenta. Whisk constantly for 3 to 4 minutes to prevent lumps.

Simmer for 45 minutes, partially covered and stirring every 10 minutes, until the polenta is thick, smooth, and creamy. Add the crème fraiche and Parmesan. Check for seasoning and adjust consistency by adding milk or water to the polenta. Polenta may be made up to 20 minutes ahead of time and kept covered until ready to serve.

Per Serving (excluding unknown items): 256 Calories; 6g Fat (22.0% calories from fat); 8g Protein; 41g Carbohydrate; 5g Dietary Fiber; 21mg Cholesterol; 457mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Potato and Pepper Hash

6 servings

Ingredients:

1 1/2 pounds potato
1 tbsp olive oil
2 cloves garlic
1 each green pepper
1 each yellow pepper
3 each tomatoes
2 3/4 oz mushrooms
1 tbsp soy sauce
2 tbsp basil

Directions:

Blanch potatoes in boiling until tender. Heat oil in skillet, add potatoes and cook until browned about 8-10 minutes. Add garlic and peppers cooking for 2-3 minutes. Stir in mushrooms cooking another 5-6 minutes then stir in Worcestershire sauce, basil and then season.

Per Serving (excluding unknown items): 143 Calories; 3g Fat (16.3% calories from fat); 4g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 186mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.

Pumpkin Curry

8 servings

Ingredients:

1 tablespoon coconut oil
1 each onion, chopped
1 can coconut milk
1 can pumpkin puree
1 cup water
1 tablespoon curry powder
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1 teaspoon salt, plus more to taste
3 tablespoons maple syrup, optional
1 head broccoli, chopped into florets
1 each sweet potato, chopped into 1-inch chunks

Directions:

Melt the coconut oil in a large pot or Dutch oven over medium heat, and sauté the onion and pepper until tender, about 8 minutes. Add in the coconut milk, pumpkin puree, water, curry, cinnamon, ginger, and salt, and stir well to combine. Taste the sauce and adjust the seasonings as you see fit, keeping in mind that the additional vegetables you're about to add in will dilute the flavor slightly.

Add the chopped broccoli florets and sweet potato into the sauce, and stir well to coat. Bring the sauce to a simmer, then cover and allow the veggies to cook until fork-tender, about 15 to 20 minutes. Taste the sauce again, and adjust the flavor, if necessary. (I added another 1/2 teaspoon of salt.) If you'd like a slightly sweet curry, add the maple syrup one tablespoon at a time until your desired sweetness has been reached.

Per Serving (excluding unknown items): 160 Calories; 9g Fat (48.2% calories from fat); 4g Protein; 19g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 298mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Pumpkin Spice Cookies

24 servings

Ingredients:

1 package spice cake mix

1 15oz can of pumpkin

Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a large bowl, stir together the cake mix and pumpkin until well blended. Drop by rounded spoonfuls onto the prepared cookie sheet.

Bake for 18 to 20 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Per Serving (excluding unknown items): 70 Calories; 2g Fat (21.3% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 1 Other Carbohydrates.

Quinoa Salad [Cranberry and Cilantro Quinoa Salad]

6 servings

Ingredients:

1 1/2 cups water
1 cup quinoa, rinsed
1/4 cup red bell pepper, chopped
1/4 cup yellow bell pepper, chopped
1 each small red onion, finely chopped
1 1/2 teaspoons curry powder
1/4 cup fresh cilantro
1 each lime juice
1/4 cup toasted almonds
1/2 cup minced carrot
1/2 cup dried cranberries
salt and pepper, to taste

Directions:

Pour the water into a saucepan, and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, recover, and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold.

Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

Per Serving (excluding unknown items): 165 Calories; 5g Fat (24.7% calories from fat); 5g Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat.

Quinoa Salad [Cucumber, Tomato, and Quinoa Salad]

4 servings

Ingredients:

1/2 cup quinoa

3 tablespoons olive oil

2 tablespoons red wine vinegar

salt and pepper

1/2 pound tomatoes, cut up

1/2 each English cucumber, sliced

4 cups arugula, or other leafy option

Directions:

Cook the quinoa according to the package directions; let cool.

In a large bowl, whisk together the oil, vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the quinoa, tomatoes, cucumber, and arugula and toss to combine; season with 1/4 teaspoon each salt and pepper.

Per Serving (excluding unknown items): 191 Calories; 12g Fat (52.8% calories from fat); 4g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Ratatouille

6 servings

Ingredients:

1/4 cup olive oil
1 1/2 cups small yellow onion
1 teaspoon minced garlic
2 cups eggplant, diced, skin on
1/2 teaspoon fresh thyme
2 cups red and green bell pepper, diced
1 cup yellow squash, diced
1 1/2 cups tomatoes, peeled, seeded, and chopped
1 each zucchini squash, halved and hollowed out
1 tablespoon basil leaf, thinly sliced
1 tablespoon chopped parsley
salt and pepper

Directions:

Set a large 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes. Add the eggplant and thyme to the pan and continue to cook, stirring occasionally, until the eggplant is partially cooked, about 5 minutes. Add the green and red peppers, zucchini, and squash and continue to cook for an additional 5 minutes. Add the tomatoes, basil, parsley, and salt and pepper, to taste, and cook for a final 5 minutes. Stir well to blend and serve either hot or at room temperature.

Per Serving (excluding unknown items): 135 Calories; 9g Fat (59.2% calories from fat); 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 2 Fat.

Rice

4 servings

Ingredients:

1 cup rice

1 ½ cups water

1 pinch salt

1 tbsp oil

Directions:

Put rice, oil, salt and water together in a pot with a lid. Set the heat to max, and bring rice/water to a boil uncovered.

Put the lid on the pot and reduce heat to let rice simmer for 20 minutes.

Turn off the heat. Allow the rice to sit for another 5-10 minutes before removing lid for fluffing and serving.

Per Serving (excluding unknown items): 199 Calories; 4g Fat (17.2% calories from fat); 3g Protein; 37g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Fat.

Rice Pudding [Creamy Rice Pudding]

Serves 8

Ingredients:

3/4 cup white rice
2 cup milk
1/3 cup sugar
1/4 tsp salt
1 egg, beaten
2/3 cup golden raisins
1 tbsp butter
1/2 tsp vanilla extract

Directions:

Bring 1 1/2 cups water to a boil in a saucepan; stir rice into boiling water. Reduce heat to low, cover, and simmer for 20 minutes.

In a clean saucepan, combine 1 1/2 cups cooked rice, 1 1/2 cups milk, sugar and salt. \ Cook over medium heat until thick and creamy, 15 to 20 minutes. Stir in remaining 1/2 cup milk, beaten egg, and raisins; cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla.

Per Serving (excluding unknown items): 197 Calories; 4g Fat (19.1% calories from fat); 5g Protein; 36g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 122mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Roasted Beets

6 servings

Ingredients:

6 each beets

1 tablespoon olive oil

spices, as desired and available

Directions:

Toss cleaned and diced or sliced beets with olive oil and spices. Place on a baking sheet and roast in a 400 degree oven for ~1 hour, stirring regularly.

Per Serving (excluding unknown items): 55 Calories; 2g Fat (36.9% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.

Roasted Root Vegetables

6 servings

Directions:

1 cup beet
4 each carrots
1 each onion
2 cups diced potatoes
4 each garlic cloves
1/4 cup cooked chickpeas
2 tablespoons olive oil
1 tablespoon dried thyme
1/3 cup white wine
1 cup beet greens

Ingredients:

Preheat an oven to 400 degrees F (200 degrees C).

Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish.

Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.

Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking.

Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving

Per Serving (excluding unknown items): 143 Calories; 5g Fat (31.6% calories from fat); 3g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 53mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1 Fat.

Roasted Squash [Roasted Pumpkin]

8 servings

Ingredients:

1 Each Butternut squash, peeled and seeded, and cut into 1-inch cubes, *or sub pumpkin*
2 tablespoons olive oil
2 each cloves garlic
salt and pepper, to taste

Directions:

Preheat oven to 400 degrees F (200 degrees C).

Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

Per Serving (excluding unknown items): 127 Calories; 4g Fat (22.8% calories from fat); 2g Protein; 25g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Fat.

Roasted Vegetables

6 servings

Ingredients:

1 each red onion, diced
1 each eggplant, diced
1 each yellow pepper, diced
1 each zucchini, diced
4 tablespoons olive oil
1 tablespoon vinegar
2 cloves garlic
1 tablespoon thyme
2 tablespoons brown sugar

Directions:

Arrange the vegetables in a shallow ovenproof dish. Mix the oil, vinegar, garlic, thyme, and sugar together then coat vegetables to marinate.

Preheat oven to 400f. Transfer vegetables to baking sheets and bake in oven til tender.

Per Serving (excluding unknown items): 134 Calories; 9g Fat (58.9% calories from fat); 2g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Roasted Vegetables on English Muffins

8 servings

Ingredients:

Muffins

- 1 each red onion, cut into 8
- 1 each eggplant, halved and sliced
- 1 each yellow pepper, sliced
- 1 each zucchini, sliced
- 4 tablespoons olive oil
- 1 tablespoon vinegar
- 2 cloves garlic
- 1 tablespoon thyme
- 2 tablespoons brown sugar
- 4 each English muffins, halved

Sauce:

- 2 tablespoons butter
- 1 tablespoon flour
- 2/3 cup skim milk
- 1/3 cup low sodium vegetable broth
- 3/4 cup cheddar cheese, low fat, shredded
- 1 teaspoon mustard

Directions:

Arrange the vegetables in a shallow ovenproof dish. Mix the oil, vinegar, garlic, thyme, and sugar together then coat vegetables to marinate.

Preheat oven to 400f. Transfer vegetables to baking sheets and bake in oven.

Sauce: melt butter in small pan and add flour. Then stir in milk and stock and return to heat.

Bring to a boil until thickened then add cheese, mustard and herbs.

Broil the muffin halves until golden brown then top with vegetables and sauce.

Per Serving (excluding unknown items): 226 Calories; 11g Fat (43.5% calories from fat); 8g Protein; 25g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 273mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Sautéed Seasonal Vegetables

8 servings

Ingredients:

1 tablespoon olive oil

1 teaspoon minced garlic

4 cups mixed seasonal vegetables*

1/2 teaspoon dried oregano

2 tablespoons soy sauce

2 tablespoons vegetable stock

Directions:

In a large sauté pan over medium-high heat, add the olive oil and heat. Add the garlic and sauté, stirring, for 1 minute. Add the all of the vegetables and cook until just starting to wilt, about 2 minutes. Add the oregano, soy sauce and stock and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.

*Mixed Vegetables = Seasonal and may include a mixture of broccoli, peppers, cauliflower, zucchini, onion, mushrooms, summer squash, etc.

Per Serving (excluding unknown items): 65 Calories; 2g Fat (28.3% calories from fat); 2g Protein; 10g Carbohydrate; 5g Dietary Fiber; trace Cholesterol; 557mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fat.

Scottish Shortbread [Shortbread Cookies]

24-36 servings

Ingredients:

2 cups butter

1 cup brown sugar, packed

4 1/2 cups all-purpose flour

Directions:

Preheat oven to 325 degrees F (165 degrees C).

Cream butter and brown sugar. Add 3 to 3 3/4 cups flour. Mix well.

Sprinkle board with the remaining flour. Knead for 5 minutes, adding enough flour to make a soft dough. Roll to 1/2-inch thickness. Cut into 3x1 inch strips. Prick with fork and place on ungreased baking sheets.

Bake at 325 degrees F (165 degrees C) for 20 to 25 minutes.

Per Serving (excluding unknown items): 170 Calories; 10g Fat (54.4% calories from fat); 2g Protein; 18g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 107mg Sodium. Exchanges: 1 Grain(Starch); 2 Fat; 1/2 Other Carbohydrates.

Smashed Potatoes

8 servings

Ingredients:

2 pounds potatoes

1 pinch salt and pepper

5 tablespoons olive oil

7 sprigs thyme, picked clean

Directions:

Heat oven to 425 degrees.

Bring potatoes to a boil in a large pot of water generously seasoned with salt. Cook until fork tender, about 8 minutes. Drain and let cool slightly, about 10 minutes.

Drizzle two rimmed baking sheets with 1-2tbsp oil each. Arrange potatoes on sheet and lightly crush each with heel of hand 'til potatoes are about 1/2 inch thick. Brush potatoes with remaining oil. Season with salt and pepper, and sprinkle with thyme. Roast, turning halfway through baking time until golden and crisp, about 25 minutes.

Per Serving (excluding unknown items): 175 Calories; 9g Fat (43.8% calories from fat); 3g Protein; 23g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Fat.

Spinach Mashed Potatoes

16 servings

Ingredients:

10 oz frozen spinach, chopped
6 potatoes, peeled and chopped
1/2 cup butter
1 cup sour cream
1 tbsp onion, chopped
1 tsp salt
1/4 tsp dried dill weed
1 cup cheddar cheese, shredded

Directions:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish. Cook spinach according to package directions. Place potatoes in a pot with enough water to cover, and bring to a boil. Cook 15 minutes, or until tender but firm. Drain, cool slightly, and mash.

In a bowl, mix the spinach, mashed potatoes, butter, sour cream, onion, salt, and dill.

Transfer to the prepared casserole dish. Top with Cheddar cheese.

Bake 20 minutes in the preheated oven, until bubbly and lightly brown

Per Serving (excluding unknown items): 151 Calories; 11g Fat (65.2% calories from fat); 4g Protein; 10g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 259mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

Spinach Salad [with Balsamic Vinaigrette]

6 servings

Ingredients:

4 oz Spinach, rinsed and dried (4 to 5)

2 small cucumbers

1 cup cherry tomato, halved

1 medium Carrot, thinly sliced

Dressing

2 Tbsp Balsamic Vinegar

2 Tbsp Extra Virgin Olive Oil

1/2 tsp Salt

black pepper, to taste

Directions:

Rinse and dry your spinach. Transfer to a large salad bowl.

Slice your cucumbers, thinly slice your carrots and halve your cherry tomatoes. Toss all the veggies into the salad.

In a small bowl, combine the dressing ingredients: 2 Tbsp Balsamic vinegar, 2 Tbsp olive oil, 1/2 tsp salt and 1/4 tsp pepper. Briskly whisk or shake the dressing ingredients together.

Drizzle the salad with the balsamic vinaigrette.

Per Serving (excluding unknown items): 68 Calories; 5g Fat (58.4% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1 Fat.

Stir-Fried Carrots

8 servings

Ingredients:

8 each carrots, halved crosswise
1 tablespoon olive oil
2 each cloves garlic, sliced thin lengthwise
2/3 cup water
1 tablespoon unsalted butter
fresh lemon juice
salt and pepper

Directions:

Halve carrot pieces lengthwise and cut crosswise into 1/8-inch-thick slices. In a heavy medium skillet heat oil over moderately high heat until hot but not smoking and stir-fry carrots until they begin to turn golden. Add garlic and stir-fry 30 seconds. Add water and butter and simmer, covered, until carrots are just tender, about 3 minutes. Boil carrots, uncovered, until most of liquid is evaporated. Stir in lemon juice and salt and pepper, to taste.

Per Serving (excluding unknown items): 60 Calories; 3g Fat (46.7% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 26mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.

Sweet Potato Fries [Baked Sweet Potato Wedges]

4 servings

Ingredients:

1 1/2 lbs sweet potato

1 1/2 tablespoons olive oil

3 tablespoons parsley

Directions:

Position racks in the upper and lower thirds of the oven and preheat to 450 degrees.

On a foil-lined baking sheet, toss the sweet potatoes with the olive oil and 1 tablespoon parsley; season with salt and pepper. Spread in a single layer and bake on the lower rack until tender and crisp around the edges, about 20 minutes.

Per Serving (excluding unknown items): 174 Calories; 5g Fat (27.7% calories from fat); 2g Protein; 30g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 1 Fat.

Vegetable Tian

6 servings

Ingredients:

1 head garlic, separated into cloves with all but 1 clove unpeeled

1/3 cup olive oil

1 yellow squash, about 6 ounces, thinly sliced crosswise

1 small eggplant, about 6 ounces, thinly sliced crosswise

1 zucchini, about 6 ounces, thinly sliced crosswise

4 plum tomatoes, about 1 pound, sliced lengthwise 1/4-inch thick

1 medium red onion, thinly sliced crosswise

Coarse salt and freshly ground pepper

1 Sprigs thyme, rosemary, oregano, or marjoram

Directions:

Heat oven to 400 degrees.

Halve the peeled garlic clove and rub bottom of a large baking dish with the cut side of the garlic. Coat the bottom of the dish with 2 tablespoons oil. Arrange vegetables in dish, alternating them and overlapping them. Season with salt and pepper as you layer the vegetables. Scatter herbs on top and drizzle with remaining oil to coat generously. Add garlic cloves evenly over the top.

Bake 25 minutes, then baste vegetables with oil from pan, and continue baking until tender and browned, about 25 minutes more.

Per Serving (excluding unknown items): 156 Calories; 12g Fat (67.7% calories from fat); 2g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 2 1/2 Fat.

Whole Wheat Bread

3 loaves (36 slices estimated)

Ingredients:

3 cups warm water, 110 degrees F/45 degrees C

2 packages active dry yeast, .25oz packages

1/3 cup honey

5 cups bread flour

3 tablespoons butter, melted

1/3 cup honey

1 tablespoon salt

3 1/2 cups whole wheat flour

2 tablespoons butter, melted

Directions:

In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly. Then mix in 3 tablespoons melted butter, 1/3 cup honey, and salt. Stir in 2 cups whole wheat flour. Flour a flat surface and knead with whole wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 2 to 4 cups of whole wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled.

Punch down, and divide into 3 loaves. Place in greased 9 x 5-inch loaf pans, and allow to rise until dough has topped the pans by one inch.

Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes; do not overbake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Cool completely before slicing.

Per Serving (excluding unknown items): 143 Calories; 2g Fat (13.2% calories from fat); 4g Protein; 28g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 196mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Whole Wheat Garlic Bread

4 servings

Ingredients:

1 tablespoon extra-virgin olive oil
1 1/2 tablespoons butter
1 each garlic clove, grated
3 ounces whole wheat bread, baguette
1 teaspoon parsley, finely chopped

Directions:

Preheat broiler to high. Combine olive oil, butter, and grated garlic in a small microwave-safe bowl. Microwave at HIGH 30 seconds or until butter melts. Cut a baguette piece into 8 slices. Arrange bread on a baking sheet; brush with oil mixture. Broil 1 minute (on one side) or until toasted. Sprinkle with parsley, if desired.

Per Serving (excluding unknown items): 121 Calories; 9g Fat (61.2% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 156mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1 1/2 Fat.

Yogurt Dip

4 servings

Ingredients:

1 cup vanilla yogurt, low fat

2 tablespoons honey

1 tablespoon brown sugar

1 tablespoon ground cinnamon

Directions:

Mix yogurt, honey, brown sugar, and cinnamon together in a bowl.

Refrigerate 1 hour before serving.

Per Serving (excluding unknown items): 94 Calories; 1g Fat (6.9% calories from fat); 3g Protein; 20g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 39mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1 Other Carbohydrates.