

Creole Drums

Cooking spray

8 skinless chicken drumsticks with bone, all visible fat discarded (about 2 pounds)

1 large onion, chopped

1 medium green bell pepper, chopped

1 (14.5-ounce) can no-salt-added diced tomatoes, undrained

10 ounces fresh or frozen cut okra, cut into 1/2-inch slices if fresh

1 teaspoon Worcestershire sauce (lowest sodium available)

1/2 teaspoon dried thyme, crumbled

1/4 teaspoon red hot-pepper sauce

1/8 teaspoon salt



Directions:

1. 1. Lightly spray a Dutch oven with cooking spray. Heat over medium-high heat. Cook the chicken for about 4 minutes, or until browned on all sides, turning frequently (the chicken won't be done at this point). Transfer to a plate.
2. 2. In the same pot, cook the onion and bell pepper for 3 minutes, or until the edges are beginning to lightly brown, stirring frequently and scraping to dislodge any browned bits.
3. 3. Gently stir in the chicken with any accumulated juices. Stir in the remaining ingredients except the salt. 4. Bring to a boil, still over medium-high heat. Reduce the heat and simmer, covered, for 40 minutes, or until the chicken is no longer pink in the center and the okra is very tender. Remove from the heat.
4. 5. Transfer the chicken to soup bowls. Stir the salt into the tomato mixture. Pour over the chicken.

Nutrition Facts:

Calories 250

Fanned Avacado Salad

Dressing:

2 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
1/4 teaspoon pepper
1/4 teaspoon red hot-pepper sauce
1/8 teaspoon salt

Salad:

18 medium spinach leaves
1/2 medium cucumber, peeled and sliced
1 medium tomato, sliced crosswise and halved
1 medium avocado, thinly sliced
1/2 cup chopped fresh cilantro
1 ounce fat-free feta cheese, crumbled



Directions:

1. In a small bowl, whisk together the dressing ingredients.
2. On a platter, decoratively arrange the spinach, cucumber, tomato, and avocado like a fan or an accordion.
3. Pour the dressing over all. Sprinkle with the cilantro and feta. Serve immediately for peak flavor and so the spinach doesn't wilt.

Nutrition Facts:

Calories 70

Boneless Barbecue “Wings”

Cooking spray

2 tablespoons whole-wheat flour or all-purpose flour

1/4 teaspoon salt-free seasoned pepper blend

1/4 cup low-fat buttermilk

1 teaspoon red hot-pepper sauce

1 cup crushed corn flake cereal (about 2 1/2 cups flakes)

1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 28 strips

1/4 cup barbecue sauce (lowest sodium available)

1 tablespoon cider vinegar

1 tablespoon honey



Directions:

1. Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray.
2. In a medium shallow dish, stir together the flour and seasoned pepper blend. In a second shallow dish, whisk together the buttermilk and hot-pepper sauce. Put the corn flake crumbs in a third shallow dish. Set the dishes and baking sheet in a row, assembly-line fashion. Working in batches, dip the chicken in the flour mixture, then in the buttermilk mixture, and finally in the corn flake mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips, gently press the coating mixture so it adheres to the chicken.
3. Arrange the chicken in a single layer on the baking sheet. Lightly spray the top of the chicken with cooking spray.
4. Bake for 25 minutes, or until the chicken is no longer pink in the center and the coating is crisp.
5. Meanwhile, in a medium bowl, whisk together the barbecue sauce, vinegar, and honey.
6. Add the chicken to the sauce, stirring gently to coat, or serve the sauce on the side.

Nutrition Facts:

Calories 75

Green Beans with Mushrooms and Onions

8 oz green beans, trimmed
2 tsp olive oil
4 oz sliced mushrooms, such as button, cremini, portobello, or shiitake (stems discarded)
1/2 cup thinly sliced onion
1 medium garlic clove, minced
1/8 tsp salt
2 tsp fresh lemon juice
Pinch of pepper



Directions:

1. Fill a medium saucepan three-fourths full with water. Bring to a boil, covered, over high heat. Cook the green beans, uncovered, for 5 minutes, or until tender-crisp. Drain well in a colander.
2. Meanwhile, in a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom.
3. Cook the mushrooms, onion, garlic, and salt for 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently. Stir in the lemon juice, pepper, and cooked green beans

Nutrition Facts:

Calories 60

Ham and Broccoli Frittata

Cooking spray

2 cups frozen fat-free potatoes O'Brien, thawed

6 oz small broccoli florets, rinsed in cold water, drained, but not dried (some water droplets should cling to the broccoli)

8 large egg whites

1 large egg

4 oz lower-sodium, low-fat ham (uncured, nitrate/nitrite-free), cut into 1/4-inch cubes

1/4 cup fat-free milk

1/4 tsp pepper



Directions:

1. Preheat the oven to 400°F.
2. Lightly spray a medium ovenproof skillet with cooking spray. Heat over medium heat. Remove from the heat. Put the potatoes in the skillet. Lightly spray with cooking spray. Cook for 4–5 minutes, or until the potatoes are golden brown, stirring occasionally.
3. Put the broccoli in a microwaveable bowl. Microwave, covered, on 100% power (high) for 3–4 minutes, or until tender-crisp. Drain in a colander. Stir the broccoli into the potatoes.
4. In a medium bowl, whisk together the egg whites and egg. Whisk in the ham, milk, and pepper. Pour the mixture over the potatoes and broccoli, stirring well.
5. Bake for 15–18 minutes, or until the eggs are set (they don't jiggle when the frittata is gently shaken).

Nutrition Facts:

Calories 180

Baked Parmesan Chicken

Cooking spray

1 large egg

1 Tbsp water

1 tsp olive oil

1/3 cup finely crushed whole-grain crispbread (lowest sodium available)

1/3 cup shredded or grated parmesan cheese

2 Tbsp minced fresh parsley

1/2 tsp ground oregano

1/4 tsp ground oregano

1/4 tsp pepper

4 boneless, skinless chicken breasts (about 4 oz each), all visible fat discarded, flattened to 1/4-inch thicknesses



Directions:

1. Preheat the oven to 400°F. Lightly spray a 13 × 9 × 2-inch baking dish with cooking spray.
2. In a shallow dish, whisk together the egg, water, and oil. In a separate shallow dish or pie pan, stir together the remaining ingredients except the chicken. Set the dishes and baking dish in a row, assembly-line fashion. Dip the chicken in the egg mixture, then in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips, gently press the coating mixture so it adheres to the chicken. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.
3. Bake for 15–18 minutes, or until the chicken is no longer pink in the center and the top coating is golden brown.

Nutrition Facts:

Calories 280

Beef Boti Kebabs

Marinade:

1 tablespoon minced garlic
1 tablespoon fresh lime juice
2 teaspoons ground coriander
1 teaspoon crushed fennel seeds
1 teaspoon garam masala
1 green chile, finely chopped
1/2 teaspoon ground turmeric
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon salt

Beef:

18 oz lean sirloin steak, all visible fat discarded, cut into 1-inch cubes
2 teaspoons sunflower oil, divided use
1/2 teaspoon salt
1 bunch fresh cilantro, stems discarded and leaves chopped
1 medium lime, cut into wedges



Directions:

1. In a large shallow dish, stir together the marinade ingredients until well combined. Add the beef cubes, turning to coat. Cover and refrigerate for 2–3 hours, or up to 6 hours, stirring occasionally. Remove from the refrigerator. Let stand at room temperature for 30 minutes before grilling.
2. Meanwhile, soak six 6- to 8-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Preheat a cast iron griddle over medium-high heat or preheat an outdoor grill on medium high. Lightly brush the griddle or grill with ½ tsp oil to prevent the kebabs from sticking.
3. Thread the steak cubes onto the skewers, leaving some space between the cubes. Brush with the remaining 1 1/2 tsp oil. Sprinkle with the remaining 1/2 tsp salt.
4. Cook or grill the kebabs for about 4 minutes per side (8 minutes total). Serve hot. Sprinkle with the cilantro. Garnish with the lime wedges.

Nutrition Facts:

Calories 130

Chopped Veggie Salad with Feta

1/2 (14-oz) can quartered artichoke hearts, rinsed, drained, and coarsely chopped
4 oz button mushrooms, chopped (about 1/4-inch cubes)
1 small tomato, seeded and chopped
1/4 cup finely chopped green onions
1/4 cup chopped fresh parsley
1 1/2 tsp dried basil, crumbled
3/4 tsp dried oregano, crumbled
1/2 oz fat-free feta cheese with sun-dried tomatoes and basil, crumbled

Directions:

1. In a medium bowl, toss together all the ingredients except the feta.
2. Add the feta and toss gently. This salad is best if served within 1 hour.

Nutrition Facts:

Calories 50



Fresh Vegetable Summer Rolls

1 head Boston or oak leaf lettuce, ribs discarded (12 leaves)
1 lb firm tofu, drained and cut lengthwise into 1/2-inch-thick planks
1 large carrot, peeled and shredded
1/2 English or hothouse cucumber, peeled, seeded, and cut into 2-inch-long matchsticks
2 cups mung bean or clover sprouts, blanched
24 medium to large mint leaves
12 round rice papers (8-inch rounds)



Directions:

1. Fill a flat round cake pan with water. Place a clean, smooth (not fuzzy) kitchen towel on your work surface. Arrange the lettuce, tofu, carrots, cucumber, sprouts, and mint into individual piles on a plate.
2. Put 1 rice paper in the water. Soak until pliable. Place the rice paper on top of the kitchen towel. Blot dry. The paper should be sticky, not slippery. Stack the ingredients as follows, one on top of the other on the side of the paper closest to you: 1 lettuce leaf, 1 piece of tofu, some carrot, cucumber, sprouts, and 2 mint leaves, one beside the other.
3. Fold the side of the paper that is farthest from you over the filling tightly. Be careful not to tear it. Fold in the sides, and roll all the way to the end. Repeat this step with the remaining ingredients.

Nutrition Facts:

Calories 85

Roast Turkey with Orange-Spice Rub

Cooking spray
1 tablespoon grated orange zest
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon ground allspice, 1/4 tsp ground nutmeg, or 1/8 tsp ground cloves
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon cayenne
1 (5-lb) turkey breast with bone and skin



Directions:

1. Preheat the oven to 325°F. Lightly spray a roasting pan and baking rack with cooking spray.
2. In a small bowl, stir together all the ingredients except the turkey.
3. Put the turkey on a cutting board or flat work surface. Carefully loosen the skin from the turkey breast by gently inserting your fingers between the skin and the meat, making a pocket for the orange zest mixture. Don't break the skin. Discard any fat beneath the skin. Still working carefully, spread the orange zest mixture under the loosened skin as well as possible. Transfer the turkey to the rack in the pan.
4. Roast the turkey for 1 hour 45 minutes, or until it registers 170°F–175°F on an instant-read thermometer inserted into the thickest part. Be sure the thermometer doesn't touch the bone. Remove the turkey from the oven.
5. Let the turkey stand for 15 minutes. Discard the skin and all visible fat before slicing.

Nutrition Facts:

Calories 140

Air Fryer Buttermilk Fried Chicken

low-fat buttermilk
1/3 cup
hot sauce
1/4 tsp
boneless, skinless chicken breasts
(cut in half lengthwise to make 4 equal portions)
1 lbs
corn flakes
6 tbsp
stone-ground cornmeal
3 tbsp
garlic powder
1 tsp
paprika
1 tsp
salt
1/4 tsp
coarse-ground black pepper
1/4 tsp
nonstick cooking spray
1



Directions:

1. In a small, deep bowl, stir together the buttermilk and hot sauce. Place the chicken in the buttermilk mixture. Allow to stand 15 minutes.
2. Place the cornflakes into the work bowl of a food processor. Process until coarse crumbs form. Add the cornmeal, garlic powder, paprika, salt, and pepper and pulse until evenly mixed. Pour the crumbs into a shallow bowl. (if you don't have a food processor, you can crush the cornflakes in a plastic bag with a rolling pin.)
3. Drain the chicken, allowing the excess buttermilk to drip back into bowl. Coat the chicken pieces evenly in the cornflake mixture. Place the coated chicken pieces on a wire rack.
4. Place the chicken in the air fryer basket. Spray with nonstick cooking spray for 2 seconds (do not crowd the chicken; cook in batches if all the chicken doesn't fit). Set the temperature to 375°F and air fry for 7 minutes. Turn the chicken pieces. Air fry for an additional 7–10 minutes or until the chicken is done and a meat thermometer inserted in the center registers 165°F.

Amount per serving

160 Calories

Beef Stroganoff

Ronzoni Healthy Harvest Whole Grain egg noodles
(uncooked)

5 oz

olive oil

2 tsp

beef tenderloin

(sliced into 2-inch strips)

1 lbs

white

(button) mushrooms (sliced)

1 1/2 cup

onion

(s) (minced)

1/2 cup

all-purpose flour

1 tbsp

dry white wine

1/2 cup

Dijon mustard

1 tsp

fat free, low sodium beef broth

1 (14.5-oz) can

fat-free sour cream

1/2 cup

salt

(optional)

1/4 tsp

black pepper

1/4 tsp



Directions

1. Cook noodles according to package directions, omitting salt.

2. Add oil to a large sauté pan over high heat. Add meat and sauté for about 3 minutes. Remove meat from pan. Add mushrooms and onion and sauté for 5 minutes or until beginning to brown.

3. Add flour and cook for 1 minute. Add wine to deglaze pan; cook for 2 minutes. Add Dijon mustard and beef broth; bring to a boil. Reduce heat and simmer for 5 minutes.

4. Add beef and any juices back to broth and simmer for 3 more minutes. Add sour cream, salt (optional), and pepper; simmer for 30 seconds.

5. Serve over whole-grain egg noodles.

Amount per serving

275 Calories

Better Mashed Potatoes

low-fat buttermilk
1/3 cup
cauliflower
(separated into small florets, discard core and stem)
1 head
garlic
(peeled and left whole)
5 clove
russet or baking potato
(peeled and cut into 2-inch cubes)
1
olive oil
1 tbsp
butter
(unsalted butter)
2 tsp
Parmesan cheese
(grated)
2 tbsp
salt
1 tsp
black pepper
1/2 tsp



Directions:

1. In a large saucepan, place the potato, garlic, and cauliflower and enough water to cover. Bring to boiling, reduce the heat to medium, and cook until the potato and cauliflower are tender, about 15 minutes.

2. Drain and add the vegetables and garlic back to the pot. Cover the pot with a kitchen towel and put the lid over the towel. Let stand for 5 minutes. Remove the lid and towel. This process helps to dry the vegetables so they mash better.

3. Add the buttermilk, cheese, olive oil, butter, salt, and pepper. Mash* just until the ingredients are lightly combined. If desired, garnish with fresh snipped chives.

Amount per serving

60 Calories

Balsamic Chicken with Mushrooms

chicken breasts
(boneless, skinless)
1 lbs
olive oil
1 tbsp
all-purpose flour
1/4 cup
margarine
(trans-fat-free)
1 tbsp
white
(button) mushrooms (sliced)
10 oz
black pepper
1/4 tsp
balsamic vinegar
1/3 cup
low sodium chicken broth
(fat-free, less sodium)
1/2 cup



Directions

1. Place the chicken breast in a plastic bag and pound thin with a mallet.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt the margarine in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.
5. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breast back to the pan and simmer for 5 minutes.

Amount per serving

240 Calories

https://www.diabetesfoodhub.org/recipes/balsamic-chicken-with-mushrooms.html?home-category_id=20

High-Fiber, Gluten-Free Brownies

nonstick cooking spray

1

canned black beans

(rinsed and drained)

3/4 cup

olive oil

1/4 cup

water

2 tbsp

egg

1

egg whites

2

cocoa powder

1/4 cup

Splenda Sugar Blend

1/4 cup plus 1 tbsp

instant coffee

1 tsp

vanilla extract

1 tsp

gluten-free all-purpose baking mix, such as King Arthur's

1/3 cup

mini chocolate-chips

(gluten-free)

1/4 cup



Directions:

1.Preheat the oven to 350 degrees F. Spray a 9 by 9-inch square baking pan with cooking spray.

2.In a blender, puree the beans with the oil and water. Add the eggs, cocoa, Splenda Sugar Blend, coffee, and vanilla and blend well.

3.Add the baking mix to blender and pulse until just incorporated. Stir in mini chocolate chips. Pour into the prepared pan.

4.Bake for 18-20 minutes

5.Let cool at least 15 minutes before cutting and removing from the pan. Cut into 12 equal-sized brownies.

Amount per serving

110 Calories

Beef Fajitas

canola oil
2 tsp
sliced onion
2 cup
sliced bell peppers
2 cup
cooked sliced steak from Coffee-Rubbed Steak recipe
20 oz
salt
1/4 tsp
whole wheat flour tortillas
4 (8-inch)



Directions:

1.Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and bell pepper. Sauté for 5 minutes. Add the cooked sliced steak and sauté for 2 to 3 minutes to warm. Sprinkle with salt.

2.Wrap the tortillas in damp paper towels and microwave on high for 1 minute.

3.Place each tortilla on a plate. Divide the steak, onions, and peppers among the 4 tortillas. Wrap and serve. These fajitas go well with a green salad.

Amount per serving

470 Calories

https://www.diabetesfoodhub.org/recipes/beef-fajitas.html?home-category_id=20

Signature Skillet Supper

extra virgin olive oil
1 tsp
lean ground beef (I used 93% lean)
1 lbs
onion(s) (chopped)
1 cup
garlic (minced)
2 clove
frozen mixed vegetables
4 cup
togarashi (Japanese pepper blend)
2 tsp
uncooked no yolk medium noodles
3 cup
beef broth (low-sodium)
4 cup
water



Directions:

1. Place olive oil in large sauté pan or skillet. Add beef, onions, and garlic and cook until beef is browned. Add vegetables and the seasoning, and mix well. Add the noodles and mix well. Add the broth and enough water to cover everything.
2. Bring to a boil. Reduce heat to medium and cook until noodles are tender, approximately 15 minutes.

Amount per serving

285 Calories

Baked Chicken Empanadas

chicken breasts (boneless, skinless)
8 oz
low sodium chicken broth (fat-free, low-sodium)
4 cup
vegetable oil
1 tbsp
medium yellow onion (finely diced)
1
paprika
1 tbsp
cumin
1 tsp
chili powder
1 tsp
nonstick cooking spray
1
premade whole wheat pizza dough (thawed if frozen)
1 lbs
green Spanish olives ((such as Manzanilla), pitted)
16
eggs
1
water



Directions

1. Add the chicken breasts and chicken broth to a large sauce pan over high heat. Bring to boiling, then reduce heat and simmer for 15 to 20 minutes, until the chicken is cooked through. Remove the pan from the heat and let the chicken cool to the touch in the broth (about 20 minutes).
2. Shred the chicken into small pieces and mix in 2 Tbsp. of the chicken broth from the pan; set aside.
3. Add the oil to a sauté pan over medium heat. Add the onion, paprika, cumin, chili powder, and 1/2 cup of the chicken broth. Reduce the heat to low and cook for 10 to 15 minutes, until onions are soft and clear, and the liquid is evaporated. Stir in the chicken to yield 2 cups of filling.
4. Preheat the oven to 400 degrees F. Coat a large baking sheet with cooking spray.
5. Separate the whole wheat pizza dough into 16 golf-ball size pieces, and roll each one into a smooth ball.
6. Using a rolling pin, roll each ball of dough into a 6-inch-diameter circle.
7. Spoon 2 Tbsp. of the filling into the middle of the circle and press 1 olive into the middle of the filling. Lightly brush with water the bottom edge of the dough along one half of the circle. Fold the top half of the dough over the filling to form a semi-circle, and press edges firmly together. Crimp the edges with a fork to seal in the filling. Place the empanadas on a baking sheet.
8. Lightly beat the egg with the 1 Tbsp. water and brush a thin layer of the mixture over the top surface of each empanada.
9. Bake the empanadas for 20 minutes, until lightly browned

Amount per serving

100 Calories

Simple Chicken Stirfry

garlic (minced or grated)
1 clove
olive oil
1 tbsp
ground black pepper
1/2 tsp
corn starch
2 tsp
frozen stir-fry vegetables
1 14-ounce bag
lower sodium soy sauce
2 tbsp
cooked chicken (shredded)
1 1/2 cup
low sodium chicken broth
1 cup



Directions:

1. Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.
2. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.
3. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.
4. Serve or let cool then store in an airtight container in the refrigerator for up to 1 week

Amount per serving

180 Calories

https://www.diabetesfoodhub.org/recipes/simple-chicken-stirfry.html?home-category_id=20

Chicken Nacho Casserole

nonstick cooking spray
1
black pepper
1/8 tsp
chicken breasts (boneless, skinless, cut into small pieces)
1 lbs
fire-roasted tomatoes (15-ounce, diced)
1 can
black beans (no salt added, drained and rinsed)
1 cup
chili powder
2 tsp
cumin
1/2 tsp
garlic powder
1/2 tsp
cheddar cheese (reduced-fat, shredded)
2/3 cup
baked tortilla chips (crushed, (or about 24))
1 1/2 oz



Directions:

1. Preheat the oven to 375 degrees F. Spray a 2 1/2 quart baking dish with cooking spray.
2. Season the chicken with black pepper. Spray a large sauté pan with cooking spray and heat over medium-high. Add the chicken and cook for 8 minutes.
3. Add the diced tomatoes, black beans, chili powder, cumin and garlic powder to the pan. Reduce the heat to low and simmer for 5 minutes.
4. Pour the chicken mixture into the baking dish. Sprinkle cheese on top and then top with the crushed tortilla chips. Bake 12 minutes or until the cheese is melted.

Amount per serving

210 Calories

Apple Crisp

nonstick cooking spray
1
packed brown sugar
1/4 cup
all-purpose flour
1/4 cup
old-fashioned rolled oats (not quick cooking)
1/2 cup
margarine (softened)
2 tbsp
ground cinnamon
1 tsp
ground nutmeg
1/2 tsp
vanilla extract
1 tsp
red apples (peeled, sliced, about 5 apples)
5 cup



Directions:

1. Preheat oven to 375° F. Coat a 13 x 9-inch pan with cooking spray.
2. In a small bowl, combine brown sugar, flour, oats, margarine, cinnamon, nutmeg, and vanilla. Blend with a fork until moistened (mixture should be crumbly).
3. Layer apples in a pan and sprinkle brown sugar mixture evenly over top. Bake 30 minutes.

Amount per serving

145 Calories

Greek Yogurt Chocolate Mousse

mini Hershey's Sugar-Free Special Dark Chocolate bars (chopped)

6

plain nonfat Greek yogurt (non-fat)

2 cup

honey or 4 packets artificial sweetener

2 tbsp

vanilla extract

1 tsp

skim milk

1/4 cup

whipped topping (non-fat)

6 tbsp

fresh raspberries

2 cup



Directions:

1. Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.

2. In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more, then add the chocolate, a small amount at a time, beating in between additions.

3. Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping

Amount per serving

130 Calories

Scalloped Potatoes

Nonstick cooking spray
1
salt (optional)
1/4 tsp
medium russet potatoes
6
medium yellow onion (cut into thin strips)
1
black pepper
1/4 tsp
fat free half-and-half
1 cup
cheddar cheese (reduced-fat, shredded sharp, divided)
1/2 cup



Directions:

1. Preheat oven to 400 degrees F. Peel potatoes and slice into thin rounds.
2. Coat a large nonstick skillet with cooking spray and sauté onions and potatoes over medium-high heat until the onions turn clear.
3. Spray a pie pan or 8-inch round cake pan with cooking spray.
4. Place a thick layer (about half) of the potatoes and onions in the bottom of pan.
5. Add salt and pepper to half-and-half. Pour 1/2 cup of the half-and-half over the potatoes. Sprinkle 1/4 cup of the cheese on top.
6. Add remaining potatoes and pour 1/2 cup half-and-half over the potatoes and top with remaining cheese.
7. Bake for 40 minutes or until potatoes are soft

Amount per serving

160 Calories

Oven-Baked Chicken Taquitos

nonstick cooking spray

1

cumin

1/2 tsp

chili powder

1 tsp

garlic powder

1 tsp

black pepper

1/2 tsp

chicken breasts (boneless, skinless)

8 oz

2% Mexican-style cheese blend (shredded)

1/2 cup

refried beans (fat-free)

1/2 cup

corn tortillas (6-inch)

8

lettuce (shredded)

1 cup

prepared guacamole

1/2 cup

tomatoes (diced)

1 cup



Directions:

1.Preheat the oven to 400 degrees F. Coat a baking sheet with cooking spray. Set aside.

2.In a small bowl, mix together the cumin, chili powder, garlic powder, and ground black pepper.

3.Lay the chicken breasts on the prepared sheet pan. Sprinkle the chicken with the spice mixture. Roast the chicken in the oven for 25 minutes or until the internal temperature is 165 degrees F. Set it aside to cool slightly. Keep the oven on and coat a clean baking sheet with cooking spray.

4.Once the chicken has rested and cooled slightly, shred the chicken meat and add it to a medium bowl. Add the cheese and refried beans and mix well.

5.Place the corn tortillas in between two damp paper towels. Microwave on high for 30 seconds.

6.Fill each corn tortilla with 1/4 cup chicken filling and roll tightly. Lay seam side down on the prepared baking sheet. Once all the taquitos are on the baking sheet, lightly spray each one with cooking spray.

7.Bake for 15 minutes or until the tortillas are crispy.

8.Serve two taquitos with 1/4 cup shredded lettuce, 2 Tbsp. guacamole and 1/4 cup diced tomatoes

Amount per serving

335 Calories

Favorite Vegetable Soup

ground chuck ((this is a cut of beef))
1/2 lbs
peeled, chopped fresh tomatoes or 2, 28-oz. cans no salt added diced tomatoes
7 cups
water
4 cup
cut green beans (14.5-ounce, no salt added, drained and rinsed)
1 can
peas (15-ounce, no salt added, drained and rinsed)
1 can
corn (15.25-ounce, no salt added, drained and rinsed)
1 can
medium carrots (3-ounce each, peeled and chopped)
2
medium potatoes (5-ounce each, peeled and diced)
3
medium onion (5-ounce, diced)
1
dry rice
1/4 cup
black pepper
1/8 tsp
crushed red pepper flakes
1/8 tsp
salt
1/2 tsp
garlic powder
1/2 tsp



Directions:

- 1.Place ground chuck in a 2-gallon stockpot and brown over medium heat. Remove meat and drain it well. Wipe drippings from pot.
- 2.Return meat to stockpot, then add tomatoes and water. Bring to a simmer and cook, covered, until tomatoes are soft and a juicy broth is created, about 20 minutes.
- 3,Add remaining ingredients, cover, and continue cooking 60 additional minutes to allow flavors to blend.

Amount per serving

115 Calories

Creamy Chicken Apple Salad

cooked chicken breast (chopped)
2 cup
celery (diced)
2 stalks
green onions (chopped)
2
medium Jonagold apple (finely diced)
1
walnuts (chopped)
3 tbsp
light mayonnaise
1/4 cup
yogurt (plain, fat-free)
1/4 cup
lemon (juiced)
1/2
black pepper
1/8 tsp



Directions:

1. In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts
2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
3. Serve salad over your choice of lettuce leaves, bread or crackers.

Amount per serving

115 Calories

Chicken Lettuce Wraps

green onion (scallion) (thinly sliced)
2
julienne or matchstick carrots
6 tsp
Asian peanut sauce
6 tsp
grilled chicken (finely chopped)
6 oz
large lettuce leaves (Boston or Bib lettuce work well)
6

Directions:

1. Place all ingredients in separate bowls.
2. Begin by laying a piece of lettuce on a plate. Top with chicken, peanut sauce, carrots, and scallions. Roll to enclose filling.

Amount per serving

65 Calories



Shrimp Paella with Cauliflower Rice

Nonstick cooking spray
1
large onion (diced)
1
red bell pepper (seeded and diced)
1
fully cooked adouille or chorizo chicken sausage (diced)
1 (3-oz) link
garlic (minced)
2 clove
turmeric
1/2 tsp
paprika
1/2 tsp
low sodium chicken broth
3 cup
fresh or frozen cauliflower rice
6 cup
salt
1/2 tsp
black pepper (ground)
1/2 tsp
raw shrimp (peeled and deveined)
12 oz



Directions:

1. Add cooking spray to a large skillet over medium-high heat. Add sausage, onion, bell pepper and garlic. Sauté until onions are starting to caramelize, about 8 minutes.
2. Stir in turmeric and paprika. Add the broth, cauliflower rice, salt and pepper. Bring to boil then reduce heat to low, cover and simmer about 5 minutes.
3. Add the shrimp to the pan, then cover and cook until shrimp are just opaque in center, about 6 minutes.

Amount per serving

130 Calories

Air Fryer Coconut Shrimp

large raw shrimp (peeled and deveined)
1 lb (20-30 shrimp)
egg whites (beaten)
2
water
1 tbsp
whole-wheat panko bread crumbs
1/2 cup
unsweetened coconut flakes
1/4 cup
ground cumin
1/2 tsp
turmeric
1/2 tsp
ground coriander
1/2 tsp
salt
1/8 tsp
nonstick cooking spray
1



Directions

1. Pat the shrimp dry using paper towels. Place the egg whites and water in a shallow bowl, whisking to combine.
2. Combine the panko bread crumbs, coconut, cumin, turmeric, coriander, and salt in another shallow bowl.
3. Dip the shrimp in the egg mixture, allowing the excess to drip back into the bowl, and then coat in the panko mixture. Place the coated shrimp on a wire rack. Repeat with all shrimp.
4. Place the shrimp in a single layer in the air fryer basket. Spray the shrimp with nonstick cooking spray for 2 seconds. Set the temperature to 400° F and air fry for 4 minutes. Turn the shrimp over. Air fry for 2 to 4 minutes, or until the shrimp are golden brown. Serve warm.

Amount per serving

180 Calories

Budget-Friendly Chicken Sausage and Cabbage Skillet

olive oil
1 tsp
nonstick cooking spray
1
fully cooked roasted garlic chicken sausage (sliced)
3 links
small granny smith apples (peeled and grated (use large hole on grater))
2
onion(s) (diced)
1
cabbage (1/2 small head, shredded)
6 cup
honey
1 tbsp
white wine
1/4 cup
white wine vinegar
1 tbsp
salt-free all-purpose seasoning
1 tsp
black pepper
1/2 tsp



Directions:

Add oil and a generous amount of cooking spray to a large sauté pan over medium-high heat.

Sauté sausage until beginning to brown. Remove from pan and set aside.

Add apples, onion and cabbage to the pan and sauté for 8-10 minutes or until cabbage is soft and beginning to lightly brown.

Add sausage back to the pan and remaining ingredients. Sauté until liquid reduced.

Amount per serving

220 Calories