

## Chicken Fajitas

Makes 1 serving  
470 calories per serving

### Ingredients

- 1 chicken breast sliced
- 1/2 sweet onion sliced
- 1/2 bunch of cilantro chopped
- 1/2 bell pepper medium size sliced
- 1 tsp dijon mustard
- 1/2 tsp garlic powder
- 1 tsp olive oil
- pinch of salt & pepper
- pinch of cayenne pepper (optional for spicy)
- 1 multi-grain tortilla
- 1/2 ripe avocado sliced
- 2 tbsp low sodium salsa

### Directions

1. Mix salt, pepper, cayenne, garlic powder, dijon mustard to sliced chicken breast and fry in a non-stick pan with olive oil for 5 minutes until outside of chicken is opaque.
2. Except for avocados and salsa, add remainder of ingredients and cook for another 10 minutes or until chicken is fully cooked.
3. In another heated non-stick pan, place tortilla in hot pan and turn to heat both sides.
4. Serve with avocados and salsa.

## Mushroom and Broccoli Quiche Recipe

Makes 8 servings  
150 calories per serving

A healthy meal for breakfast, lunch or dinner

### Ingredients

- 6 egg whites
- 1/4 cup 2% cottage cheese
- 1/4 cup shredded colby cheese
- 1 cup soy milk
- 1/4 cup flour
- 1 tsp garlic, minced

- 6 medium mushrooms, sliced
- 1 cup broccoli, chopped
- 12 ounces turkey sausage

## Directions

1. Cook sausage and crumble.
2. Cut mushrooms and broccoli
3. Mix egg whites, cheeses, milk, flour, and garlic. Add mushrooms, broccoli and sausage.
4. Pour into a greased 9" pie pan.
5. Bake at 350 degrees for 30 minutes.

## Garlic Chicken with Pasta Recipe

Makes 6 servings  
240 calories per serving

### Ingredients

- .5 lb whole grain/wheat/brown rice pasta
- 1 lb chicken breast
- 1 oz parmesan cheese
- 2 tbsp minced garlic
- 2 tbsp butter or olive oil

### Directions

1. cube 1 lb chicken breast
2. cook .5 lb box of your favorite whole grain/wheat/brown pasta (shells or bowties work best)
3. melt 1/4 stick of butter(2 tbsp) or olive oil in a medium size frying pan
4. add 2 tbsp of minced garlic
5. when butter is melted add chicken and cook till lightly browned and completely cooked.
6. drain pasta
7. add contents of frying pan to the pasta and stir in well
8. add 3 oz fresh grated parmesan cheese and stir in well

## Stuffed Peppers

Makes 6 servings  
225 calories per serving

### Ingredients

- 16 oz lean ground turkey or chicken
- 1/2 cup brown rice, uncooked
- 1 cup water
- 6 medium green peppers
- 16 oz tomato sauce
- 3 teaspoons Worcestershire sauce,
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp Italian seasoning
- 1/4 cup grated Parmesan cheese

### Directions

1. Preheat oven to 350.
2. Place rice & water in saucepan & bring to a boil. Reduce heat, cover & cook 20 minutes.
3. Remove & discard the tops, seeds & membranes of peppers. Boil the peppers to soften them.
4. In skillet over medium heat, cook the meat until evenly browned.
5. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of peppers if necessary so that they will stand upright).
6. In a bowl, mix the meat, rice, 1 can (8 oz) tomato sauce, worcestershire sauce, garlic powder, onion powder, parmesan cheese. Spoon an equal amount of mix into each pepper. Mix the remaining tomato sauce & Italian seasoning in bowl & pour over peppers.
7. Bake 1 hour basting with sauce every 15 minutes until peppers are tender.

## Favorite Crockpot Chili Recipe

Makes 8 servings  
280 calories per serving

Easy crockpot chili recipe with coarsely ground beef and beans.

### Ingredients

- 1.5 pounds ground turkey

- 1 cup chopped onion
- 15 oz. red kidney beans, drained (1 can)
- 15 oz. tomatoes, drained (1 can)
- 1 green pepper, seeded and coarsely chopped
- 2 cloves garlic, peeled and crushed
- .5 tbsp. chili powder
- .5 tsp. black pepper
- .5 tsp. ground cumin
- .5 Salt, to taste

## Directions

1. In a large skillet, brown ground meat with the chopped onion.
2. Put the ground meat, onions, and other ingredients in a 3 1/2 to 5-quart slow cooker. Stir well.
3. Cover and cook on LOW for 8 to 10 hours. Set this out at nite before you go to bed or in the morning before you go to work. It's a simple way to make some great meals.

## Broiled Salmon Recipe

Makes 2 servings  
304 calories per serving

Grilled or oven broiled salmon filets

### Ingredients

- 8 ounce salmon
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp dill, chopped

### Directions

1. Mix together ingredients in shallow glass dish.
2. Add salmon filets.
3. Marinate for no more than 15 minutes before grilling.
4. Grill 5-8 min. (till flaky, but moist)

## Grilled Shrimp Salad Recipe

Makes 4 servings  
110 calories per serving

### Ingredients

- 1/2 pound shrimp (about 16 shrimp), peeled and deveined
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/4 tsp garlic powder
- 1 romaine lettuce head
- 2 cups radicchio
- 1 cooking spray
- 3 tbsp balsamic vinegar
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

### Directions

1. Toss the shrimp, oregano, thyme, and garlic powder together in a medium bowl. Cover and refrigerate at least 1 hour or overnight.
2. Cut the head of romaine in half lengthwise, leaving the root end intact, so that the leaves on each half are held together by the root. Cut the radicchio in quarters, lengthwise, leaving the root end intact, so that the leaves on each quarter are held together by the root.
3. Spray the grill rack or a large grill pan with nonstick spray; heat the grill or set the pan over medium heat. (Note: Never spray nonstick spray directly into a heat source, whether a grill or a stove.)
4. Lay the shrimp on the grill or in the pan. Cook until pink and firm, about 3 minutes, turning once. Transfer to a serving bowl.
5. Spray a wad of paper towels with a nonstick spray and wipe the grill rack or grill pan quickly-being careful not to burn yourself. Add the lettuces cut side down; cook until slightly wilted and marked from the grill, about 30 seconds, pressing down with the back of a large metal spatula or a small saucepan lid. Transfer the Romaine to a cutting board. Flip the radicchio quarters to the other cut sides; grill 20 more seconds. Transfer to the cutting board.
6. Roughly chop the Romaine and radicchio; add it to the bowl with the shrimp. Toss with the vinegar, salt, and pepper. Serve at once.

## Light Beef Burrito Recipe

Makes 1 serving  
365 calories per serving

A fairly low cal burrito in a whole wheat tortilla and using cottage cheese and fat free shredded cheddar cheese to reduce the calories.

### Ingredients

- 1 large whole wheat tortilla
- 1/4 cup cooked black beans
- 1/4 cup low fat cottage cheese
- 2 oz lean seasoned ground beef
- 1 oz fat free cheddar cheese

### Directions

1. Roll, heat in non-stick frying pan, eat. It's that easy!

## Grilled Turkey Burger

Makes 1 serving  
275 calories per serving

### Ingredients

- 5 oz. grilled or baked turkey burger (use butterball fresh 99% fat-free ground turkey breast or other brand)
- 1 cup mushrooms sauteed in 1 tsp olive oil
- 1 cup onions sauteed in 1 tsp olive oil
- 1 cup string beans sauteed in 1 tsp olive oil
- 1 mixed green salad with 2 tbsp lite dressing or 1 tbsp regular

### Directions

1. Serve the turkey burger with the sauteed mushroom & onions on top. The sauteed green beans is the side dish as well as the side salad..

## Halibut & Spinach

Makes 1 serving  
255 calories per serving

### Ingredients

- 4 oz. grilled halibut (add your favorite dried herbs with a dash of salt & pepper)
- 1 cup spinach sauteed in 1 tsp olive oil
- 1 mixed green salad with 2 tbsp lite dressing or 1 tbsp regular

### Directions

1. Serve the grilled halibut with the sauteed spinach and side salad.