

Breakfasts List

4 -- Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese



Ingredients

1. Nonstick cooking spray
2. 1 (5-ounce) box or bag baby spinach, chopped
3. 4 eggs
4. 4 egg whites
5. 1/2 teaspoon salt
6. 1/4 teaspoon pepper
7. 4 ounces shredded pepper jack cheese
8. 1 avocado, sliced
9. 4 whole-wheat tortillas
10. Hot sauce

Preparation

1. Spray a nonstick skillet over medium-high heat.
2. Add spinach and cook, stirring, until wilted, 2 minutes.
3. Whisk together eggs and egg whites in a small bowl. Add eggs to skillet and cook, stirring, until cooked through, 3–4 minutes. Season with salt and pepper.
4. Place 1/4 of egg mixture in the center of each tortilla, and sprinkle with 1 ounce cheese.
5. Top with 4 slices avocado and fold, burrito-style. Slice in half and serve.

TIPS: undefined

8 -- Classic French Omelet



Ingredients

1. 1/8 teaspoon kosher salt, divided
2. 1/8 teaspoon freshly ground black pepper, divided
3. 4 large eggs, divided
4. 1 teaspoon butter, divided

Preparation

1. Combine dash of salt, dash of pepper, and two eggs in a small bowl. Stir with a whisk until just blended (do not overbeat).
2. Heat an 8-inch nonstick skillet over medium heat. Melt 1/2 teaspoon butter in pan; swirl to coat.
3. Add egg mixture to pan; cook 60 seconds or until eggs are the consistency of very soft scrambled eggs (center will still look wet), stirring constantly with a rubber spatula. Tilt pan while stirring to fill any holes with uncooked egg mixture. Run spatula around edges and under omelet to loosen it from pan. Push one end of omelet up onto front lip of pan. Roll other end of omelet toward lip to close omelet.
4. Turn out onto a plate, seam side down. Repeat with remaining salt, pepper, eggs, and butter.

undefined

TIPS: undefined

9 – PB & B Pancakes



Ingredients

1. 5.4 ounces gluten-free baking and pancake mix (about 1 1/4 cups)
2. 1 cup warm water
3. 1/2 cup creamy peanut butter
4. 1/8 teaspoon salt
5. 1 large egg
6. 1/2 cup chopped banana (about 1 small)

Preparation

1. Weigh or lightly spoon baking mix into dry measuring cups; level with a knife. Combine baking mix and next 4 ingredients in a medium bowl, stirring well with a whisk. Fold in banana.
2. Heat a large nonstick skillet or griddle over medium heat. Pour 1/4 cup batter per pancake onto hot pan. Cook 2 to 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 to 3 minutes or until bottoms are lightly browned. Repeat procedure with remaining batter.

undefined

TIPS: undefined

25 -- Western Omelet



Ingredients

1. 1 tablespoon water
2. 1/8 teaspoon salt
3. 1/8 teaspoon freshly ground black pepper
4. 4 large eggs
5. 1 tablespoon olive oil, divided
6. 1/2 cup (1-inch) slices onion
7. 1/3 cup (1-inch) slices red bell pepper
8. 1/3 cup (1-inch) slices green bell pepper
9. 1/4 teaspoon chopped fresh thyme
10. 2 ounces chopped 33%-less-sodium ham
11. 1 ounce shredded Swiss cheese (about 1/4 cup), divided

Preparation

1. Combine first 4 ingredients in a medium bowl, stirring with a whisk.
2. Heat an 8-inch nonstick skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Stir in onion, bell peppers, thyme, and ham; sauté 4 minutes or until vegetables are crisp-tender. Remove vegetable mixture from pan; set aside. Clean pan.
3. Return pan to medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add half of egg mixture to pan, tilting pan to spread evenly; cook 1 minute or until edges begin to set. Lift edge of omelet with a rubber spatula, tilting pan to roll uncooked egg mixture onto bottom of pan. Repeat procedure on opposite edge of omelet. Cook 1 minute or until center is just set. Sprinkle 2 tablespoons cheese evenly over omelet. Sprinkle half of vegetable mixture over cheese. Run spatula around edges and under omelet to loosen it from pan; fold in half. Slide omelet onto a plate. Repeat procedure with remaining oil, egg mixture, cheese, and vegetable mixture.

Calories 331

Fat 20.9 g

Satfat 6.5 g

Monofat 10.7 g

Polyfat 2.6 g

Protein 22 g

Carbohydrate 10.7 g

Fiber 1.7 g

Cholesterol 390 mg

Iron 2.5 mg

Sodium 608 mg

Calcium 179 mg

TIPS: undefined

33 -- Cheerios with Raisins







Ingredients

1. 1/2 c. Skim Milk
2. 1 c. Multigrain cheerios
3. 2 tbsp. raisins

Preparation

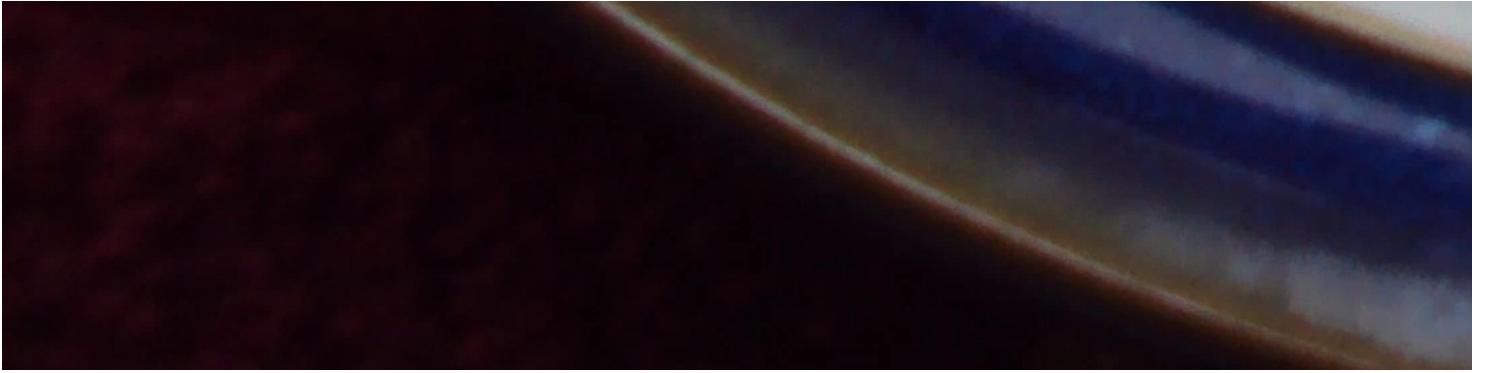
1. combine ingredients and serve

TIPS: undefined

34 -- Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe







Ingredients

1. 2 eggs
2. 9 gram slice fat free american cheese
3. 1 teaspoon olive oil
4. 1 slice whole wheat bread
5. 1/2 banana

Preparation

1. Scramble two eggs, microwave for 30 seconds, add oil and scramble again. Add one slice of american single and nuke for another 20 seconds. Scramble once more and eat.

TIPS: undefined

35 -- English Muffin /w Peanut Butter /w Banana



Ingredients

1. 1.00 x's 51 | 51
2. 2.00 x's 37 | 37
3. 1.00 x's 2 | 2

Preparation

1. Toast muffin
2. spread margarine & peanut butter

Eat with a banana; adjust nutrition info

TIPS: undefined

47 -- Raisin Bran (1 cup) with skim milk (1/2 cup) | Yogurt

Ingredients

1. 1.00 x's 4 | 4
2. 1.00 x's 29 | 29
3. 1.00 x's 5 | 5

Preparation

1. mix milk and cereal ingredients in a bowl

YOGURT: Nutrition Facts | Serving Size150 g | Servings per Containernot available | Amount Per Serving | Calories 80.00 Calories from Fat 0.00 | % Daily Value* | Total Fat0.00g0% | Saturated Fat0.00g0% | Trans Fat0.00g0% | Cholesterol10.00mg3% | Sodium55.00mg2% | Total Carbohydrate8.00g3% | Dietary Fiber0.00g0% | Sugars6.00g0% | Protein12.00g24% | Vitamin A 0% Vitamin C 0% Calcium 15% Iron 0% Vitamin D 0% Vitamin E 0% Vitamin K 0% Thiamin 0% Riboflavin 0% Niacin 0% Vitamin B6 0% Folate 0% Vitamin B12 0% Biotin 0% Panthenate 0% Phosphorus 0% Iodine 0% Magnesium 0% Zinc 0% Selenium 0% Copper 0% Manganese 0% Chromium 0% Molybdenum 0% Chloride 0% Potassium 5%

TIPS: undefined

48 -- Egg and Cheese on Wheat English Muffin | Orange Slices | Yogurt

Ingredients

1. Egg and Cheese on Wheat English Muffin | Orange Slices | Yogurt

Preparation

- 1.

TIPS: undefined

49 -- 2 Eggs w/ Cheese | jelly toast | apple

Ingredients

1. 2 Eggs w/ Cheese | jelly toast | apple

Preparation

- 1.

TIPS: undefined

50 -- Raisin Bran (1 cup) /w skim milk (1/2 cup) | Wheat English muffin /w peanut butter

Ingredients

1. Raisin Bran (1 cup) /w skim milk (1/2 cup) | Wheat English muffin /w peanut butter

Preparation

- 1.

TIPS: undefined

51 -- 2 Eggs (over easy) | 1 orange | Yogurt

Ingredients

1. 2 Eggs (over easy) | 1 orange | Yogurt

Preparation

- 1.

TIPS: undefined

52 -- 2 pancakes | Yogurt | Banana

Ingredients

1. 2 pancakes | Yogurt | Banana

Preparation

- 1.

TIPS: undefined

53 -- Leftover Pizza (2 slices) | Yogurt

Ingredients

1. Leftover Pizza (2 slices) | Yogurt

Preparation

1.

TIPS: undefined

54 -- 2 Blueberry Pancakes and 2 eggs

Ingredients

Preparation

1.

TIPS: undefined

55 -- Pancakes | orange

Ingredients

Preparation

1.

TIPS: undefined

56 -- 2 eggs over easy | 2 pieces of toast /w jelly

Ingredients

Preparation

1.

TIPS: undefined

61 -- Leftover Pizza

Ingredients

1. Leftover Pizza

Preparation

1.

TIPS: undefined

Lunches List

1 -- BLT Turkey Wrap



Ingredients

1. 2.00 x's 46 | 46
2. 2.00 x's 15 | 15
3. 2.00 x's 49 | 49
4. 1.00 x's 32 | 32
5. 6.00 x's 50 | 50

Preparation

1. Spread 1 tablespoon (15 ml) of mayonnaise onto each wrap.
2. Top each with 1 lettuce leaf, 2 slices of tomato, and 3 slices of bacon.
3. Fold in the ends of each wrap and roll up tightly.
4. Wrap in parchment or wax paper and cut on the diagonal. Place in a sandwich bag or sandwich container.

TIPS: undefined

4 – Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese



Ingredients

1. Nonstick cooking spray
2. 1 (5-ounce) box or bag baby spinach, chopped
3. 4 eggs
4. 4 egg whites
5. 1/2 teaspoon salt

6. 1/4 teaspoon pepper
7. 4 ounces shredded pepper jack cheese
8. 1 avocado, sliced
9. 4 whole-wheat tortillas
10. Hot sauce

Preparation

1. Spray a nonstick skillet over medium-high heat.
2. Add spinach and cook, stirring, until wilted, 2 minutes.
3. Whisk together eggs and egg whites in a small bowl. Add eggs to skillet and cook, stirring, until cooked through, 3–4 minutes. Season with salt and pepper.
4. Place 1/4 of egg mixture in the center of each tortilla, and sprinkle with 1 ounce cheese.
5. Top with 4 slices avocado and fold, burrito-style. Slice in half and serve.

TIPS: undefined

7 -- Banh Mi Hot Dog on Wrap /w peas



Ingredients

1. 0.66 x's 46 | 46
2. 1.00 x's 15 | 15
3. 1.00 x's 35 | 35
4. 0.25 x's 67 | 67
5. 1.00 x's 47 | 47
6. 0.13 x's 30 | 30
7. 0.25 x's 48 | 48
8. 0.50 x's 121 | 121

Preparation

1. Grill hotdog
2. Spread mayonnaise on bun and add hot dog.
3. Shred carrot
4. Halve and thinly slice cucumber
5. Top with carrot, cilantro and cucumber.
6. Finish with a squeeze of lime.

(Vietnamese) Not all hot dogs are created equal. Reaching for the right brand in the grocery store can have a huge impact on your intake of fat and sodium. For a healthier hot dog, choose one that's no more than 150 calories, has 3 grams or less of saturated fat and 370 mg or less of sodium.

Nature's Place Chicken Sausage is a great alternative: cal: 70, fat: 2, satfat: 0, carbs: 1, protein: 11 (Substitute this sometime in nutrition info and ingredients) -- add peas to nutrition and ingredients

TIPS: undefined

11 -- Chicken Caesar Salad



Ingredients

1. 1.00 x's 41 | 41
2. 1.00 x's 54 | 54
3. 1.00 x's 55 | 55
4. 0.33 x's 56 | 56
5. 1.00 x's 57 | 57
6. 0.50 x's 58 | 58
7. 0.50 x's 59 | 59
8. 0.50 x's 60 | 60
9. 0.25 x's 61 | 61
10. 1.50 x's 62 | 62
11. 0.50 x's 63 | 63
12. 0.13 x's 64 | 64

Preparation

1. 1. Preheat oven to 400°.
2. 2 ounces French bread, cut into 1/2-inch cubes (about 2 cups)
Spread bread cubes in a single layer on a baking sheet. Bake at 400° for 9 minutes or until lightly toasted.
3. Heat a grill pan over high heat. Coat the pan with cooking spray. Sprinkle chicken with 1/4 teaspoon pepper. Add chicken to pan, and cook 3 1/2 minutes on each side or until done. Remove from pan; let stand 5 minutes. Cut chicken into slices.
4. chop the lettuce
5. Combine remaining 1/4 teaspoon pepper, vinegar, and next 4 ingredients (through anchovy paste) in a large bowl, stirring with a whisk. Add romaine and radicchio to bowl; toss well to coat. Divide lettuce and chicken evenly among each of 4 plates. Top each serving with 1/2 cup croutons and 1 tablespoon cheese.

serving halfed, redo nutrition to reflect

TIPS: undefined

12 -- Italian Sub in a Wrap



Ingredients

1. 1.00 x's 15 | 15
2. 2.00 x's 12 | 12

- 3. 0.25 x's 32 | 32
- 4. 3.00 x's 52 | 52
- 5. 1.00 x's 16 | 16
- 6. 3.00 x's 98 | 98
- 7. 0.13 x's 22 | 22
- 8. 0.13 x's 76 | 76
- 9. 1.00 x's 118 | 118
- 10. 2.00 x's 29 | 29

Preparation

- 1. Layer tortilla with lettuce, tomatoes, turkey, Singles, ham and peppers; roll up.
- 2. Cut wrap in half. Serve with dressing for dipping. Enjoy with a pear and milk.

TIPS: undefined

32 -- Healthier Grilled Cheese Sandwich



Ingredients

- 1. Cooking oil spray
- 2. 2 slices sprouted whole-grain bread
- 3. 2 slices (1.5 ounces) low-fat cheddar cheese
- 4. 1/2 tomato, sliced
- 5. 1/2 cup baby spinach

Preparation

- 1. Layer cheese, tomato and spinach between the bread slices.
- 2. Heat a large, heavy skillet over medium-low heat. Lightly spray the bottom with cooking oil.
- 3. Add sandwich and cook until browned on the bottom, about 4-5 minutes. Flip the sandwich over, cover the skillet and continue to cook until the other side is browned and cheese has melted, about 4-5 minutes more.
- 4. Cut sandwiches in half and serve hot.

TIPS: undefined

37 -- Turkey-Spinach Wraps



Ingredients

1. 4 flour tortillas (8 to 10 inch), any flavor
2. 1 cup Roasted Red Pepper Dip
3. 3 cups lightly packed baby spinach leaves
4. 2 large plum (Roma) tomatoes, thinly sliced
5. 1/2 lb thinly sliced cooked smoked turkey (from deli)

Preparation

1. Spread each tortilla evenly with dip. Arrange spinach leaves evenly over dip to within 1 inch of top edge. Top with single layer of tomato slices. Evenly layer turkey slices over tomatoes.
2. Starting with bottom edge, tightly roll up each tortilla. Wrap rolls individually in plastic wrap. Refrigerate at least 1 hour but no longer than 24 hours.
3. To serve, trim off uneven ends of rolls. Cut rolls into 1-inch slices; arrange on serving platter.

x's 8 Serving Size: 1 Serving Calories35 Calories from Fat10 Total Fat1 1/2g Saturated Fat1/2g Trans Fat0g Cholesterol5mg Sodium135mg Total Carbohydrate4g Dietary Fiber0g Sugars0g Protein2g % Daily Value*: Vitamin A10% Vitamin C15% Calcium0% Iron2% Exchanges:1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat; Carbohydrate Choice0 *Percent Daily Values are based on a 2,000 calorie diet.

TIPS: undefined

38 -- Easy Ham & Cheese Wrap



Ingredients

1. 1 flour tortilla (8 inch)
2. 1 Tbsp. KRAFT Real Mayo Mayonnaise
3. 1 lettuce leaf

4. 1 KRAFT Singles
5. 3 slices OSCAR MAYER Smoked Shaved Ham

Preparation

1. Spread tortilla with mayo.
2. Top with lettuce, Singles and ham; roll up.

Nutritional Information

Serving Size 1 serving

AMOUNT PER SERVING

Calories 350

Total fat 20g

Saturated fat 6g

Cholesterol 40mg

Sodium 1230mg

Carbohydrate 28g

Dietary fiber 2g

Sugars 2g

Protein 14g

% Daily Value

Vitamin A 20 %DV

Vitamin C 15 %DV

Calcium 35 %DV

Iron 10 %DV

TIPS: undefined

53 -- Leftover Pizza (2 slices) | Yogurt

Ingredients

1. Leftover Pizza (2 slices) | Yogurt

Preparation

- 1.

TIPS: undefined

58 -- Tunafish Sandwich | Mixed Berry & Yogurt Parfait

Ingredients

Preparation

- 1.

TIPS: undefined

59 -- Turkey and Provolone cheese on wheat wrap | Apple | Cucumber

Ingredients

Preparation

- 1.

TIPS: undefined

60 -- Turkey & Cheese Wrap | peanuts | carrots

Ingredients

1. Turkey & Cheese Wrap | peanuts | carrots

Preparation

- 1.

TIPS: undefined

61 -- Leftover Pizza

Ingredients

1. Leftover Pizza

Preparation

1.

TIPS: undefined

63 -- Turkey & Cheese Wrap | tomato | carrots

Ingredients

1. 3.00 x's 52 | 52
2. 1.00 x's 16 | 16
3. 1.00 x's 15 | 15
4. 0.33 x's 32 | 32
5. 0.20 x's 45 | 45

Preparation

TIPS: undefined

65 -- 1 Grilled Cheese sandwich w/ tomato | apple slices

Ingredients

1. 2.00 x's 41 | 41
2. 0.13 x's 32 | 32
3. 1.00 x's 77 | 77
4. 1.00 x's 16 | 16

Preparation

1.

TIPS: undefined

70 -- PB&J on Wheat Bread | Carrots | Orange

Ingredients

1. 2.00 x's 37 | 37
2. 2.00 x's 43 | 43
3. 2.00 x's 41 | 41
4. 1.00 x's 45 | 45
5. 1.00 x's 6 | 6

Preparation

1.

TIPS: undefined

71 -- BLT Turkey Wrap | peas

Ingredients

1. 1.00 x's 15 | 15
2. 3.00 x's 50 | 50
3. 0.25 x's 32 | 32
4. 1.00 x's 62 | 62
5. 1.00 x's 46 | 46
6. 1.00 x's 121 | 121

Preparation

1.

TIPS: undefined

72 -- PB&J on Wheat Bread | Carrots | Apple

Ingredients

1. 2.00 x's 37 | 37
2. 2.00 x's 43 | 43
3. 2.00 x's 41 | 41
4. 1.00 x's 45 | 45
5. 1.00 x's 77 | 77

Preparation

1.

TIPS: undefined

73 -- PB&J on Wheat Wrap | Pretzels | Cucumbers

Ingredients

1. 2.00 x's 37 | 37
2. 2.00 x's 43 | 43
3. 2.00 x's 41 | 41
4. 1.00 x's 36 | 36
5. 0.33 x's 30 | 30

Preparation

1.

TIPS: undefined

75 -- Turkey and Provolone cheese on wheat wrap | Banana | Pretzel

Ingredients

1. Turkey and Provolone cheese on wheat wrap | Banana | Pretzel

Preparation

1.

TIPS: undefined

76 -- Turkey-Spinach Wraps | pretzels

Ingredients

1. Turkey-Spinach Wraps | pretzels

Preparation

1.

TIPS: undefined

77 -- Tunafish and relish Wrap | Spinach

Ingredients

1. Tunafish and relish Wrap | Spinach

Preparation

1.

TIPS: undefined

83 -- Chef Salad



Ingredients

1. 2.00 x's 62 | 62
2. 0.50 x's 6 | 6
3. 1.00 x's 57 | 57

4. 0.25 x's 76 | 76
5. 1.00 x's 7 | 7
6. 1.00 x's 98 | 98
7. 1.00 x's 52 | 52
8. 1.00 x's 133 | 133
9. 1.00 x's 3 | 3
10. 0.25 x's 134 | 134
11. 4.00 x's 31 | 31
12. 0.50 x's 30 | 30
13. 0.25 x's 125 | 125

Preparation

1. hardboil egg
2. dice avocado
3. half the tomatoes
4. slice the cucumber
5. Tear the lettuce into bite-sized pieces and put into a large mixing bowl. Season with salt and pepper to taste and toss with 1/2 cup of the dressing. Divide the lettuce among 4 large individual serving bowls. Arrange the cheese, meats, eggs, and avocado, like the spokes of a wheel, on top of each salad. Scatter the tomatoes, cucumbers, and croutons on top. Season with salt and pepper to taste. Serve and pass the remaining dressing at the table.

TIPS: undefined

88 -- Tuna Melt /w 2 hard boiled eggs

Ingredients

1. Tuna Melt /w 2 hard boiled eggs

Preparation

- 1.

TIPS: undefined

1 -- BLT Turkey Wrap



Ingredients

1. 2.00 x's 46 | 46
2. 2.00 x's 15 | 15
3. 2.00 x's 49 | 49
4. 1.00 x's 32 | 32
5. 6.00 x's 50 | 50

Preparation

1. Spread 1 tablespoon (15 ml) of mayonnaise onto each wrap.
2. Top each with 1 lettuce leaf, 2 slices of tomato, and 3 slices of bacon.
3. Fold in the ends of each wrap and roll up tightly.
4. Wrap in parchment or wax paper and cut on the diagonal. Place in a sandwich bag or sandwich container.

TIPS: undefined

2 -- Grilled Pork Fajita



Ingredients

1. 1.00 x's 38 | 38
2. 0.50 x's 81 | 81
3. 0.50 x's 82 | 82
4. 0.25 x's 83 | 83
5. 0.25 x's 84 | 84
6. 1.00 x's 17 | 17
7. 1.00 x's 23 | 23
8. 8.00 x's 85 | 85
9. 4.00 x's 7 | 7
10. 4.00 x's 32 | 32
11. 4.00 x's 62 | 62
12. 8.00 x's 86 | 86

Preparation

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler to medium-high or 400 F.
2. Cut pork into strips 1/2 inch wide and 2 inches long
3. In a small bowl, stir together the chili powder, oregano, paprika, coriander and garlic powder. Dredge the pork pieces in the seasonings, coating completely.
4. Place the pork strips and onions in a cast-iron pan or grill basket. Grill or broil at medium-high heat, turning several times, until browned on all sides, about 5 minutes.
5. To serve, spread an equal amount of pork strips and onions on each tortilla. Top each with 1 tablespoon cheese, about 2 tablespoons tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, then roll to close. Serve immediately.

TIPS: undefined

3 -- Soft Tacos With Spicy Chicken /w carrots



Ingredients

1. 1.00 x's 56 | 56
2. 0.13 x's 66 | 66
3. 0.13 x's 57 | 57
4. 0.50 x's 72 | 72
5. 0.25 x's 81 | 81
6. 0.50 x's 104 | 104
7. 0.25 x's 23 | 23
8. 0.25 x's 105 | 105
9. 1.00 x's 58 | 58
10. 0.25 x's 106 | 106
11. 2.00 x's 85 | 85
12. 1.00 x's 47 | 47
13. 4.00 x's 86 | 86

Preparation

1. Preheat oven to 300 degrees.
2. Seed and finely chop chipotle chiles.
3. Finely chop the onion
4. Season the chicken breast with salt and pepper. In a small bowl, combine the bay leaf, oregano, chipotle chiles (or another mildly hot fresh chile, seeded and finely chopped), onion, and vinegar. Allow to marinate for at least an hour or overnight.
5. Heat olive oil in a large heavy skillet over medium-high heat. Sauté chicken for about 10 minutes, or until brown. Turn the chicken and cook for another 20 minutes or until tender and cooked through.
6. Splash in 3/4 cup beef broth, a little at a time. As the chicken cooks, add more broth as needed to keep chicken from drying out. Test for doneness by making an incision with a knife; no pinkness means the chicken is done. (Or test with a meat thermometer; internal temperature should be 170 degrees.) Remove chicken from skillet and allow to cool slightly.
7. When the chicken is nearly done, wrap 6 tortillas at a time in aluminum foil. Place on a baking sheet and bake in a 300 degrees oven for about 5 minutes or until warm. Repeat with remaining tortillas. Line a basket with a napkin, and place warmed tortillas in basket.
8. Deglaze the pan with remaining 1/4 cup of broth. Cook for 2 minutes. Pull the chicken into bite-size strips. Toss with the pan juices and scatter the chopped cilantro over the top.

add carrots to nutrition and ingredient lists also update nutrition to reflect broth sub for beer

TIPS: undefined

4 -- Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese



Ingredients

1. Nonstick cooking spray
2. 1 (5-ounce) box or bag baby spinach, chopped
3. 4 eggs
4. 4 egg whites
5. 1/2 teaspoon salt
6. 1/4 teaspoon pepper
7. 4 ounces shredded pepper jack cheese
8. 1 avocado, sliced
9. 4 whole-wheat tortillas
10. Hot sauce

Preparation

1. Spray a nonstick skillet over medium-high heat.
2. Add spinach and cook, stirring, until wilted, 2 minutes.
3. Whisk together eggs and egg whites in a small bowl. Add eggs to skillet and cook, stirring, until cooked through, 3–4 minutes. Season with salt and pepper.
4. Place 1/4 of egg mixture in the center of each tortilla, and sprinkle with 1 ounce cheese.
5. Top with 4 slices avocado and fold, burrito-style. Slice in half and serve.

TIPS: undefined

5 – One pot Ground Turkey, Rice and Corn



Ingredients

1. 0.25 x's 21 | 21
2. 0.25 x's 119 | 119

- 3. 0.50 x's 120 | 120
- 4. 0.33 x's 23 | 23
- 5. 0.33 x's 22 | 22
- 6. 0.25 x's 38 | 38
- 7. 0.50 x's 84 | 84
- 8. 0.50 x's 66 | 66
- 9. 0.50 x's 57 | 57

Preparation

1. Brown ground turkey in pan
2. Add spices and onions (cook 2-3 minutes)
3. Add rice and corn, cook another 5 minutes or until rice is browned.

change nutrition to reflect turkey vs. beef & brown rice

TIPS: undefined

6 -- Chicken Breast With Shaved Brussels Sprouts



Ingredients

1. 2 (8-ounce) boneless, skinless chicken breast halves
2. 3/4 teaspoon kosher salt, divided
3. 2 broccoli stems
4. 2 tablespoons olive oil
5. 2 tablespoons fresh lemon juice
6. 1/4 teaspoon freshly ground black pepper
7. 3 cups thinly sliced Brussels sprouts (from 12 medium)
8. 2 celery stalks, thinly sliced
9. 1/4 cup toasted hazelnuts
10. 1/4 cup fresh flat-leaf parsley, coarsely chopped
11. 1 ounce Parmesan cheese, coarsely grated

Preparation

1. Place chicken and 1/2 teaspoon salt in a small saucepan and cover with water; bring to a boil. Immediately remove from heat, cover, and let stand 15 minutes. Drain chicken and run under cold water. Cool completely; set aside. Using 2 forks, shred into bite-size pieces; reserve.
2. Meanwhile, use a vegetable peeler to remove outer layer of broccoli stems; discard. Continue peeling stems into long strips. In a large bowl, whisk together oil, lemon juice, and 1/4 teaspoon each salt and pepper. Add broccoli strips, Brussels sprouts, celery, hazelnuts, parsley, and reserved chicken to bowl with dressing; toss. Divide among 4 shallow bowls. Top with cheese.

TIPS: undefined

7 -- Banh Mi Hot Dog on Wrap /w peas



Ingredients

1. 0.66 x's 46 | 46
2. 1.00 x's 15 | 15
3. 1.00 x's 35 | 35
4. 0.25 x's 67 | 67
5. 1.00 x's 47 | 47
6. 0.13 x's 30 | 30
7. 0.25 x's 48 | 48
8. 0.50 x's 121 | 121

Preparation

1. Grill hotdog
2. Spread mayonnaise on bun and add hot dog.
3. Shred carrot
4. Halve and thinly slice cucumber
5. Top with carrot, cilantro and cucumber.
6. Finish with a squeeze of lime.

(Vietnamese) Not all hot dogs are created equal. Reaching for the right brand in the grocery store can have a huge impact on your intake of fat and sodium. For a healthier hot dog, choose one that's no more than 150 calories, has 3 grams or less of saturated fat and 370 mg or less of sodium.

Nature's Place Chicken Sausage is a great alternative: cal: 70, fat: 2, satfat: 0, carbs: 1, protein: 11 (Substitute this sometime in nutrition info and ingredients) -- add peas to nutrition and ingredients

TIPS: undefined

8 – Classic French Omelet



Ingredients

1. 1/8 teaspoon kosher salt, divided
2. 1/8 teaspoon freshly ground black pepper, divided
3. 4 large eggs, divided
4. 1 teaspoon butter, divided

Preparation

1. Combine dash of salt, dash of pepper, and two eggs in a small bowl. Stir with a whisk until just blended (do not overbeat).
2. Heat an 8-inch nonstick skillet over medium heat. Melt 1/2 teaspoon butter in pan; swirl to coat.
3. Add egg mixture to pan; cook 60 seconds or until eggs are the consistency of very soft scrambled eggs (center will still look wet), stirring constantly with a rubber spatula. Tilt pan while stirring to fill any holes with uncooked egg mixture. Run spatula around edges and under omelet to loosen it from pan. Push one end of omelet up onto front lip of pan. Roll other end of omelet toward lip to close omelet.
4. Turn out onto a plate, seam side down. Repeat with remaining salt, pepper, eggs, and butter.

undefined

TIPS: undefined

9 – PB & B Pancakes



Ingredients

1. 5.4 ounces gluten-free baking and pancake mix (about 1 1/4 cups)
2. 1 cup warm water
3. 1/2 cup creamy peanut butter
4. 1/8 teaspoon salt
5. 1 large egg
6. 1/2 cup chopped banana (about 1 small)

Preparation

1. Weigh or lightly spoon baking mix into dry measuring cups; level with a knife. Combine baking mix and next 4 ingredients in a medium bowl, stirring well with a whisk. Fold in banana.
2. Heat a large nonstick skillet or griddle over medium heat. Pour 1/4 cup batter per pancake onto hot pan. Cook 2 to 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 to 3 minutes or until bottoms are lightly browned. Repeat procedure with remaining batter.

undefined

TIPS: undefined

10 -- Black Pepper and Molasses Pulled Chicken Sandwiches



Ingredients

1. 3 tablespoons ketchup
2. 1 tablespoon cider vinegar
3. 1 tablespoon prepared mustard
4. 1 tablespoon molasses
5. 3/4 teaspoon chili powder
6. 1/2 teaspoon ground cumin
7. 1/4 teaspoon freshly ground black pepper
8. 1/8 teaspoon ground ginger
9. 12 ounces skinless, boneless chicken thighs, cut into 2-inch pieces
10. 4 (2-ounce) sandwich rolls, cut in half horizontally
11. 12 dill pickle chips

Preparation

1. Combine first 9 ingredients in a medium saucepan; bring to a boil.
2. Reduce heat to medium-low; cover and cook, stirring occasionally, 23 minutes or until chicken is done and tender.
3. Remove from heat; shred with 2 forks to measure 2 cups meat.
4. Place 1/2 cup chicken on bottom half of each roll.
5. Top each with 3 pickles and top half of roll.

TIPS: undefined

11 -- Chicken Caesar Salad



Ingredients

1. 1.00 x's 41 | 41
2. 1.00 x's 54 | 54
3. 1.00 x's 55 | 55
4. 0.33 x's 56 | 56
5. 1.00 x's 57 | 57
6. 0.50 x's 58 | 58
7. 0.50 x's 59 | 59
8. 0.50 x's 60 | 60
9. 0.25 x's 61 | 61
10. 1.50 x's 62 | 62
11. 0.50 x's 63 | 63
12. 0.13 x's 64 | 64

Preparation

1. Preheat oven to 400°.
2. 2 ounces French bread, cut into 1/2-inch cubes (about 2 cups)
3. Spread bread cubes in a single layer on a baking sheet. Bake at 400° for 9 minutes or until lightly toasted.
4. Heat a grill pan over high heat. Coat the pan with cooking spray. Sprinkle chicken with 1/4 teaspoon pepper. Add chicken to pan, and cook 3 1/2 minutes on each side or until done. Remove from pan; let stand 5 minutes. Cut chicken into slices.
5. chop the lettuce
6. Combine remaining 1/4 teaspoon pepper, vinegar, and next 4 ingredients (through anchovy paste) in a large bowl, stirring with a whisk. Add romaine and radicchio to bowl; toss well to coat. Divide lettuce and chicken evenly among each of 4 plates. Top each serving with 1/2 cup croutons and 1 tablespoon cheese.

serving halved, redo nutrition to reflect

TIPS: undefined

12 -- Italian Sub in a Wrap



Ingredients

1. 1.00 x's 15 | 15
2. 2.00 x's 12 | 12
3. 0.25 x's 32 | 32
4. 3.00 x's 52 | 52
5. 1.00 x's 16 | 16
6. 3.00 x's 98 | 98
7. 0.13 x's 22 | 22
8. 0.13 x's 76 | 76
9. 1.00 x's 118 | 118
10. 2.00 x's 29 | 29

Preparation

1. Layer tortilla with lettuce, tomatoes, turkey, Singles, ham and peppers; roll up.
2. Cut wrap in half. Serve with dressing for dipping. Enjoy with a pear and milk.

TIPS: undefined

13 -- California Dreamin' Turkey Burger



Ingredients

1. 1 (16-ounce) package JENNIE-O Lean Turkey Burger Patties
2. 4 slices pepper Jack cheese
3. 4 whole grain hamburger bun, split
4. 4 tablespoons guacamole
5. 4 slices JENNIE-O Turkey Bacon, cooked according to package directions

Preparation

1. Cook turkey burgers according to package directions. Always cook until well done, 165 degrees F as measured by meat thermometer. Place cheese on turkey burger during the last 5 minutes of heating to melt cheese.
2. On bottom half of bun, spread guacamole. Place turkey burger with melted cheese on guacamole and top with turkey bacon. Add bun top.

Always cook to an internal temperature of 165 degrees F.

TIPS: undefined

14 -- Chicken Burger /w Broccoli



Ingredients

1. 0.30 x's 23 | 23
2. 1.00 x's 56 | 56
3. 0.13 x's 66 | 66
4. 0.13 x's 57 | 57
5. 2.00 x's 54 | 54
6. 2.00 x's 41 | 41
7. 1.00 x's 46 | 46
8. 0.50 x's 62 | 62
9. 3.00 x's 31 | 31
10. 1.00 x's 60 | 60
11. 1.00 x's 122 | 122

Preparation

1. Combine first 4 ingredients in a food processor; process until finely ground. Shape chicken mixture into a 1/2-inch-thick patty. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Add patty to pan; cook 3-5 minutes on each side.
2. Spread 1 tablespoon mayonnaise over bread. Top burger with 1 lettuce leaf, 1 patty, and 2 tomato slices. Spread 1 1/2 teaspoons mustard over top slice of bread, then top burgers.

add broccoli to nutrition lists

TIPS: undefined

15 -- Chicken-and-Veggie Stir-fry /w Brown Rice /w Salad



Ingredients

1. 1 pound skinned and boned chicken breasts, cut into thin strips
2. 1/2 teaspoon salt
3. 1/4 cup cornstarch
4. 4 tablespoons vegetable oil, divided
5. 1/2 pound Broccolini, cut into 1-inch pieces
6. 1 cup chicken broth, divided
7. 1 red bell pepper, cut into thin strips
8. 1 small yellow squash, thinly sliced into half moons
9. 1/4 cup sliced green onions
10. 2 teaspoons cornstarch
11. 1 tablespoon fresh lime juice
12. 1 1/2 teaspoons soy sauce

13. 1 teaspoon Asian chili-garlic sauce
14. Hot cooked rice

Preparation

1. Sprinkle chicken with salt; toss with 1/4 cup cornstarch.
2. Stir-fry chicken in 3 Tbsp. hot oil in a large skillet or wok over medium-high heat 5 to 6 minutes or until golden brown and done. Transfer to a plate, using a slotted spoon; keep warm. Add Broccolini and 1/4 cup broth; cover and cook 1 to 2 minutes or until crisp-tender. Transfer to plate with chicken, using slotted spoon.
3. Add remaining 1 Tbsp. oil to skillet. Sauté bell pepper and next 2 ingredients in hot oil 2 minutes or until crisp-tender.
4. Whisk together 2 tsp. cornstarch and remaining 3/4 cup broth until cornstarch dissolves. Add broth mixture, chicken, and Broccolini (with any accumulated juices) to bell pepper mixture in skillet. Cook, stirring often, 1 minute or until liquid thickens. Stir in lime juice and next 2 ingredients. Serve over hot cooked rice.

Total Fat 18g

Sat Fat 1g

Total Carb 18g

Fiber 3g

Sugars 3g

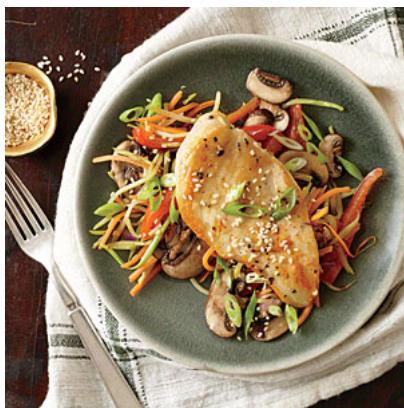
Cholesterol 73mg

Sodium 728mg

Protein 28g -- added brown rice adn sald update nutrition and ingredient lists

TIPS: undefined

16 -- Chicken Cutlets with Sesame Broccoli Slaw



Ingredients

1. 0.75 x's 126 | 126
2. 0.50 x's 127 | 127
3. 0.50 x's 128 | 128
4. 0.25 x's 129 | 129
5. 0.25 x's 107 | 107
6. 0.50 x's 57 | 57
7. 0.75 x's 69 | 69
8. 0.50 x's 58 | 58
9. 1.00 x's 56 | 56
10. 0.13 x's 66 | 66
11. 1.50 x's 130 | 130
12. 0.25 x's 22 | 22
13. 0.25 x's 45 | 45
14. 6.00 x's 131 | 131
15. 0.50 x's 132 | 132
16. 0.50 x's 23 | 23

Preparation

1. Peel and grate the fresh ginger
2. Seed and slice bell pepper.
3. Cut carrots into matchstick-cut
4. Combine first 7 ingredients in a bowl, stirring with a whisk.
5. Heat a large skillet over high heat; add oil. Sprinkle chicken with salt and pepper. Add chicken to pan; cook 3 minutes, turning once. Remove from pan. Add mushrooms and bell pepper to pan; stir-fry 2 minutes. Add carrots and slaw to pan; stir-fry 90 seconds. Add soy sauce mixture; toss to coat. Remove from heat. Divide slaw among 4 plates; top each serving with 1 chicken cutlet. Sprinkle with sesame seeds and onions.

This was excellent with some adjustments (I think as is I would rate it 3 or 4 stars). Here are the adjustments: First off, I added three chopped up celery sticks. Also, taking the advice of the other reviewer, I doubled up on the sauce by adding an extra cup of chicken broth towards the end and just a little more cornstarch for the extra broth (appx 1 tsp extra), and a couple dashes (appx 1 tbsp) of rice wine vinegar as the veggies were steaming. After taking out the kids' portions, I added extra Asian Garlic Chili sauce for a little more heat/flavor, and served over brown rice. I think it would have been too dry without the extra sauce. It was excellent with these changes.

|| Calories 321.4

Total Fat 14.8 g

Saturated Fat 2.4 g

Polyunsaturated Fat 1.5 g

Monounsaturated Fat 3.9 g

Cholesterol 70.2 mg
Sodium 543.9 mg
Potassium 727.1 mg
Total Carbohydrate 16.9 g
Dietary Fiber 6.0 g
Sugars 5.2 g
Protein 30.2 g
Vitamin A 210.2 %
Vitamin B-12 7.2 %
Vitamin B-6 40.0 %
Vitamin C 180.2 %
Vitamin D 0.0 %
Vitamin E 4.1 %
Calcium 10.6 %
Copper 7.7 %
Folate 18.7 %
Iron 13.1 %
Magnesium 12.8 %
Manganese 19.0 %
Niacin 65.8 %
Pantothenic Acid 10.9 %
Phosphorus 27.1 %
Riboflavin 8.3 %
Selenium 30.7 %
Thiamin 10.1 %
Zinc 8.7 %

TIPS: undefined

17 -- Roasted Tomato and Artichoke Flatbread Pizza



Ingredients

1. 1 pini grape tomatoes (2 cups)
2. 1 (13 3/4-ounce) can artichoke hearts, drained and quartered
3. 2 teaspoons extra-virgin olive oil, divided
4. 2 naan flatbreads or lavash
5. 1 tablespoon finely grated fresh Parmesan cheese
6. 2 cups arugula
7. 1/4 cup shaved Parmesan cheese
8. 1 tablespoon fresh lemon juice
9. 1/4 teaspoon salt
10. 1/4 teaspoon freshly ground black pepper

Preparation

1. Preheat broiler.
2. Toss tomatoes and artichokes with 1 teaspoon oil, and arrange in a shallow baking pan. Broil, stirring occasionally, about 4 minutes or until charred and tomatoes are wilted.
3. Preheat oven to 450 degrees . Top each flatbread with half of tomatoes and artichokes. Sprinkle with grated Parmesan; bake in bottom third of oven 10 minutes or until golden brown and crisp.
4. While the pizza is baking, toss the arugula with shaved Parmesan, lemon juice, remaining 1 teaspoon olive oil, salt, and pepper.
5. Cut pizza into wedges, and serve with arugula alongside.

TIPS: undefined

18 -- BBQ Chicken Pizza



Ingredients

1. 1 (10-ounce) Italian cheese-flavored thin pizza crust (such as Boboli)
2. 3/4 cup tomato chutney
3. 2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)
4. 2/3 cup diced plum tomato
5. 3/4 cup (3 ounces) shredded extra-sharp white cheddar cheese
6. 1/3 cup chopped green onions

Preparation

1. Preheat oven to 450 degrees.
2. Place crust on a baking sheet. Bake at 450 degrees for 3 minutes. Remove from oven; spread chutney over crust, leaving a 1/2-inch border.
3. Top chutney with chicken. Sprinkle diced tomato, cheese, and green onions evenly over chicken. Bake at 450 degrees for 9 minutes or until cheese melts. Cut pizza into 6 wedges.

Note: If you can't find tomato chutney, make your own. Combine 2 cups diced plum tomato, 3 tablespoons brown sugar, 3 tablespoons cider vinegar, 1/8 teaspoon Jamaican jerk seasoning, and 1 minced garlic clove in a small saucepan; bring to a boil. Reduce heat to medium; cook 20 minutes or until thickened. SOO great! Tomato chutney sauce is AMAZING! an absolute must! I did not have any jerk seasoning so I substituted a few splashes of Franks Hot Sauce. I found that I didn't have enough sauce so I doubled the recipe for the sauce and it was perfect!

TIPS: undefined

19 -- Spaghetti and Turkey Meatball /w salad



Ingredients

1. MEATBALLS:
 2. 1/3 cup bulgur
 3. 1/2 cup hot water
 4. 8 ounces ground turkey
 5. 1 medium onion, very finely chopped
 6. 2 large egg whites, lightly beaten
 7. 3 cloves garlic, very finely chopped
 8. 1 teaspoon dried oregano
 9. 1/2 teaspoon salt
 10. 1/2 teaspoon freshly ground pepper
11. 1 cup fresh breadcrumbs, preferably whole-wheat (see Note)
12. SAUCE & SPAGHETTI:
 13. 4 cups prepared marinara sauce
 14. 1/2 cup slivered fresh basil leaves, or chopped fresh parsley
 15. 1 pound whole-wheat spaghetti, or linguine
 16. 1/2 cup freshly grated Parmesan (1 ounce)

Preparation

1. To prepare meatballs: Combine bulgur and water in a small bowl. Let stand until the bulgur is tender and the liquid is absorbed, about 30 minutes.
2. Preheat oven to 350°F. Coat a rack with cooking spray and place it over a baking sheet lined with foil.
3. Combine ground beef, sausage, onion, egg whites, garlic, oregano, salt, pepper, breadcrumbs and the soaked bulgur in a large bowl; mix well. Form the mixture into 1-inch meatballs (about 24). Place the meatballs on the rack and bake for 25 minutes. Blot well with paper towel.
4. To prepare sauce & spaghetti: Put a large pot of lightly salted water on to boil. Bring sauce to a simmer in a Dutch oven. Add the meatballs to the sauce and simmer, covered, for 20 minutes. Stir in basil (or parsley).
5. Meanwhile, cook spaghetti (or linguine) until just tender, 8 to 10 minutes. Drain and transfer to a serving bowl. Top with the sauce and meatballs and serve with grated cheese.

To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. One slice makes about 1/3 cup. -- add salad to nutrition and ingredients

TIPS: undefined

20 -- Garlic Chicken and Zucchini



Ingredients

1. 4.00 x's 56 | 56
2. 2.00 x's 49 | 49
3. 2.00 x's 69 | 69
4. 1.00 x's 89 | 89
5. 0.25 x's 64 | 64

Preparation

1. Cut boneless skinless chicken breast halves into bite-sized chunks
2. Toss chicken with 1 tablespoon olive oil and garlic in large bowl. Season, if desired, with salt and black pepper. Preheat large nonstick skillet over medium-high heat and cook chicken mixture, stirring occasionally, 6 minutes or until golden brown.* Remove chicken; set aside.
3. In same skillet heat remaining oil and cook Recipe Ready Sliced Zucchini, stirring occasionally, 5 minutes or until tender and starting to brown. Add back chicken and toss to heat through. Sprinkle with parmesan cheese and, if desired, chopped parsley. Serve with hot cooked rice.

Chunks of chicken and zucchini are quickly browned in a skillet, then tossed with grated Parmesan cheese, and served with hot cooked rice for a quick and delicious weeknight meal. Cook chicken to an internal temperature of 165 degrees F as measured with a food thermometer.

TIPS: undefined

21 -- Ham & Cheese Quiche



Ingredients

1. 1 package (14.1 ounces) refrigerated pie pastry
2. 2 cups diced fully cooked ham
3. 2 cups (8 ounces) shredded sharp cheddar cheese
4. 2 teaspoons dried minced onion
5. 4 eggs

6. 2 cups half-and-half cream
7. 1/2 teaspoon salt
8. 1/4 teaspoon pepper

Preparation

1. Preheat oven to 400°. Unroll pastry sheets into two 9-in. pie plates; flute edges. Line unpricked pastry shells with a double thickness of heavy-duty foil. Fill with pie weights, dried beans or uncooked rice. Bake 10-12 minutes or until light golden brown. Remove foil and weights; bake 3-5 minutes longer or until bottom is golden brown. Cool on wire racks.
2. Divide ham, cheese and onion between shells. In a large bowl, whisk eggs, cream, salt and pepper until blended. Pour into shells. Cover edges loosely with foil. Bake 35-40 minutes or until a knife inserted near the center comes out clean. Let stand 5-10 minutes before cutting.
3. Freeze option: Cover and freeze unbaked quiche. To use, remove from freezer 30 minutes before baking (do not thaw). Preheat oven to 350°. Place quiche on a baking sheet; cover edge loosely with foil. Bake as directed, increasing time as necessary for a knife inserted near the center to come out clean. Yield: 2 quiches (6 servings each).

Let pie weights cool before storing. Beans and rice may be reused for pie weights, but not for cooking.

TIPS: undefined

22 -- Crustless Spinach Quiche



Ingredients

1. 1 tablespoon vegetable oil
2. 1 onion, chopped
3. 1 (10 ounce) package frozen chopped spinach, thawed and drained
4. 5 eggs, beaten
5. 3 cups shredded Muenster cheese
6. 1/4 teaspoon salt
7. 1/8 teaspoon ground black pepper

Preparation

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
3. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier. /// 1 Serving

Servings Per Recipe: 6

Amount Per Serving

Calories: 309

Calories from Fat: 213

% Daily Value *

Total Fat: 23.7

Saturated Fat: 12.5

Cholesterol: 209

Sodium: 546

Total Carbohydrates: 4.8

Sugars: 2.1

Dietary Fiber: 1.6

Protein: 20.4

Vitamin A - IU: 6326

Vitamin C: 4

Calcium: 493

Iron: 2

Potassium: 326

Thiamin: < 1

Niacin Equivalents: 5

Vitamin B6: < 1
Magnesium: 58
Folate: 98

TIPS: undefined

23 -- Charred Lemon Chicken Piccata



Ingredients

1. 2 small lemons, cut into thin rounds
2. 1 1/2 teaspoons sugar
3. 4 garlic cloves, halved
4. 4 (6-ounce) skinless, boneless chicken breast halves, pounded to 3/4-inch thickness
5. 1/2 teaspoon kosher salt, divided
6. 1/2 teaspoon freshly ground black pepper
7. 1 tablespoon olive oil, divided
8. 2 tablespoons unsalted butter, divided
9. 1 teaspoon grated shallot
10. 1/2 teaspoon grated garlic
11. 1 oregano sprig
12. 1 thyme sprig
13. 1/2 cup dry white wine
14. 1 cup unsalted chicken stock (such as Swanson)
15. 1 teaspoon all-purpose flour
16. 1 tablespoon capers, rinsed and drained
17. 2 tablespoons chopped fresh flat-leaf parsley

Preparation

1. Combine lemon slices, sugar, and garlic in a medium bowl.
2. Sprinkle chicken with 3/8 teaspoon salt and pepper. Heat a large skillet over medium-high heat. Add 2 teaspoons oil; swirl to coat. Add chicken to pan; cook 4 minutes on each side or until done. Place chicken on a plate. Add remaining 1 teaspoon oil to pan; swirl to coat. Add lemon mixture to pan; cook 1 minute or until lemon slices are lightly browned, turning occasionally. Return lemon mixture to bowl.
3. Wipe pan with paper towels. Heat pan over medium heat. Add 1 1/2 teaspoons butter to pan; swirl until butter melts. Add shallot, 1/2 teaspoon grated garlic, oregano sprig, and thyme sprig; cook 1 minute. Add wine to pan, scraping pan to loosen browned bits. Bring to a boil; cook 3 minutes or until liquid almost evaporates. Add remaining 1/8 teaspoon salt, stock, and flour to pan, stirring with a whisk. Bring to a boil; reduce heat, and simmer 3 minutes or until liquid is reduced to about 2/3 cup. Remove pan from heat; discard oregano and thyme sprigs. Stir in remaining 1 1/2 tablespoons butter and capers, stirring until butter melts. Return chicken and any juices to pan; turn to coat with sauce. Top chicken with lemon mixture. Sprinkle with parsley.

Lightly charring the lemon slices intensifies their flavor and creates a gorgeous look. Be sure to include any of the sweet, tangy liquid the lemons give off in the bowl; it adds incredible depth to the sauce. //Calories 332

Fat 13.7 g
Saffat 5.1 g
Monofat 5.5 g
Polyfat 1.2 g
Protein 38 g
Carbohydrate 7 g
Fiber 1 g
Cholesterol 124 mg
Iron 1 mg
Sodium 576 mg
Calcium 35 mg

TIPS: undefined

24 -- Grilled Chicken and Soba Noodles with Miso Vinaigrette



Ingredients

1. 3 ounces uncooked soba noodles
2. 1/2 cup shredded carrot
3. 2 tablespoons canola oil
4. 1 tablespoon white/yellow miso (soybean paste)
5. 1 tablespoon rice wine vinegar
6. 1 tablespoon lower-sodium soy sauce
7. 2 teaspoons dark sesame oil
8. 1 1/2 teaspoons minced peeled fresh ginger
9. 1 teaspoon honey
10. 1 1/2 cups thinly sliced red cabbage
11. 1/2 cup diagonally sliced green onions
12. 1 teaspoon black sesame seeds
13. 2 (8-ounce) skinless, boneless chicken breast halves, halved horizontally to form 4 (4-ounce) cutlets
14. 1/2 teaspoon freshly ground black pepper
15. 1/4 teaspoon kosher salt
16. Cooking spray

Preparation

1. Prepare soba noodles according to package directions. Add carrot during last minute of cooking. Drain; rinse with cold water. Drain.
2. Combine oil and next 6 ingredients (through honey) in a large bowl, stirring with a whisk. Place 2 tablespoons miso mixture in a medium bowl. Add noodle mixture, cabbage, and green onions to remaining miso mixture; toss to coat. Sprinkle with sesame seeds.
3. Sprinkle chicken with pepper and salt. Add chicken to reserved 2 tablespoons miso mixture, turning to coat. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 3 minutes on each side or until done. Serve with noodle mixture.

Hands-on: 22 Minutes Total: 22 Minutes /// Calories 329

Fat 12.9 g
Satfat 1.6 g
Monofat 6.4 g
Polyfat 3.6 g
Protein 30 g
Carbohydrate 25 g
Fiber 2 g
Cholesterol 73 mg
Iron 2 mg
Sodium 586 mg
Calcium 44 mg

TIPS: undefined

25 -- Western Omelet



Ingredients

1. 1 tablespoon water
2. 1/8 teaspoon salt
3. 1/8 teaspoon freshly ground black pepper
4. 4 large eggs
5. 1 tablespoon olive oil, divided
6. 1/2 cup (1-inch) slices onion
7. 1/3 cup (1-inch) slices red bell pepper
8. 1/3 cup (1-inch) slices green bell pepper
9. 1/4 teaspoon chopped fresh thyme
10. 2 ounces chopped 33%-less-sodium ham
11. 1 ounce shredded Swiss cheese (about 1/4 cup), divided

Preparation

1. Combine first 4 ingredients in a medium bowl, stirring with a whisk.
2. Heat an 8-inch nonstick skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Stir in onion, bell peppers, thyme, and ham; sauté 4 minutes or until vegetables are crisp-tender. Remove vegetable mixture from pan; set aside. Clean pan.
3. Return pan to medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add half of egg mixture to pan, tilting pan to spread evenly; cook 1 minute or until edges begin to set. Lift edge of omelet with a rubber spatula, tilting pan to roll uncooked egg mixture onto bottom of pan. Repeat procedure on opposite edge of omelet. Cook 1 minute or until center is just set. Sprinkle 2 tablespoons cheese evenly over omelet. Sprinkle half of vegetable mixture over cheese. Run spatula around edges and under omelet to loosen it from pan; fold in half. Slide omelet onto a plate. Repeat procedure with remaining oil, egg mixture, cheese, and vegetable mixture.

Calories 331
 Fat 20.9 g
 Satfat 6.5 g
 Monofat 10.7 g
 Polyfat 2.6 g
 Protein 22 g
 Carbohydrate 10.7 g
 Fiber 1.7 g
 Cholesterol 390 mg
 Iron 2.5 mg
 Sodium 608 mg
 Calcium 179 mg

TIPS: undefined

26 -- Black Bean Veggie Burgers /w Sweet Potato Fries



Ingredients

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Preparation

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.

5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier. //// 1 Serving

Servings Per Recipe: 4

Amount Per Serving

Calories: 198

Calories from Fat: 27

% Daily Value *

Total Fat: 3

Saturated Fat: 0.7

Cholesterol: 46

Sodium: 607

Total Carbohydrates: 33.1

** Sugars: 2.1

Dietary Fiber: 9.8

Protein: 11.2

Vitamin A - IU: 731

Vitamin C: 19

Calcium: 99

Iron: 4

Potassium: 515

Thiamin: < 1

Niacin Equivalents: 4

Vitamin B6: < 1

Magnesium: 59

Folate: 96 -- update ingredient and nutrition lists to reflect added: Sweet Potato Fries

TIPS: undefined

27 -- Marinated Giant White Beans and Beets



Ingredients

1. FOR THE BEANS

2. 1 pound dried large lima beans
3. 1 large white onion, cut in half
4. 4 garlic cloves, crushed
5. 1 bay leaf
6. Salt to taste
7. $\frac{1}{4}$ cup fresh lemon juice
8. $\frac{1}{2}$ cup extra virgin olive oil
9. $\frac{1}{2}$ cup finely chopped celery
10. $\frac{1}{2}$ cup finely chopped yellow or red bell pepper
11. $\frac{1}{2}$ cup finely chopped red onion, soaked for five minutes in cold water, drained and rinsed optional
12. 2 tablespoons chopped fresh dill

13. FOR THE BEETS

14. 8 small beets, greens cut away, scrubbed
15. $\frac{1}{2}$ cup red wine vinegar or sherry vinegar
16. Salt to taste
17. 2 garlic cloves, cut in half
18. $\frac{1}{2}$ teaspoon sugar

Preparation

1. FOR THE BEANS

2. Place the beans in a large pot. Cover by 2 inches with water, and bring to a gentle boil. Skim off any foam, and add the onion, garlic and bay leaf. Turn the heat to

- low, cover and simmer 30 minutes. Add salt to taste, and simmer an additional 20 minutes until just tender. Remove from the heat. Remove and discard the onion, garlic cloves and the bay leaf. Allow the beans to cool in the liquid, then drain through a strainer set over a bowl. Gently toss the beans in a bowl with the lemon juice, olive oil, celery, peppers, onion and herbs. If desired, add 2 to 4 tablespoons of the bean broth. Season to taste with salt and pepper. Set aside.
3. Cook the beets while the beans are cooking. Place in a saucepan, cover with water, add 1/4 cup of the vinegar and salt to taste. Bring to a boil, reduce the heat and simmer until tender, 30 to 45 minutes, depending on the size of the beets. Remove from the heat, add the garlic to the pot and set aside to cool. Remove the beets from the pot (do not drain), slip off the skins and cut in wedges.
 4. Combine the remaining vinegar, the sugar and 1/4 cup of the beet broth (discard the garlic). Toss with the beets. Arrange the beans on a plate or in a bowl and surround with the beets. If you wish, serve this dish with skordalia.

Advance preparation: The beans and the beets can both be prepared up to three days before serving. Martha Rose Shulman can be reached at martha-rose-shulman.com. Very good served room temperature or slightly warm. Be warned: without pre-soaking, the giant limas came out with good texture and without falling apart, but they took 2-1/2 hours of simmering to become tender-- definitely a good idea to make them the day before. // Nutritional analysis per serving (6 servings) 221 calories; 12 grams fat; 1 gram saturated fat; 8 grams monounsaturated fat; 1 gram polyunsaturated fat; 21 grams carbohydrates; 4 grams dietary fiber; 3 grams sugars; 6 grams protein; 17 milligrams sodium

TIPS: undefined

28 -- White Beans and Sausage



 Simply Recipes

Ingredients

1. 1 lb dried cannellini beans
2. 2 Tbsp olive oil
3. 4-5 fresh sage leaves
4. 2 cloves garlic, crushed
5. 3 teaspoons kosher salt
6. 4 black peppercorns
7. or 4 15-ounce cans cannellini beans
8. 5 Tbsp olive oil
9. 1 1/2 pounds sweet Italian sausage
10. 4 cloves garlic, peeled and crushed
11. 3-4 canned plum tomatoes, chopped
12. Pinch red pepper flakes
13. 1 cup tomato purée

14. Salt (about 2 teaspoons) and freshly ground black pepper

Preparation

1. Preparing dry beans if using
2. Rinse the dry beans under cold running water, removing any stones you may find. Place the beans in a large pot and cover with at least a couple of inches with cold water. Soak for at least 4 hours. (To do a quick soak, you can pour boiling water over the beans and cover by a couple of inches, and just soak for one hour instead of four.)
3. Drain the beans. Return the beans to the pot and add 3 quarts of water to the pot. Add 2 Tbsp olive oil, the sage leaves, 2 cloves crushed garlic, 3 teaspoons kosher salt, and the peppercorns. Cover, bring to a simmer on medium heat, and simmer beans for one hour. Lower the heat so that the beans are barely simmering. Cook for an additional 1-2 hours, or until beans are just tender. Note that the fresher the beans the shorter the cooking time, the older the beans the longer the cooking time. Remove from heat and let cool in cooking liquid. Set aside 1/2 cup of the cooking liquid, drain the rest from the beans.
4. Preparing canned beans if using
5. Taste the liquid in the cans of beans. If it tastes good (and it should), drain the beans and reserve 1/2 a cup of the bean liquid. If the liquid doesn't taste good (which may happen if the can has been sitting around too long), discard the liquid and use 1/2 cup of water instead of the bean liquid in the next step.
6. Preparing the beans and sausage
7. Heat one tablespoon of olive oil in a large, heavy-bottomed skillet over medium heat. Remove sausages from their casings (if the sausage has come in casings), and fry on the skillet until lightly browned, about 3-4 minutes. Do not stir that much and do not crowd the pan, or the sausage won't brown well. Add the reserved bean cooking (or can) liquid, 4 Tbsp olive oil, garlic, chopped tomatoes, and red pepper flakes, stirring occasionally until slightly thickened, about 5 minutes.
8. Add the reserved beans and tomato purée. Season to taste with salt and pepper. Simmer a few minutes longer, stirring gently, until sausage is cooked through and the sauce has thickened. Be careful not to break up the beans.

You can either cook the beans from scratch (we're using a Tuscan approach found in Saveur Magazine), or use canned beans. By the way, you know how they always say to "rinse and drain" the beans if using canned beans? That's only because if the cans have been on the shelf for a while they can sometimes absorb a metallic flavor from the can. But if your can of beans is freshly bought, this may not be the case, and there can be plenty of flavor in the bean soaking water. So, taste! If the bean water tastes good, use it. If not, don't.

TIPS: undefined

29 -- Healthy Bean Soup With Kale



Ingredients

1. 1.00 x's 58 | 58
2. 8.00 x's 69 | 69
3. 1.00 x's 23 | 23
4. 4.00 x's 90 | 90
5. 4.00 x's 91 | 91
6. 2.00 x's 92 | 92
7. 4.00 x's 67 | 67
8. 1.00 x's 93 | 93
9. 2.00 x's 94 | 94
10. 1.00 x's 66 | 66
11. 2.00 x's 57 | 57
12. 8.00 x's 73 | 73
13. 0.50 x's 64 | 64

Preparation

1. In a large pot, heat olive oil.
2. Add garlic and onion; sauté until soft and the onion is transparent.
3. Wash the kale, leaving small droplets of water. Sauté, stirring, until wilted and a lovely emerald green, about 15 minutes.
4. Add 3 cups of the broth, reserving 1 cup, 2 cups of the beans, reserving 1 cup, all of the carrots, tomatoes, herbs, salt and pepper.
5. Simmer 5 minutes.
6. In a blender or food processor, mix the reserved beans and broth until smooth.
7. Stir into the soup to thicken it nicely.
8. Simmer 15 more minutes.
9. Ladle into bowls; sprinkle with chopped parsley and shredded parmesan.
10. Serve with a nice loaf of crusty bread to soak up all the yummy broth!

11. For Vegetarian use the vegetable broth.

We've all heard how anti-oxidants fight cancer, save eyesight, and prevent clogged arteries. Turns out lutein, a delicious 7 mg dose of which is supplied with each serving of this recipe, is even more beneficial than beta carotene. It delays lung aging and combats arthritis to boot! //AMOUNT PER SERVING% DAILY VALUECalories 214.6 Calories from Fat 34 16%Total Fat 3.8 g 5%Saturated Fat 0.7 g 3%Cholesterol 0 mg 0%Sodium 786 mg 32%Total Carbohydrate 36 g 12%Dietary Fiber 11 g 44%Sugars 10.6 g 42%Protein 11.6 g 23%

TIPS: undefined

30 -- Crock-Pot Chicken With Black Beans & Cream Cheese



Ingredients

1. 4 -5 boneless chicken breasts
2. 1 (15 1/2 ounce) can black beans
3. 1 (15 ounce) can corn
4. 1 (15 ounce) jar salsa, any kind
5. 1 (8 ounce) package cream cheese

Preparation

1. Take 4-5 frozen, yes, frozen, boneless chicken breasts put into crock pot.
2. Add 1 can of black beans, drained, 1 jar of salsa, 1 can of corn drained.
3. Keep in crock pot on high for about 4-5 hours or until chicken is cooked.
4. Add 1 package of cream cheese (just throw it on top!) and let sit for about 1/2 hour.

TOTAL TIME: 4hrs 3mins / PREP 3 MINS / COOK 4 HRS // AMOUNT PER SERVING% DAILY VALUECalories 679.2 Calories from Fat 315 46%Total Fat 35 g 53%Saturated Fat 15.2 g 75%Cholesterol 155.3 mg 51%Sodium 913.4 mg 38%Total Carbohydrate 50.1 g 16%Dietary Fiber 11.2 g Sugars 9.9 g Protein 45.9 g

TIPS: undefined

32 -- Healthier Grilled Cheese Sandwich



Ingredients

1. Cooking oil spray
2. 2 slices sprouted whole-grain bread
3. 2 slices (1.5 ounces) low-fat cheddar cheese
4. 1/2 tomato, sliced
5. 1/2 cup baby spinach

Preparation

1. Layer cheese, tomato and spinach between the bread slices.
2. Heat a large, heavy skillet over medium-low heat. Lightly spray the bottom with cooking oil.
3. Add sandwich and cook until browned on the bottom, about 4-5 minutes. Flip the sandwich over, cover the skillet and continue to cook until the other side is browned and cheese has melted, about 4-5 minutes more.
4. Cut sandwiches in half and serve hot.

TIPS: undefined

57 -- 2 Soft Tacos /w eggs | Cucumbers /w Hummus

Ingredients

1. 2 Soft Tacos /w eggs | Cucumbers /w Hummus

Preparation

- 1.

TIPS: undefined

61 -- Leftover Pizza

Ingredients

1. Leftover Pizza

Preparation

- 1.

TIPS: undefined

62 -- Pork /w Pasta Salad and Beans

Ingredients

1. Pork /w Pasta Salad and Beans

Preparation

- 1.

TIPS: undefined

64 -- Leftover Pork Roast /w Apple Salad

Ingredients

Preparation

1. warm and serve

TIPS: undefined

65 -- 1 Grilled Cheese sandwich w/ tomato | apple slices

Ingredients

1. 2.00 x's 41 | 41
2. 0.13 x's 32 | 32
3. 1.00 x's 77 | 77
4. 1.00 x's 16 | 16

Preparation

- 1.

TIPS: undefined

74 -- Turkey Burger | small salad

Ingredients

- 1. 0.30 x's 23 | 23
- 2. 0.25 x's 21 | 21
- 3. 0.13 x's 66 | 66
- 4. 0.13 x's 57 | 57
- 5. 2.00 x's 54 | 54
- 6. 2.00 x's 41 | 41
- 7. 1.00 x's 46 | 46
- 8. 2.50 x's 62 | 62
- 9. 3.00 x's 31 | 31
- 10. 1.00 x's 60 | 60
- 11. 0.50 x's 32 | 32
- 12. 0.25 x's 30 | 30
- 13. 0.13 x's 76 | 76

Preparation

1. Shape turkey mixture into a 1/2-inch-thick patty. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Add patty to pan; cook 3-5 minutes on each side.
2. Spread 1 tablespoon mayonnaise over bread. Top burger with 1 lettuce leaf, 1 patty, and 2 tomato slices. Spread 1 1/2 teaspoons mustard over top slice of bread, then top burgers.
3. Toss remainder lettuce, tomatoes and cucumber together for salad. Top with vinaigrette.

TIPS: undefined

78 -- Turkey Burger | small salad

Ingredients

- 1. Turkey Burger | small salad

Preparation

- 1.

TIPS: undefined

79 -- Sloppy Joe /w green pepper and onion /w salad

Ingredients

- 1. Sloppy Joe /w green pepper and onion /w salad

Preparation

- 1.

TIPS: undefined

80 -- Homemade Pizza with side salad

Ingredients

- 1. Homemade Pizza with side salad

Preparation

- 1.

TIPS: undefined

81 -- Turkey Burger /w sweet potato fries

Ingredients

- 1. 0.25 x's 21 | 21
- 2. 0.13 x's 32 | 32
- 3. 1.00 x's 87 | 87
- 4. 2.00 x's 41 | 41
- 5. 2.00 x's 88 | 88
- 6. 1.00 x's 62 | 62

Preparation

- 1.

TIPS: undefined

82 -- Pork Roast /w Apple Salad

Ingredients

1. 2.00 x's 58 | 58
2. 3.00 x's 65 | 65
3. 1.00 x's 66 | 66
4. 1.50 x's 57 | 57
5. 1.00 x's 67 | 67
6. 1.00 x's 23 | 23
7. 1.00 x's 68 | 68
8. 4.00 x's 69 | 69
9. 3.00 x's 70 | 70
10. 1.00 x's 71 | 71
11. 1.00 x's 72 | 72
12. 6.00 x's 73 | 73
13. 3.00 x's 57 | 57
14. 2.00 x's 75 | 75
15. 1.50 x's 76 | 76
16. 2.00 x's 77 | 77
17. 1.00 x's 78 | 78
18. 0.25 x's 12 | 12
19. 4.00 x's 80 | 80

Preparation

1. For the Roast: Preheat oven to 325 degrees F. Heat oil in a large Dutch oven over medium-high heat. Season the pork with salt and pepper and sear well on all sides. Drain off the fat, and add the remaining ingredients to the pot. Place in the oven and cook until the internal temperature of the meat registers 150 degrees F, about 2 hours. Remove the meat to a plate and remove the vegetables and herbs with a slotted spoon. Add more water if needed. Bring the cooking liquid to a boil and reduce by half. Whisk in the butter and season with salt and pepper to taste. | For the Apple Salad: Heat 3/4 cup of the Spicy Orange Vinaigrette in a medium saute pan over medium high heat. Add the apples, cut-side down and saute until golden brown, turn over and saute until just cooked through, 1 to 2 minutes. Place the watercress and frisee in a medium bowl and toss with a few tablespoons of the remaining Spicy Orange Vinaigrette, season with salt and pepper and divide among 4 plates. Arrange 2 apple quarters on each plate, garnish with walnuts and blue cheese and drizzle with some of the remaining vinaigrette.

TIPS: undefined

83 -- Chef Salad



Ingredients

1. 2.00 x's 62 | 62
2. 0.50 x's 6 | 6
3. 1.00 x's 57 | 57
4. 0.25 x's 76 | 76
5. 1.00 x's 7 | 7
6. 1.00 x's 98 | 98
7. 1.00 x's 52 | 52
8. 1.00 x's 133 | 133
9. 1.00 x's 3 | 3
10. 0.25 x's 134 | 134
11. 4.00 x's 31 | 31
12. 0.50 x's 30 | 30
13. 0.25 x's 125 | 125

Preparation

1. hardboil egg
2. dice avocado
3. half the tomatoes
4. slice the cucumber

5. Tear the lettuce into bite-sized pieces and put into a large mixing bowl. Season with salt and pepper to taste and toss with 1/2 cup of the dressing. Divide the lettuce among 4 large individual serving bowls. Arrange the cheese, meats, eggs, and avocado, like the spokes of a wheel, on top of each salad. Scatter the tomatoes, cucumbers, and croutons on top. Season with salt and pepper to taste. Serve and pass the remaining dressing at the table.

TIPS: undefined

84 -- Liver and Onion /w Chopped Spinach

Ingredients

1. Liver and Onion /w Chopped Spinach

Preparation

1.

TIPS: undefined

85 -- BBQ Chicken /w Brown Rice /w corn

Ingredients

1. BBQ Chicken /w Brown Rice /w corn

Preparation

1.

TIPS: undefined

86 -- Stuffed Bell Pepper /w peas /w salad

Ingredients

1. Stuffed Bell Pepper /w peas /w salad

Preparation

1.

TIPS: undefined

87 -- Fish Chowder /w salad

Ingredients

1. Fish Chowder /w salad

Preparation

1.

TIPS: undefined

88 -- Tuna Melt /w 2 hard boiled eggs

Ingredients

1. Tuna Melt /w 2 hard boiled eggs

Preparation

1.

TIPS: undefined

Snacks List

31 -- Healthy Honey Oatmeal Cookies



Ingredients

1. 3.00 x's 75 | 75
2. 0.50 x's 13 | 13
3. 0.25 x's 114 | 114
4. 1.00 x's 3 | 3
5. 1.00 x's 14 | 14
6. 0.50 x's 115 | 115
7. 0.50 x's 66 | 66
8. 0.25 x's 116 | 116
9. 1.50 x's 117 | 117
10. 3.00 x's 13 | 13

Preparation

1. Preheat oven to 350 degrees F. Spray a cookie sheet with nonstick cooking spray (just for convenience :]).
2. Using a mixer with the paddle attachment, mix together the butter, brown sugar, honey, egg and water thoroughly.
3. Sift together the dry ingredients then stir in the oats. Add the dry ingredients to the wet and mix. Add any additional ingredients you've chosen.
4. Drop by heaping teaspoonfuls onto the cookie sheet. Bake 12 to 15 minutes. Cool on a wire rack.

These are easy to make! and healthy for you too (small amount of butter & sugar), but still so very sweet and wholesome. The cookies are chewy and go great with any other add-ins (raisins, cranberries, chocolate chips, etc.)

TIPS: undefined

36 -- 1 Banana



Ingredients

1. 1.00 x's 2 | 2

Preparation

1. Peel first before eating :)

TIPS: undefined

39 -- Baby Carrots (Raw)



Ingredients

1. 5 raw baby carrots

Preparation

1. rinse before eating

x's 5:

Nutrition Facts

Serving Size 1 medium

Amount Per Serving

Calories from Fat 0Calories 4

% Daily Values*

Total Fat 0.01g 0%

Saturated Fat 0.002g 0%

Polyunsaturated Fat 0.006g

Monounsaturated Fat 0.001g

Cholesterol 0mg 0%

Sodium 8mg 0%

Potassium 24mg

Total Carbohydrate 0.82g 0%

Dietary Fiber 0.2g 1%

Sugars 0.48g

Protein 0.06g

Vitamin A 28% Vitamin C 1%

Calcium 0% Iron 0%

TIPS: undefined

40 -- Mini Pretzels

Ingredients

1. 12 Mini Pretzels

Preparation

- 1.

TIPS: undefined

41 -- 90 Calorie Chewy Granola Bar - Chocolate Chunk



Ingredients

1. 1 Great Value Chewy Granola Bar - Chocolate Chunk

Preparation

Nutrition Facts

Serving Size 1 bar (24ml)

Amount Per Serving

Calories from Fat 20Calories 90

% Daily Values*

Total Fat 2g 3%

Saturated Fat 0.5g 2%

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Potassium 50mg

Total Carbohydrate 18g 6%

Dietary Fiber 1g 4%

Sugars 7g

Protein 1g

Vitamin A 0% Vitamin C 0%

Calcium 8% Iron 4%

TIPS: undefined

42 -- Whole Grain Rice Cakes



Ingredients

1. 1.00 x's 102 | 102

Preparation

1.

Nutrition Facts
Serving Size 1 cake

Amount Per Serving
Calories from Fat 5Calories 45

% Daily Values*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 130mg 5%
Total Carbohydrate 9g 3%
Dietary Fiber 0g 0%
Sugars 1g
Protein 2g

Vitamin A - Vitamin C -
Calcium - Iron -

TIPS: undefined

43 -- Triscuits /w Humus



Ingredients

1. 1.00 x's 103 | 103

Preparation

1.

Amount Per Serving

Calories 120

Calories From Fat 20

% Daily Value

Total Fat 2.5 G 4

Saturated Fat 0 G 0

Trans Fat 0 G

Cholesterol 0 Mg 0

Sodium 160 Mg 7

Potassium 130 Mg 4

Total Carbohydrate 23 G 8

Dietary Fiber 3 G 12

Sugars 0 G

Protein 3 G

Vitamin A 0

Vitamin C 0

Calcium 0

Phosphorus ---- add humus to nutrition

TIPS: undefined

44 -- Yogurt and Frozen Berries

Ingredients

1. 1 cup berries (such as blueberries, raspberries, or blackberries)
2. 1 cup plain yogurt

Preparation

1. Divide the berries and yogurt between two bowls and sprinkle with the almonds (if using). Serve with the eggs.

for mixed berries add in::

Serving Size 1 cup (140 g)

Per Serving % Daily Value*

Calories 80

Calories from Fat 4

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 180mg 5%

Carbohydrates 17g 6%

Dietary Fiber 5g 20%

Sugars 10g

Protein 1g

TIPS: undefined

45 -- Medium Red Apple

Ingredients

1. 1 3-1/4 inch diameter apple

Preparation

1. Eat raw.

Serving Size 1 apple (large, 3-1/4in diameter (223 g)

Per Serving % Daily Value*

Calories 116

Calories from Fat 4

Total Fat 0.4g 1%

Saturated Fat 0g 0%

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Potassium 238.61mg 7%

Carbohydrates 30.8g 10%

Dietary Fiber 5.4g 22%

Sugars 23.2g

Protein 0.6g

Vitamin A 0% · Vitamin C 28%

Calcium 0% · Iron 6%

TIPS: undefined

46 -- Orange



Ingredients

1. 1 orange 2-5/8 inch diameter

Preparation

1. Peel and eat raw.

2. Nutrition Facts

Serving Size 1 fruit (2-5/8 in dia) (131 g)

Per Serving % Daily Value*

Calories 62

Calories from Fat 1

Total Fat 0.2g 0%

Saturated Fat 0g 0%

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 237.11mg 7%

Carbohydrates 15.4g 5%

Dietary Fiber 3.1g 13%

Sugars 12.2g

Protein 1.2g

Vitamin A 6% · Vitamin C 116%

Calcium 5% · Iron 1%

GOOD POINTS: Very low in saturated fat, No cholesterol, No sodium, Very high in dietary fiber, High in potassium, High in thiamin, Very high in vitamin C; BAD POINTS: Very high in sugar

TIPS: undefined

89 -- Raisins

Ingredients

1. Raisins

Preparation

1.

TIPS: undefined

90 -- Pretzels & PB

Ingredients

1. Pretzels & PB

Preparation

1.

TIPS: undefined

91 -- Carrots /w Humus

Ingredients

1. 0.20 x's 45 | 45

2. 1.00 x's 40 | 40

Preparation

TIPS: undefined

92 -- Cucumbers /w Humus

Ingredients

1. 0.25 x's 30 | 30

2. 1.00 x's 40 | 40

Preparation

1.

TIPS: undefined

93 -- Dannon Light & Fit Greek Strawberry Yogurt

Ingredients

1. 1.00 x's 5 | 5

Preparation

1.

TIPS: undefined

94 -- Mini Blueberry Muffins

Ingredients

1. 1.00 x's 125 | 125

Preparation

1.

Serving Size47 g

Servings per Container5.00

Amount Per Serving

Calories 180.00 Calories from Fat 70.00

% Daily Value*

Total Fat8.00g12%

Saturated Fat1.50g8%

Trans Fat0.00g0%

Cholesterol25.00mg8%

Sodium190.00mg8%

Total Carbohydrate25.00g8%

Dietary Fiber0.00g0%

Sugars14.00g0%

Protein2.00g0%

Vitamin A 0% Vitamin C 0% Calcium 2% Iron 0% Vitamin D 0% Vitamin E 0% Vitamin K 0% Thiamin 0% Riboflavin 0% Niacin 0% Vitamin B6 0% Folate 0%
Vitamin B12 0% Biotin 0% Panthothenate 0% Phosphorus 0% Iodine 0% Magnesium 0% Zinc 0% Selenium 0% Copper 0% Manganese 0% Chromium 0% Molybdenum
0% Chloride 0% Potassium 0%

TIPS: undefined

95 -- Crackers /w PB

Ingredients

1. 1.00 x's 39 | 39
2. 2.00 x's 37 | 37

Preparation

1.

TIPS: undefined

96 -- Sugar snap peas /w Humus

Ingredients

1. 1.00 x's 124 | 124
2. 1.00 x's 40 | 40

Preparation

1.

TIPS: undefined

97 -- Trail Mix

Ingredients

1. 1.00 x's 123 | 123

Preparation

1.

TIPS: undefined

98 -- PB & Banana Spirals

Ingredients

Preparation

1.

TIPS: undefined

99 -- Peanuts

Ingredients

Preparation

1.

TIPS: undefined

100 -- Celery and Dip

Ingredients

Preparation

1.

TIPS: undefined

101 -- Strawberry-Avocado Salsa /w tortilla chips

Ingredients

1. Strawberry-Avocado Salsa /w tortilla chips

Preparation

1.

TIPS: undefined

102 -- Tortilla Chips /w salsa

Ingredients

1. Tortilla Chips /w salsa

Preparation

1.

TIPS: undefined

103 -- Apples with PB

Ingredients

1. 1.00 x's 77 | 77
2. 2.00 x's 37 | 37

Preparation

1.

TIPS: undefined

109 -- Medium Granny Smith Apple

Ingredients

1. 1 3-1/4 inch diameter apple

Preparation

1. Eat raw.

TIPS: undefined