

Portion Controlled Meals are delicious, nutritious, and a great way to nourish the body, but did you know there are lots of ways to "spice" them up and create entire new flavor sensations? Here are some ideas to enhance your portion controlled meals, and feel free to get creative! General guidelines are the same as the condiment list for adding flavorings, spices and extracts. Check out the spice aisle in your local grocery store for flavored extracts, and the coffee aisle for the sugar-free syrups. Read the labels on any of the syrups and watch the carbs! You may need to count them as one of your condiments.

Shake Mix Recipes

There are a lot of extract flavors out there, and just one drop in your shake can completely change the flavor! At the local Super Walmart, I found strawberry, root beer and coconut extracts. I experimented with a few flavor combinations, and found a couple that were really good....

Banana-Strawberry--Banana Creme shake with strawberry extract

Root Beer Float--Vanilla shake mix with root beer extract

Mounds Bar--Dutch chocolate shake with coconut extract

Chocolate Almond--Chocolate shake with almond extract

Be creative and try some different combination. Remember that just a drop will flavor the shake.

pudding Shakes

Put in 1-cup water in your blender. Add 1 package pudding (flavor of your choice). Add approximately ½ tray of ice cubes or more (depending on how thick you like your shakes). Now you can just blend, blend; blend until all ice cubes have been crushed. Pour into a pretty cup or glass and enjoy! Another way to change the basic vanilla pudding is to add a touch of butter extract and a little cinnamon to your taste and Presto Chango it tastes like a cinnamon roll.

Vanilla Custard (2 servings)

1 pkg. portion controlled Vanilla Shake mix
1 pkg portion controlled Scrambled eggs
1 pkg Splenda
12 oz. water
Sprinkle of cinnamon or nutmeg

Mix first 4 ingredients. Sprinkle with cinnamon or nutmeg. Bake in two serving cups at 350 degrees (place serving dishes in a water bath with water ½ to ¾ of the way up side of dish) for 20 minutes until toothpick comes out clean.

Blueberry Smoothie (for maintenance)

½ c plain fat-free or low-fat plain yogurt
Fresh or Frozen blueberries
Ice 1 pkg portion controlled Blueberry Shake mix
Mix in blender.

Dutch Chocolate Mocha Shake

1 packet portion controlled Dutch Chocolate Shake
2-3 tsp instant decaf. Coffee
1 c water
Mix in shaker jar and put in freezer for 1 hour. It should be thick and creamy.

Haven't tried these yet but they sounded good:

1 packet portion controlled French Vanilla Shake
1 tsp pumpkin spice
1/8 tsp cinnamon
6-8 oz cold water
3-4 ice cubes
blend

Tropical Paradise

1 packet portion controlled French Vanilla Shake
1 tsp sugar free pineapple syrup
1 tsp sugar free banana syrup
1 tsp sugar free coconut syrup
½ cup lime flavored water
8-10 ice cubes made with tropical flavored water blend

Add any flavored syrup to vanilla shake is great. Maybe coffee added would taste like a vanilla latte?

This is my girls' favorite:

1 packet portion controlled Dutch Chocolate
1 tbs instant coffee
4 oz water
½ cup ice
blend

Chocolate Hazelnut

1 packet portion controlled Dutch Chocolate shake
2 tbs sugar free hazelnut syrup
½ cup cold water

½ cup ice

Pour ingredients in blender and mix until smooth.

**Root beer Float
(1 serving)**

Mix one pack of Vanilla shake with 12 oz diet root beer. Serve over ice, or mix in a blender with ice for a frosty treat!

The entire portion controlled taste terrific, but you can always kick it up a bit with spices! Some ideas to add a twist to a favorite...

French Vanilla Shake with a dash of cinnamon

Banana Creme Shake with a drop of strawberry extract

Dutch Chocolate with a drop (or 2) of almond extract

Be creative and try some combinations on your own. Use whatever spices and extracts you have on hand.

Oatmeal

Caramel Apple Oatmeal

1 packet portion controlled Apple Cinnamon oatmeal
2 tbs sugar free caramel syrup
½ - ¾ cup cold water

Empty oatmeal into a microwavable container and add water. Heat 1 ½ - 2 minutes or until it starts to boil. Add syrup and stir well.

Cal 100/ Fat 1.5g / Chol 0mg / Carb 15g / Pro 11g

Apple Chai Oatmeal

1 packet portion controlled Apple Cinnamon oatmeal
1-2 tbs sugar free chai syrup
½ - ¾ cup cold water

Empty oatmeal into a microwavable container and add water. Heat 1 ½ - 2 minutes or until it starts to boil. Add syrup and stir well.

Cal 100/ Fat 1.5g / Chol 0mg / Carb 15g / Pro 11g

Muffins Muffins Muffins

Muffins

4 pkgs oatmeal
1 pkg scrambled eggs

1 pkg vanilla shake (or Chai Latte or banana pudding, etc.)
1 1/2 tbs baking powder
1 tbs cinnamon or nutmeg
1 1/2 to 2 1/4 cup water (Sit to let thicken, add water to required consistency)

Mix and cook in 12 muffin cups. Bake 350 degrees for 12-18 minutes or until toothpick comes out clean.

6 mini muffins or 2 regular size muffins are a meal.

Muffins

(12 muffins= 6 servings)

4 pkgs of oatmeal
1 pkg of vanilla shake
1 pkg scrambled egg
1 tsp baking powder
pinch of salt
vanilla extract
extra spices - cinnamon, nutmeg, allspice, etc (opt)
Splenda or Sweet n' Low (to taste)
(about 10-12 packets)
1 1/4 c. water

Preheat oven to 350 degrees. Prepare a muffin pan by spraying with PAM (or you can use paper cupcake liners) Mix all of the ingredients and let rest a few minutes. The oatmeal will absorb the water and thicken. You may need to add a TBS of water if it is too thick. Divide the batter evenly in the 12 muffin cups and bake for 13-17 minutes. Delicious!! This makes six servings (2 muffins each) After cooling, they can be stored in plastic Baggies in the fridge for several days.

Muffin recipe

In a bowl:
1 pkg Oatmeal mix
1/4 tea baking SODA (Box)
1/8 tea baking POWDER (Can)
Splenda to taste
1 tsp. True Lemon Powder

In a 1 cup measure:
1/3 cup water - minus the 2 TBSP that you add with the Davinci Syrup
1 tsp. white vinegar
1 tsp. lemon extract
2 TBSP Davinci SF Lemon Syrup

Have a mini bread pan sprayed and ready to go. The oven should be preheated to 350. You MUST have everything ready to go before you mix the wet and dry as the chemical reaction takes place quickly and we want to trap as many bubbles as possible.

Mix the dry ingredients well, and then mix the wet ones. Pour the wet into the dry and mix up to a smooth batter as quickly as possible. Pour into pan. Bake for 15-16 minutes.

Turn out of pan immediately. Spread some Walden Raspberry spread over the top while still warm. Enjoy!

Banana Nut Muffins

4 MF maple-brown sugar oatmeal, 1 MF banana pudding, 1 MF banana creme shake, 1/2 tsp banana extract plus 3 TBLS almond SF syrup, 1 1/2 cups water, 2 pkts Splenda

The oven should be preheated to 350.

Mix the dry ingredients well, and then mix the wet ones. Pour the wet into the dry and mix up to a smooth batter as quickly as possible. Pour into muffin tin. Bake for 15-16 minutes.

Turn out of pan immediately. Enjoy!

New Pancake Recipe (light and fluffy) (3 servings)

2 pks Oatmeal (any type)
1 pkg eggs
1/4 tsp baking powder

Pour mixture onto medium-hot griddle, flip when ready and cook until done. These pancakes take about as long as regular pancake mix and they are light and fluffy.

Mix all dry ingredients together. Pour 1/3 of the mixture in a bowl and add water to pancake consistency. (Save the rest of the dry mix for two other

Belgium waffles made with the oatmeal.

1 pkg oatmeal
1/2 teas. baking powder
2 Tbls. egg beaters
1/4 - 1/2 cup water
dash cinnamon
dash butter buds

I let the batter sit while the waffle iron was heating up. They came out real light and fluffy. Used some WF blueberry syrup and was in heaven.

Blueberry Scones

1 packet MF Blueberry Oatmeal
1/8 tsp. baking powder
1 TBSP Splenda
Dash Cinnamon if desired

1/4 cup water
1/2 tsp. vanilla

Mix Oatmeal, 1 TBSP Splenda, baking powder and cinnamon in a small bowl. Add 1/4 cup water and vanilla and mix well. Spoon onto baking sheet sprayed with Pam, bake at 350 degrees for approximately 10 minutes. Makes 4 scones.

Scone Glaze

1 TBSP Splenda
1 TBSP water

Mix ingredients thoroughly in a small bowl and drizzle over baked scones.

Cakes Cookies Cinnabon Buns

Cookies

8 pkgs apple cinnamon oatmeal or flavor of your choice
2 pkgs scrambled eggs
2 pkgs vanilla pudding or flavor of your choice
3-4 pkgs multigrain crackers blended to powder form
4 tsp cinnamon
1 ½ tsp baking powder
6 ½ tsp vanilla extract
5 tsp sugar free caramel syrup or extract
11 tbsp brown sugar splenda (*brown sugar splenda is a mix of real brown sugar and splenda, this will add calories and sugar to your program you might want to substitute regular splenda if you not on maintenance*)
3 cups water

Preheat oven to 350 degrees. Mix all ingredients together, add extract & water. Stir until moistened. Set aside for 6 minutes to allow ingredients to achieve appropriate consistency. Scoop spoonfuls onto cookie sheet (spray with Pam first) and bake at 350 degrees for 10-15 minutes or until cookies are a golden brown.

Divide number of cookies by 12 and that's how many cookies = 1 meal

MF-in Cinnabon

Dry ingredients:

1 pkg vanilla shake
1/2 tsp cinnamon
1/2 tsp baking powder
1 pkg Splenda (I actually use Stevia, personally)
1 tsp flax meal

Wet ingredients:

2 Tbsp Egg Beaters
1 Tbsp ICBINB fat-free spread

Mix dry ingredients together in a small bowl (the bottom diameter of this bowl will be the size of your finished cinnamon bun). Add in the wet ingredients until well-mixed, then press the whole mixture down into the bottom of the bowl, scraping the excess off the sides. (Here is where I lick the spoon - yum)

Microwave for one minute on high (if the middle is still a little undercooked at this point it is OK). Use a knife to pull the bun away from the sides of the bowl, and invert onto a microwave-safe plate. Spread 1-2 tablespoons of Walden Farms marshmallow dip over the bun like frosting, and microwave for one more minute.

The result will be a soft, warm, creamy cinnamon bun that looks something like this:

Chocolate Cake

- 1 pkt MF Chocolate Shake
- 4T water
- 3/4 tsp baking powder
- 1/3 tsp baking soda

Mix dry ingredients well. Add water and mix until frothy. Spray bowl with pam if needed (I use a plastic bowl I don't need to do that with) Microwave 1 1/2-2 mins until done but not burned-depends on your microwave.

Here's my MF version Chocolate Cake

- 1 pkg MF chocolate shake
- 1 Tbsp. Walden's Farm or other sugar-free chocolate syrup
- 1-1/2 tsp. of Butter Buds or Molly McButter
- 1/4 tsp. baking powder
- 1/4 cup water

Spray lightly a dessert cup or small dish with Pam or other brand spray.

Mix all dry ingredients together, stir well. In separate bowl, mix water and SF syrup together and then add to dry ingredients. Stir well; will make a very thick, fudge-like batter. Spoon batter into prepared cup or dish.

I microwave on High for close to 2 minutes. Microwaves vary, so keep an eye on it. Be careful taking out, will be hot!. Let cool for about 20 minutes or if you can't wait, do like I do and put in the freezer to cool off and eat in about 5 minutes!

Top is a little crispy, but inside is moist and chewy. YUMMM!! 🍪

Soups Soups Soups

Bread

- Heat oven to 375 degrees. Spray baking sheet with Pam.
- 1 Pkg Cream of (Broccoli or tomato) soup

1 Pkg scrambled eggs
½ tsp baking powder
¼ tsp onion powder
¼ tsp garlic powder
1 TBS flax seed
5 TBS cold water

Mix together, then pour or spoon onto baking sheet (2 equal rounds) and smooth tops. Bake for 5 minutes. Turn over to the low broil and watch carefully for tops to brown (about 5 minutes). Cool on wire rack.

This recipe makes 2 meals

**optional – add ¼ tsp ground oregano or leave out the onion powder or garlic powder

Chili

Add ¾ to 1 cup water
Add chili powder to taste
Add salsa to taste
Add taco seasoning to taste
Add 2 ounces taco meat (subtract from lean/green meal that night)
Add snack crackers

Chicken Anyone

1/2 MF Chicken Noodle Soup mix
about 3/4 cup water
shake of chicken soup base
1/2 lean portion baked chicken cut in cubes
3/4 cup broccoli flowers

I soak the MF CNS then simmer with the chicken chunks and broccoli for about 15 minutes.

Broccoli Quiche Cups

1 Packet Cream of Broccoli Soup
3 egg whites
1/4 tsp baking powder
1/2 C steamed broccoli

Place egg whites, soup and baking powder in mixing bowl and beat well. Divide steamed broccoli equally into 3 muffin cups and pour batter over the broccoli. Bake at 400 for 15 minutes. Counts as one MF meal, 1/4 lean and 1 green serving

Broccoli Shrimp Soup

Here's another yummy portion controlled soup recipe in my box of favorites. Hope you enjoy it too!

1 packet Cream of Broccoli Soup
1 packet Tomato Fast Soup
1-1/4 cup water
1/2 cup broccoli, steamed and finely chopped
2 ounces cooked shrimp, finely chopped
Dash of basil, dill and thyme

Blend all ingredients except shrimp with a hand mixer on low until creamy. Stir in shrimp and microwave for 1-2 minutes covered with a paper plate. Be sure that soup does not boil over.

Yield: 1 portion controlled meal and 1 portion controlled snack

*Important Note: When using this recipe, reduce your Green portion for the day by 1/2 cup and reduce your Lean portion by 2 ounces. Do not eat a snack for the day because the Fast Soup is considered your snack for the day.

Cream of Tomato Soup

Add 5 drops of Tabasco sauce

1 tsp fresh basil

1 tsp fresh oregano

Basil-parmesan Creamy Tomato Soup (1 serving)

Mix one pack of Creamy Tomato soup with 8 oz water. Heat in the microwave for 1-2 minutes (until hot). Add 1/8 tsp sweet basil and 2 tsp shredded Parmesan cheese. Salt and pepper to taste.

Chicken Noodle Soup with a dash of garlic powder

Cream of Broccoli with a few crushed red pepper flakes

Chicken and Wild Rice Soup with a dash of garlic powder

Cream of Tomato with a dash of sweet basil

Pizza my way

1 Packet of either tomato soup, cream of broccoli or cream of chicken

1/8 tsp baking powder

1 packet of crackers or soy crisps (you don't need the crackers and you still get the same result-remember *crackers and soy crisps are a treat*) crumbled adding in to dry soup packet

Mix in 5-6 tablespoons of water (you don't want the mixture runny)

Ms. Dash spices to taste (I like the tomato basil with the tomato soup, garlic herb is good mixed in the broccoli or cream of chicken soups), mix together.

Using a dinner plate or glass pie plate spray with Pam scoop out mixture into center of dish or plate (mixture spreads out like pizza after it is microwave) and microwave for 2 minutes then sprinkle low fat cheese (*part of your Lean/green*) and some type of meat on top and microwave again 1 minute. You don't need the cheese or meat if you don't

want it. Be sure if you add the cheese or meat to count this towards your lean/green. Go ahead and enjoy eating it right off of the dish or plate.

Yield: 1 portion controlled meal with a portion of you lean protein

Pizza and Crust another way

2 packets of Broccoli Soup
2 tsp baking powder
1/2 tsp basil

Mix dry ingredients. Add enough water to form a ball, adding water slowly. Divide dough in half. Roll each half into a ball and flatten until you have thin crusts. Bake at 375 degrees for approximately 5 minutes then flip over and bake for an additional 5 minutes.

I used silicone bakeware, so your oven temperature and bakeware might be a little different. The edges of the crusts should be golden brown and crispy. If the middle of your crusts are soft, you might want to consider silicone bakeware for even baking.

I tried this recipe twice. The first time the middle wasn't done when I used traditional aluminum cookie sheet. The second time I used the silicone bakeware and it was perfect but then my oven is old and so is my aluminum baking supplies.

Pizza Topping

4 tablespoons of salsa
2 ounces of non-fat cheese

Spread 2 tablespoons of salsa evenly over both crusts after cooled. Top each with one ounce of non-fat cheese. Pop in the microwave for about a minute to melt the cheese. Serve on a paper plate, just like the real deal.

This recipes makes 2 portion controlled meals plus each serving counts as one ounce of your daily lean portion, so don't forget to subtract it. Enjoy your Pizza!

Lasagna

1 cup Cottage Cheese (I use 1% but you could use non-fat also)
1/4 cup spaghetti sauce (low sugar, low cal)
1/4 cup non-fat or low-fat mozzarella, shredded
Italian seasonings to taste (I used a little garlic, basil, oregano, pepper)

Mix it all together and microwave for 30 seconds at a time until warm and gooey.

pudding pudding pudding

Frozen Fudge Drops

(1 serving)

Mix one pack of Chocolate pudding with 5 oz. water. Pour in popsicle molds.

Fudge Sickness

(1 serving)

Mix one pack of Chocolate pudding with 1/3 cup water. (Mixture will be thick). Drop by teaspoonful on plate lined with wax paper. Freeze for 45 minutes to one hour. Frozen chocolate heaven!! For a great taste variation, try adding 1/8 teaspoon of almond extract to the mix before freezing.

Chocolate Raspberry Pudding

1 packet Chocolate Pudding
1-2 tbs sugar free raspberry syrup
½ cup cold water

Empty pudding into a bowl. Add water and syrup and whisk until pudding consistency. Leave in refrigerator for 15 minutes or until desired consistency.
Cal 110 / Fat 1g / Chol 0mg / Carb 15g / Pro 14g

Hot Cocoa

This one is for Hot Cocoa but I don't see why it won't work for the chocolate shake. (It a taste sensation with the hot cocoa.)

1 packet Hot Cocoa
½ tsp cinnamon
6 oz cold water
¼ tsp vanilla extract

Chai Latte

Latte-luscious "Ice Cream"

Prepare Chai Latte, and freeze it in an ice cube tray.
When frozen, pop the cubes out the tray and whip them up I in a blender

Cold Drinks

Cranberry-Mango-Cherry Delight (1 serving)

Mix one pack of Cranberry-Mango shake with 12oz diet cherry 7-up. Mix in a blender with ice.....yummy!

Heavenly Hash Ice Cream

1 package portion controlled chocolate pudding
1/2 cup of ice
1 oz of fat-free cream cheese
almond extract
Walden Farms marshmallow dip
(found on-line at www.waldenfarms.com or at some local HEB or local grocery stores in the diabetic food section)

Put all ingredients in Magic Bullet or smoothie maker and blend until smooth.
Pour in to cup and fold in some Walden Farms marshmallow dip. Gently stir to zig zag, but not to mix.
Put in freezer until desired consistency.

Due to carb content of cream cheese, this also counts as a snack.

Soft Serve Ice Cream

1 pack of vanilla pudding
1/2 cup of cold water
1 cup of ice
1 oz of cold fat free creme cheese
1/2 tsp of almond extract
1 pkt of splenda

Put all ingredients in the Magic Bullet or smoothie maker, and blend well. Put in freezer until desired consistency.

Due to carb content of cream cheese, this also counts as a snack.

Lean & Green

Portobello-Smothered Beef Medallions

(2 servings)

Cooking spray
2 6 oz beef tenderloin medallions
(or other lean cut of beef)
1/2 TBS minced garlic
1 cup sliced portobello mushrooms
1/2 cup beef broth
1/4 tsp dried thyme
Salt and pepper, to taste

Spray nonstick skillet with cooking spray. Heat to med-high heat and saute tenderloins, turning once, with garlic and mushrooms for about 6-7 minutes, stirring occasionally. Add broth and thyme; reduce heat and simmer for 3 minutes, or until liquid is reduced. Season to taste with salt and pepper.

Cilantro- Lime Talapia (serves 1)

8 oz talapia fillet
1 tsp olive oil
juice of 1/2 lime
1 TBP chopped cilantro
1 cup cooked spinach
1/2 cup fresh chopped tomatoes
2 TBP shredded Parmesan
garlic powder (to taste)

Brush fish with oil, and squeeze the lime over the fillet. Sprinkle on garlic powder and cilantro.

Broil for 5-7 minutes, or until the fish flakes easily. While fish is cooking, cook spinach. Serve with cooked veggies and top with tomatoes and shredded Parmesan.

Chicken Fajitas Anyone?

I tried this recipe this weekend and loved it. For those of you on weight loss, use lettuce to wrap the fajitas or put it in a salad. For those of you on maintenance, use high fiber whole wheat, low fat flour tortillas. (I tried Mission, 96% fat free, whole wheat flour tortillas, 3g fiber, 2g fat.)

2 boneless, skinless chicken breasts cut into ½-inch strips
2 tbs fat-free Italian salad dressing
1 tsp chili powder
1 onion, sliced (on maintenance, just a little onion for those in weight loss)
1 green bell pepper, cut into ¼ inch strips
1 red bell pepper, cut into ¼ inch strips
4 (6-inch) flour tortillas (maintenance only)
¼ c salsa (optional)

1. In a large freezer bag, combine sliced chicken and Italian dressing. Make sure chicken is coated, and seal the bag. Place in refrigerator to marinate at least 30 minutes. (Marinate longer, overnight, to enhance flavor.)
2. Lightly coat a large skillet with Pam cooking spray and place over medium-high heat. Add the chicken, marinade and chili powder; sauté until chicken is no longer pink in the center. Transfer chicken to a plate and cover with foil to keep warm.
3. Add onions to the skillet and sauté until soft, add peppers and sauté until tender.
4. Add cooked chicken back to the skillet, combine with the onion and peppers and sauté until heated through.
5. Warm tortillas in the microwave between 2 dampened paper towels for about 45 seconds. Place tortilla on plate and fill appropriate chicken serving. Top with salsa.

Grilled Ratatouille

2 medium eggplants, cut into ½-inch rounds
2 medium zucchini, quartered lengthwise
1 pound cherry tomatoes
1 red bell pepper, quartered lengthwise
1 medium onion, cut into ½-inch rounds (for those in maintenance)
Small amount of olive oil
1 cup fresh basil, roughly chipped or torn
1 tsp fresh oregano
Salt to taste
Freshly ground pepper

1. Heat grill or stove-top grill pan to medium-high heat.

2. Using a pastry brush, coat vegetables with olive oil.
3. Working in batches as you have room, grill vegetables until tender and tinged with brown on both sides, about 5 – 7 minutes. Remove from grill and set aside on cutting board.
4. Roughly chop vegetables and combine in a large bowl.
5. Add basil, oregano, salt and pepper. Stir to combine

This makes a large amount of food. I've been eating it for three days now, so the quantity could be cut by ¼ to accommodate a smaller number of people

Salmon with Garlic and Basil

Preparation time – 5 minutes (+1 hour marinating time)

Cook time – 15 minutes

Serves 1

Marinade:

- 1 tbs fresh basil (chopped)
- 1 tbs fresh lemon juice
- 1 tbs olive oil
- ½ garlic clove (minced)

Salmon:

- 6 oz. salmon fillet
- 1 c romaine lettuce
- 1 c spinach
- ½ c cucumber
- Salt and pepper to taste

Combine basil, lemon juice, oil, garlic in small bowl. Add fish and marinate for 1 hour.

Spray broiler pan with non-stick cooking spray. Place fish skin side down. Sprinkle fish evenly with salt and pepper. You may cook fish with some of the marinade for extra flavor. Broil for 10-12 minutes; turn and cook an additional 3 minutes or until skin is crispy. Serve on lettuce, spinach and cucumbers.

Grilled Salmon

Preparation time – 50 minutes

- 1 lemon, halved divided
- Salmon fillet
- 8 oz fresh mushrooms, sliced
- Spinach

Preheat grill to medium. Squeeze lemon over salmon fillet. Place salmon on grill and cook until opaque throughout, about 5 minutes on each side. While salmon is cooking, lightly coat a large skillet with butter-flavored Pam and place over

medium-high heat. Add mushrooms and sauté for 3 minutes. Add spinach and sauté until wilted, about 3 more minutes.

Place a 5 oz portion of salmon on 1 1/2 cup cooked spinach and mushroom sauté. Squeeze lemon over salmon and spinach. (Full daily lean and green meal.)

Chicken Teriyaki

Preparation time – 15 minutes (+4 hours marinating time)

Cook time – 15 minutes

Serves 2

Marinade:

2 tbs olive oil
4 tbs low sodium soy sauce
½ cup onion (chopped)
2 cloves garlic (minced)
½ tsp ginger (grated)

Chicken:

2 (6 oz) chicken breasts (boneless, skinless)
½ c cauliflower
½ c broccoli

Blend marinade. Butterfly chicken breasts and tenderize until the breasts are of even thickness. Marinate with spices at least 4 hours or overnight. Discard marinade. Grill chicken 4-5 minutes on each side or until cooked thoroughly. Steam veggies until cooked to your liking.

Cal 350 / Fat 16g / Chol 100mg / Carb 8g / Pro 42g

I tried this recipe on last season's halibut and it was fabulous. Many recipes I come across are just modified to fit my requirements. This may be a great recipe for the holiday weekend.

Cumin-spiced Mahi Mahi Tacos

¾ tsp kosher salt

1 tsp ground cumin

½ tsp dried oregano

1/8 tsp garlic powder

1/8 tsp freshly ground black pepper

1/8 tsp cayenne pepper

4 (4-oz) mahi mahi fillets (or halibut or maybe even chicken)

Romaine lettuce

Combine first 6 ingredients, and sprinkle over all surfaces of the fish. Grill fish, skin side up, on lightly oiled grates over medium high heat (350 to 400 degrees) for 4 minutes. Turn fish over and grill 4 minutes or until fish becomes opaque and begins to flake. Remove skin and break fish into chunks or strips. Serve on romaine lettuce leaves. Use salsa if desired.

Tomato Basil Concasse

(Preparation time – 15 minutes)

½ cups tomato (seeded, chopped)
½ cup basil leaves (chopped)
2 tsp extra virgin olive oil
1 tsp red wine vinegar
2 cups spinach
¾ cups low fat mozzarella cheese (cubed or shredded)
Salt and pepper to taste

Combine tomatoes, oil, vinegar, basil, salt and pepper. Add to spinach and mix with cheese.

Cal 380 / Fat 25g / Chol 45 mg / Carb 14g / Pro 28g

Broccoli Chicken Dijon

Preparation time – 10 minutes

Cook time - 25 minutes

Serves 2

2 (6 oz) chicken breasts (boneless, skinless)
½ cup reduced sodium chicken broth
1 tbs light soy sauce
4 cups broccoli florets
1 clove garlic (minced)
1 tbs olive oil
2 tbs Dijon mustard

Mix chicken broth and soy sauce, set aside.

Heat oil in large skillet. Sauté broccoli and garlic on med-high heat until crisp / tender. Remove from skillet; cover to keep warm.

Add chicken to skillet; cook until chicken is no longer pink; drain. Add both mixture and mix well, bringing mixture to boil. Reduce heat to med-low. Stir in mustard until well blended. Return broccoli mixture to skillet; mix. Cook until heated thoroughly stirring occasionally.

Cal 320g / Rat 11g / Chol 100g / Carb 10g / Pro 46g

Seared Scallops

Scallops (4 oz cooked weight)
Italian spritzer salad dressing

Heat sauté pan (should hear pan sizzle when adding scallops to seal in flavors). Spritze hot sauté pan, add scallops. Spritz pan a little at a time as scallops cook. Cook a few minutes on each side until done.

Seared Shrimp

Shrimp (4 oz cooked weight)
Honey Mustard spritzer salad dressing
Fresh thyme

Heat sauté pan (should hear pan sizzle when adding shrimp to seal in flavors). Spritze hot sauté pan, add shrimp. Spritz pan a little at a time as shrimp cooks and add fresh thyme. Cook a few minutes on each side until done.

Mahi Mahi

Mahi Mahi
Montreal Seasoning

Sprinkle fish with Montreal Seasoning. Sear in pan. Cook on both sides until done.

Veggie Saute

Onion
Red bell pepper
Asparagus
Mushrooms
Italian spritzer salad dressing
Chile spice

Spritz pan with Italian spritzer salad dressing. Saute veggies until done but crisp.

Crockpot Sour Cream Salsa Chicken

Serving Size : 4

4 skinless boneless chicken breast halves

1 package taco seasoning mix

1 cup salsa

2 tablespoons cornstarch

1/4 cup fat free sour cream

Spray the crockpot with cooking spray. Add the chicken breasts. Sprinkle with Taco Seasoning. Top with salsa. Cook on low for 6-8 hours.

When ready to serve, remove the chicken from the pot. Place about 2 T cornstach in a

small amount of water. Stir well. Stir the cornstarch mixture into salsa sauce. Stir in 1/4 cup of fat free sour cream.

Bar-B-Que Chicken

4 bone in chicken breasts no skin

1 cup Walden Farm sugar free Barbeque sauce

1 large slice sweet white or yellow onion.

Put chicken in crock-pot. Top with sliced onion. Cover with BBQ sauce, Serves 4 3.5 points per serving.

Herbed Slow Cooker Chicken

1 tablespoon olive oil

1 teaspoon paprika

1/2 teaspoon garlic powder

1/2 teaspoon seasoning salt

1/2 teaspoon thyme

1/2 teaspoon basil

1/2 teaspoon pepper

4 Bone-in chicken breast halves

1/2 cup chicken broth low fat

1. In a small bowl, combine first seven ingredients; rub over chicken.
2. Place in a 5 quart slow cooker.
3. Add broth.
4. Cover and cook on low 4-5 hours or until a meat thermometer reads 170 degrees.

Slow Cooker Mexican Chili Chicken



5½ hours 30 min prep

2 medium green bell peppers, cut into thin strips

1 large onion, quartered and thinly sliced

- 4 bone-in chicken breasts (I remove skin)
- 1 tablespoon chili powder
- 2 teaspoons dried oregano
- 1 (16 ounce) jar chipotle salsa or salsa, of your choice
- 1/2 cup sugar ketchup
- 2 teaspoons ground cumin
- 1/2 teaspoon salt

1. Place bell peppers and onion in slow cooker; top with chicken. Sprinkle chili powder and oregano evenly over chicken. Add salsa. Cover and cook on low 5-6 hours or until chicken is tender.
2. Transfer chicken to serving bowl; cover with foil to keep warm. Stir sugar free ketchup, cumin and salt into cooking liquid. Cook, uncovered, on high 15 minutes or until hot. Remove chicken from bone, chop, and return to slow cooker; allow chicken to soak up the sauce a little before serving.

Crock Pot Shredded Balsamic Chicken with Herbed Cabbage

- 2 lbs boneless chicken breasts
- 1 (8 ounce) can sliced mushrooms
- 2 tablespoons minced garlic
- 1 teaspoon rosemary
- 1/2 teaspoon sage
- 1 teaspoon black pepper
- 2 tablespoons soy sauce sodium free
- 3/4 Cup balsamic vinegar
- 1 tablespoon I can't Believe its Butter
- 1/4 small cabbage (thinly sliced)
- parmesan cheese (grated)
- fresh parsley (freshly snipped)

1. Place chicken, mushrooms, brown sugar, garlic, rosemary, sage, pepper, soy sauce, and vinegar into crockpot. Cover and cook on low for at least 5 hours.
2. Separate chicken meat with a wooden spoon in the crockpot.
3. In a skillet, on medium heat, quickly sauté cabbage in I can't Believe its Butter. Turn off heat.

4. Place in serving bowls, top with shredded chicken, and sprinkle with Parmesan and parsley.

Slow Cooker Garlic Chicken with Rosemary

- 1 (5 lb) roasting chickens, rinsed and skinned
- 2 lemons, halved
- 3 rosemary sprigs
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 12 garlic cloves, peeled
- 2 large onions, quartered
- 3 celery ribs, cut into 3 pieces each

1. Place rosemary springs, 1 lemon half, celery, onion wedges, and 6 garlic cloves in cavity of chicken and tie legs together.
2. Place chicken breast side up in 4-6 quart slow cooker.
3. Squeeze remaining 3 lemon halves over chicken and sprinkle with salt, pepper, and paprika (discard lemons after squeezing).
4. Cover with lid and cook on high heat setting for 1 hour.
5. Reduce heat to low, and cook six hours or until chicken is tender.
6. Discard the rosemary and lemon half.
7. Serve chicken with celery and onion.

Slow-Cooker Lemon Chicken

- 4 boneless skinless chicken breast halves
- 1 tablespoon lemon-pepper seasoning
- 1 (16 ounce) bag fresh soup vegetables, chopped
- 1 1 package Medifast Cream of Chicken soup adding water
- 1 teaspoon dried rosemary, crushed

1. Coat chicken with lemon-pepper seasoning and brown in frying pan sprayed with Pam.
2. Place chicken in slow cooker and add vegetables on program.
3. Combine soup, half a soup can of water, and rosemary and pour over vegetables and chicken.
4. Cover and cook on low 8 hours

Pot Roast

- 3 lb. boneless beef bottom round roast, trimmed of all visible fat
- 1-2 tbs onion flakes
- 2 tbs paprika

½ tsp dried oregano
½ tsp dried thyme
3 cloves garlic, minced
2 ½ c water
2 tsp Better Than Bullion (or bullion cubes)

Place all dry ingredients in crock pot, add dissolved bullion, place roast in crock pot and turn. Crock all day while at work.

This works wonderful for wild game too.

BBQ Turkey Roast

This turkey is not only flavorful, but with 300 milligrams of sodium per serving, it's a very low-sodium option.

Here are the ingredients you'll need.

1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 1/2 pounds Jennie-O Boneless, Skinless Turkey Breast Roast
1 teaspoon extra-virgin olive oil
2 tablespoons barbecue sauce (7 grams carbs or less per 2 tablespoons)
1/4 cup water

Preheat the oven to 350°F. Lightly mist an 8" x 8" glass baking dish or nonstick baking pan with olive oil spray. In a small bowl, combine the garlic powder, salt, and pepper. Place the turkey on a cutting board. With a fork, pierce each side deeply about 25 times. Drizzle on the oil and rub to coat evenly on both sides. Sprinkle on the reserved seasoning mixture. Rub to coat evenly on both sides. With the smooth side of the breast down, drizzle on half of the barbecue sauce, rubbing to coat. Place the turkey, smooth side up, in the prepared pan. Rub the remaining barbecue sauce over the smooth side of the breast. Pour the water into the pan, taking care not to pour it over the turkey. Bake for 35 to 40 minutes, or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear.

Remove from the oven. Let stand for 10 minutes. Place the turkey on a clean cutting board. Carve, against the grain, into thin slices. Serve immediately.

Make 3 (7-ounce) servings

Per serving: 280 calories, 60 g protein, 4 g carbohydrates, 5 g fat (trace saturated), 70 mg cholesterol, trace fiber, 300 mg sodium

Slice only the portion you are eating for one meal and refrigerate the remainder. Just before using, slice the turkey as thinly as possible for wraps or cube it to use in salads.

Sea Scallops

(1 serving)

1/2 pound of sea scallops
Wishbone spray dressing Raspberry Vinaigrette

Spray non-stick skillet with Pam and heat to medium. Add scallops and cook for 3-4 minutes on each side, just until done (overcooking makes them tough). Spray with 10

spays of the dressing. Serve with steamed broccoli or other approved vegetables of your choice.

Beef and Broccoli Stir fry

(1 serving)

5 oz of lean sirloin, cut into thin strips
2 TBS diced onion
1 tsp minced garlic
1 1/2 cups frozen broccoli florets
1 TBS lite soy sauce
1/4 cup of water
2 TBS Kraft Light Asian Sesame Dressing

Heat a non-stick skillet with Pam to med-high. Add garlic and onions, cooking to brown and fragrant. Add beef, stirring to brown. Reduce heat to medium, add soy sauce, water, and broccoli. Cover and cook for 7-10 minutes till broccoli is tender-crisp. Remove from heat, and toss with Asian sesame dressing.

Vegetarian Version: Substitute Morningstar Farms Steak Strips instead of the beef. (use 24 strips per serving)

Orange-Cilantro Chicken

(2 servings)

Cooking spray
2 8 oz chicken breast
1/4 tsp. crushed coriander
1/2 cup sugar-free orange drink
(Crystal Light, or similar product)
Salt and pepper (to taste)
2 TBS. snipped, fresh cilantro

Coat a nonstick pan with cooking spray. Saute chicken breast with coriander seed over medium-high heat until browned, 2 to 3 minutes per side. Deglaze pan with orange drink (just add liquid to get chicken bits off bottom) Reduce heat; simmer for 5 minutes, or until chicken is cooked through and liquid is reduced. Season to taste with salt and pepper; add cilantro and cook 1 minute more.

Meatless Lean-Green Ideas

Are you tired of chicken? Try some of the great meatless options to change up the dinner entree. The All American Flame Grilled Boca Burgers (available in the frozen food section of your grocery store) taste terrific and are an excellent source of nutrition! Each patty has 100 calories, 4.5 grams fat, 14 grams protein, and 4 grams carbs. You get TWO burger patties for you Lean part. They heat in the microwave in a minute or two. I like to top them with diced tomatoes, onions, shredded lettuce, spicy mustard, and tabasco sauce. You can tone it up or down with different condiments. Enjoy!

Have you discovered shirataki tofu noodle substitute? These are a low calorie tofu noodles that are only 20 calories per serving! They are found in the refrigerated section of larger supermarkets, or health food stores. By themselves, they don't have much flavor, drain; rinse and you can heat in the microwave. Try adding them to stir-fries.

Tofu Noodle Soup (Serves 2)

- 1 pkg tofu shiratake spaghetti shaped noodle substitute
- 2 1/2 cup fat free vegetable or chicken broth
- 1 cup diced celery
- 1/2 cup diced onions
- 1/2 tsp garlic powder
- 1/2 tsp dried basil
- salt & pepper to taste

Combine all ingredients except shirataki noodles in a pot. Bring to a boil, and then simmer for 15 minutes till veggies are tender. Meanwhile, drain and rinse the tofu noodles. Microwave for 1 minute, and then add to the broth. Heat for 5 more minutes. Add salt and pepper to taste.

Maintenance Know-How's

Pasta

- Cook pasta al-danta (firm) = contains a lower glycemic level
- Add lemon