

Asian Beef with Snow Peas and Rice



Instructions:

...the night before...

Take out equipment.

1. Combine the following in a medium size mixing bowl in this order: cornstarch, stir in soy sauce, gradually add water, red wine and sugar.

Slice beef against the grain in strips approx 2" long. Add to marinade bowl as you cut. Toss with a fork until well coated. Cover and leave in **fridge** overnight.

Combine the following in another small bowl or container: cornstarch, blend in oyster sauce, sesame oil, sugar, water, Thai peanut sauce, garlic, and chicken broth.

Cover and leave in **fridge** overnight.

...when you get home for dinner...

2. Combine rice and water in a large microwave-safe pot or casserole. Cover and **microwave** at high 10 minutes, then medium 10 minutes.
3. Heat oil in a large nonstick **fry pan** or wok at med-high. Add ginger, drained marinated beef and chili flakes.

Slice green onion and add to pan as you cut. Toss until meat browns. Add stir-fry sauce and snow peas.

Toss until sauce thickens slightly and snow peas are tender but crisp.

Ingredients:

Take out ingredients.

Marinade

1 Tbsp cornstarch
1 Tbsp soy sauce, reduced-sodium
2 Tbsp water
1 Tbsp red wine (can be non-alcoholic)
1/2 tsp sugar

1 lb or 450 g flank steak (or sirloin steak)

Stir-fry Sauce

1 tsp cornstarch
2 tsp oyster sauce
1 tsp sesame oil
1/2 tsp sugar
1 Tbsp water
1 Tbsp Thai peanut sauce
 (can be Szechuan or peanut satay)
1 Tbsp prepared garlic (from a jar)
3/4 cup chicken broth, reduced-sodium

1 1/2 cups basmati or white rice

3 cups water

1 tsp sesame oil

1 tsp ginger powder

(or 2 tsp prepared ginger...from a jar)

marinated beef

(drain the marinade liquid and discard)

1/2 tsp red crushed chilies (optional)

2 green onions

reserved Stir-fry Sauce

1 1/3 lb or 600 g frozen snow peas
 (or use fresh)

If you like things spicy, increase the hot pepper flakes to 1 tsp from 1/2 tsp.

Serves 4-6

DINNER IS READY IN 25 MINUTES

Equipment List:**...the night before...**

Medium mixing bowl

Small mixing bowl

Cutting board

Sharp meat knife

2 stirring spoons

Fork

Can opener

Measuring cups and spoons

...when you get home...

Large nonstick fry pan or wok

Large microwave-safe pot w/lid

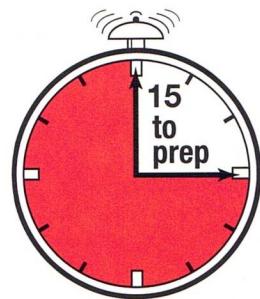
Sharp vegetable knife

2 stirring spoons

Measuring spoons

Per serving:

Calories	348
Fat	7.3 g
Protein	23.3 g
Carbohydrate	45.8 g
Fiber	4.5 g
Sodium	212 mg

**U.S. Food Exchanges:**

2 1/2 Starch	3 Carb
3 Meat-lean	3 Meat/Alt
1 Vegetable	

Cdn. Food Choices:

Assumes 2/3 marinade discarded.



Easy Turkey Manicotti with Italian Veggies

Instructions:

Don't change yet! Take out equipment.

- 1. Preheat **oven** to 375° F.

Brown ground turkey in a large nonstick **fry pan** or wok at med-high. Add spice. Once meat is thoroughly cooked, add soup and milk to the pan, in that order.

Mix well to combine, then **remove from heat**.

Spray lasagna or cake pan with cooking spray. Tip uncooked manicotti on end and spoon in filling until it's about 3/4 full. *It doesn't matter if the stuff is falling onto the pan and doesn't look so neat...it looks just beautiful once everything is cooked!* When all shells are filled and in pan, spoon cottage cheese over top, then spoon pasta sauce over top.

Sprinkle on Parmesan and cover tightly with foil shiny side down. Bake in **preheated oven**. Set timer for 50 minutes.

- 2. Wash and chop celery, pepper and cucumber. Rinse baby carrots. Place veggies in a med-size bowl.

Toss with olive oil, balsamic vinegar and spice.
Let stand in **fridge**.

- 3. When timer rings for manicotti, uncover. Grate cheese directly over top. Return the pan to oven and set oven to **broil**. Watch it very carefully as it only takes a couple of minutes to bubble up.

Ingredients:

Take out ingredients.

**1 lb or 450 g ground turkey
1/2 tsp table blend seasoning, salt-free
1 tsp curry powder
1/4 tsp pepper
1 can cream of mushroom soup
(10 fl oz or 284 mL)
1/4 soup can 1% milk**

**cooking spray
8 oz or 250 g manicotti noodles**

1 cup 1% cottage cheese (8 oz or 250 g)

1 can tomato pasta sauce

(24 fl oz or 680 mL)

I use a spicy blend. Choose a low sodium brand to reduce your sodium intake.

**1/4 cup Parmesan cheese, light, grated
aluminum foil**

2 celery ribs

1/2 red bell pepper (or 1 small)

1 cucumber (English or field)

1 cup baby carrots

1 Tbsp olive oil, extra-virgin

1 Tbsp balsamic vinegar

1 tsp Italian seasoning

1 cup grated mozzarella cheese, part-skim, shredded

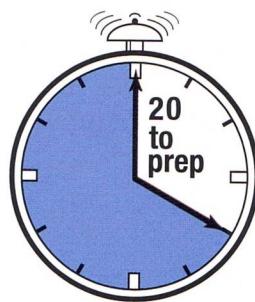
Serves 4-6

Equipment List:

Large nonstick fry pan or wok
Large lasagna or cake pan
Cutting board
Med-size bowl
Cheese grater
Can opener
Aluminum foil
Sharp veggie knife
2 large serving spoons
Large stirring spoon
Measuring cups and spoons

Per serving:

Calories	483
Fat	15.4 g
Protein	32.2 g
Carbohydrate	52.1 g
Fiber	5.4 g
Sodium	959 mg

**U.S. Food
Exchanges:**

2	Starch	3	Carb
3 1/2	Meat-lean	4 1/2	Meat/Alt
2	Vegetable	1/2	Fat
1	Fat		
1/2	Milk-fat free		

**Cdn. Food
Choices:**

Meatballs in Applesauce with Rice and Broccoli

Instructions:

Don't change yet! Take out equipment.

1. Combine rice and water in a large microwave-safe pot with lid. **Microwave** at high 10 minutes, then medium 10 minutes.
2. Combine beef, garlic powder, onion powder and pepper in a mixing bowl.

Form into 1" meatballs and place in large nonstick **fry pan** on medium heat, adding to pan as you form each meatball.

Start by placing the meatballs on the outside of pan moving toward the center.

Chop onion, then add to pan.

In the uncleaned bowl, combine applesauce, tomato soup, honey and chili paste.

Once meatballs have browned, pour sauce over top. Stir to coat.

Once sauce starts to boil, **reduce heat** to a high simmer.

3. Rinse broccoli in colander or steamer basket. Place a small amount of water in the bottom of a **stove-top** pot and bring to a full boil with the broccoli in the basket above. Cover and set timer for 3 minutes. ...or microwave at high for 3 minutes.

Add butter if you must.

Ingredients:

Take out ingredients.

1 1/2 cups basmati or white rice
3 cups water

1 1/2 lbs or 675 g ground beef, extra-lean
1 tsp garlic powder
1/2 tsp onion powder (can be onion salt)
1/4 tsp pepper

1/2 cup chopped onion (fresh or frozen)

1/2 cup applesauce, unsweetened
1 can tomato soup (10 fl oz or 284 mL)
1 Tbsp liquid honey
1/2 tsp Sambal Oelek (crushed chili paste)
(add more if you like it hot)

1 lb or 450 g broccoli florets
water

butter (optional)

Serves 4-6

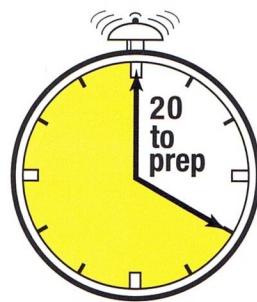
DINNER IS READY IN 30 MINUTES

Equipment List:

Stove-top pot w/steamer basket
Large nonstick fry pan
Large microwave-safe pot w/lid
Large mixing bowl
Colander
Cutting board
Sharp veggie knife
Stirring spoon
Can opener
Measuring cups and spoons

Per serving:

Calories	433
Fat	12.8 g
Protein	26.9 g
Carbohydrate	52.9 g
Fiber	2.2 g
Sodium	368 mg

**U.S. Food
Exchanges:**

2 1/2 Starch	3 Carb
3 Meat-lean	4 Meat/Alt
1 Fruit	1/2 Other
1 Fat	

**Cdn. Food
Choices:**

BBQ Chicken Burgers with Veggies & Dip

Instructions:

Don't change yet! Take out equipment.

- Place chicken breasts into a large resealable freezer bag. *Have the bag sitting upright with the mouth of the bag open.*

Add the following ingredients into the bag with the chicken breasts: ketchup, brown sugar, salsa and Worcestershire sauce.

Close the bag tightly and smoosh everything together. Set aside in **fridge**.

- Rinse baby carrots, celery and pepper. Cut celery into sticks and sliver pepper.

Rinse broccoli and cut into bite size pieces.

Set aside in **fridge** on a serving plate.

Combine mayonnaise, sour cream and seasoning into a small serving bowl. Mix well and set aside in **fridge**.

- Slice buns and get fixings ready.
(e.g. mayonnaise, lettuce, tomato, things you would normally enjoy on a chicken burger)
- Broil chicken in oven on **broil or grill** on the BBQ.
Turn once, until cooked throughout.

Ingredients:

Take out ingredients.

**4 chicken breasts, boneless, skinless
(1 1/2 lbs or 675 g)**

1 large resealable freezer bag

1/2 cup ketchup

2 Tbsp brown sugar

2Tbsp cup salsa

1 tsp Worcestershire sauce

1 lb or 454 g baby carrots

2 celery ribs

1/2 red or yellow bell pepper (or 1 small)

1/2 lb or 225 g broccoli florets

Here's a tip for buying red and yellow peppers, which can be quite expensive. Pick several up in your hand...purchase the one that weighs the least. Peppers can be huge and very light, or small and very heavy. You're not using the inside anyway and this way you can actually afford them.

Low-Fat Veggie Dip

1/4 cup mayonnaise, light

1/4 cup sour cream, no-fat

1/2 tsp garlic & herb seasoning, salt-free

6-8 hamburger buns, whole wheat fixings of your choice (optional)

Serves 4-6

Equipment List:

Broiler pan or BBQ grill

Colander

Cutting board

Small serving bowl

Serving plate

Sharp veggie knife

Sharp bread knife

Spreading knife

Stirring spoon

Measuring cups and spoons

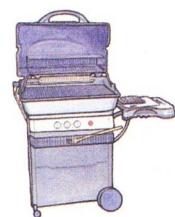
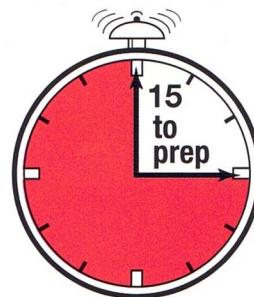
Large resealable freezer bag

Per serving:

Calories	364
Fat	7.3 g
Protein	32.7 g
Carbohydrate	43.9 g
Fiber	5.3 g
Sodium	710 mg

U.S. Food Exchanges:

2	Starch	2	Carb
4	Meat-lean	4	Meat/Alt
1/2	Fruit	1/2	Other
1	Vegetable		

Cdn. Food Choices:

Crunchy Orange Curried Chicken with Potatoes and Spinach Salad

Instructions:

Don't change yet! Take out equipment.

- 1. Preheat **oven** to 350° F.
- 2. Combine orange juice, brown sugar, honey and mustard in a small bowl. Stir.

Unravel chicken thighs and place in a large lasagna or cake pan. *Squish them together if you need to.* Spoon all the sauce evenly over chicken pieces.

Sprinkle with spices and corn flake crumbs.

Bake in **preheated oven**.

Set timer 50 minutes.

- 3. Wash potatoes, then add to a different oven-safe pan. Drizzle with olive oil and toss until potatoes are well coated. Sprinkle with spice. Place in **oven** beside chicken.
- 4. Rinse spinach leaves under cold water in salad spinner and spin dry. Place in salad bowl. Slice orange wedges and toss into greens.

Set aside in **fridge**.

Combine mayonnaise, yogurt and poppy seeds in a small bowl in that order. Stir to blend, using a whisk or a fork, until smooth.

Set aside on table.

...when timer rings for chicken...

Dinner is ready.

This has such an amazing aroma while it's cooking, that by the time you eat you feel like the journey was half the fun.

Ingredients:

Take out ingredients.

**1/2 cup orange juice, unsweetened
2 Tbsp brown sugar
2 Tbsp liquid honey
1 Tbsp Dijon mustard**

**chicken thighs, boneless, skinless
(1 3/4 lb or 800 g)**

**2 tsp curry powder
1/4 tsp pepper
1 tsp table blend seasoning, salt-free
1 cup corn flake crumbs**

You can buy these already crushed in the coating mix section of your grocery store... or you can crumble them in your hand directly over the chicken in the pan.

**20 baby potatoes (or cut up 4 large)
1 Tbsp olive oil, extra-virgin
1 tsp original, all purpose seasoning, salt-free**

**6 oz or 170 g pre-washed baby spinach
2 oranges**

Healthy Poppyseed Dressing

**1/4 cup mayonnaise, light
1/4 cup French vanilla yogurt, low-fat
1/4 tsp poppy seeds**

You may want to whisk in a tiny bit of 1% milk if you like your dressing a bit runnier.

Oh yes...you may want to add a few croutons to your salad like we do.

Serves 4-6

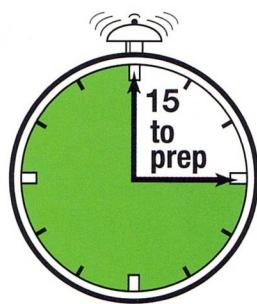
DINNER IS READY IN 60 MINUTES

Equipment List:

Large lasagna or cake pan
Medium oven-safe pan
2 small mixing bowls
Cutting board
Salad spinner
Salad bowl
Salad tongs
Sharp veggie knife
Stirring spoon
Fork
Measuring cups and spoons

Per serving:

Calories	468
Fat	11.6 g
Protein	32.4 g
Carbohydrate	61.0 g
Fiber	5.9 g
Sodium	367 mg

**U.S. Food
Exchanges:**

3	Starch	4	Carb
4	Meat-lean	4	Meat/Alt
1	Fruit		
1/2	Fat		

**Cdn. Food
Choices:**

RECIPE NAME

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MEATS

Chicken breasts, boneless, skinless (4) (1 1/2 lbs or 675 g)	
Chicken thighs, boneless, skinless (1 3/4 lb or 800 g)	
Ground turkey (1 lb or 450 g)	
Flank or sirloin steak (1 lb or 450 g)	
Ground beef, extra-lean (1 1/2 lbs or 675 g)	

DAIRY

Butter	
French vanilla yogurt, low-fat	
Milk, 1% milk fat	
Sour cream, no-fat (1/4 cup)	
Cottage cheese, 1% (8 oz or 250 g)	
Mozzarella cheese, part-skim, shredded (1 cup)	
Parmesan cheese, light, grated	

PRODUCE

Baby potatoes (20) or 4 large potatoes	
Fresh garlic (from a jar)	
Onion (1/2)	
Green onions (2)	
Celery ribs (4) for 2 meals	
Baby carrots (1 1/4 lbs or 575 g) for 2 meals	
Red bell pepper (1) for 2 meals	
Yellow bell pepper (1 small)	
Cucumber (1)	
Baby spinach, prewashed (6 oz or 170 g)	
Broccoli florets (1 1/2 lbs or 675 g) for 2 meals	
Fixings of your choice (for Chicken Burgers)	
Oranges (2)	

DRY ESSENTIALS

Corn flake crumbs	
Basmati or white rice (3 cups) for 2 meals	
Manicotti noodles (8 oz or 250 g)	

OTHER

Red wine (can be non-alcoholic)	
Aluminum foil	
Freezer bag, resealable (1 large)	

Page78
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86**SPICES**

Curry powder	
Ginger powder (or prepared ginger from a jar)	
Garlic & herb seasoning, salt-free	
Garlic powder	
Italian seasoning	
Onion powder	
Original, all purpose seasoning, salt-free	
Poppy seeds	
Pepper	
Red crushed chili flakes (optional)	
Table blend seasoning, salt-free	

BAKING GOODS

Cooking spray	
Olive oil, extra-virgin	
Sesame oil	
Balsamic vinegar	
Sugar	
Brown sugar	
Cornstarch	

HELPERS

Orange juice, unsweetened (1/2 cup)	
Liquid honey	
Applesauce, unsweetened	
1 can chicken broth, reduced-sodium (10 fl oz or 284 mL)	
1 can cream of mushroom soup (10 fl oz or 284 mL)	
1 can tomato soup (10 fl oz or 284 mL)	
Tomato pasta sauce, choose a lower sodium brand (24 fl oz or 680 mL)	
Salsa	
Dijon mustard	
Ketchup	
Mayonnaise, light	
Worcestershire sauce	
Soy sauce, reduced-sodium	
Oyster sauce	
Thai peanut sauce (can be Szechuan or peanut satay)	
Sambal Oelek (crushed chili paste)	

FROZEN FOOD

Snow peas (1 1/3 lbs or 600 g) or use fresh	
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BAKERY

Hamburger buns, whole wheat 6-8	
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