

RECIPES

TACO SOUP, CHEESEBURGER MAID-RITES, AND CHILI RECIPE

Here are a few great recipes for cooking in bulk. Cook, rinse, and drain a pound of 93% lean ground beef or lean ground turkey breast with a medium sized onion and green pepper for each recipe you plan on making. You can store the cooked meat in the refrigerator for up to three days. For example, if you cook two pounds of ground meat the first night, you can make Maid-Rites the first night, and dump all of the ingredients for Taco Soup into a crockpot (cook on low) the next morning. You'll come home to the wonderful smell of Taco Soup the next day. YUM! Use the same idea with the Spaghetti and Chili. You can also substitute the cheese for Veggie Shreds—found in the produce department. You may have to ask your grocer for help finding it the first time. It's actually quite good, melts well and lower in fat. My favorite is the Jalepeno/Jack flavor.

TACO SOUP

1 lb. ground meat cooked and rinsed
1 pkg. Lawry's Taco Seasoning
2 cans corn niblets (do not drain-just add the whole can to the recipe)
2 cans Ranch Style beans-or whatever beans you have on hand, if not in a flavored sauce, rinse them.
2 cans crushed tomatoes (my family prefers tomato sauce--no chunks!)
Baked Tortilla Chips
Topping: Shredded 2% Cheese, Lite Sour Cream, Onions

Combine first 5 ingredients. Let simmer for 10-15 minutes. Top with onion, cheese, and sour cream and serve with Baked Tortilla Chips.

CHEESEBURGER MAID-RITES

1 lb. ground meat cooked and rinsed
1 pkg. Light Flat-Out Wraps
2 % Shredded Cheese
Ketchup, Mustard, Pickle, Onion, Lettuce

Assemble the Maid-Rites with whatever condiments you like. Be sure and add lettuce and fresh crispy veggies such as celery, broccoli, cauliflower, and/or baby carrots and you have a healthy, simple meal!

EASY CHILI

1 lb. ground meat cooked and rinsed

1 pkg. McCormick's Chili seasoning
2 cans of red kidney beans (rinsed and drained)
2 cans of crushed tomato
1-2 QT. Can of V-8 or store brand vegetable juice

Combine first three ingredients add vegetable juice to desired consistency. Serve with carrots and celery.

SPAGHETTI

1 lb. Ground meat cooked and rinsed (cook with green pepper and onion)
1 jar Ragu Robusto Spaghetti Sauce (or your favorite sauce, you can choose organic and reduced sodium for added health benefits)
1 box of **Barilla Protein Plus** Angel Hair Spaghetti (this spaghetti has added fiber and protein! And tastes great!)
Cook meat, add spaghetti sauce and simmer. Cook spaghetti according to package directions. Do not rinse spaghetti, you can spray with Pam to keep spaghetti from sticking. Serve with spinach salad, red onion and whatever vegetables you like to add!

Chicken and Flat Out Recipes

I love Light Flat Out Wraps! They're full of fiber, come in different flavors, and make a quick, easy, satisfying meal! They can be a little tricky to find though. Check with your local grocer's deli department to see if they carry them. I know Wal-Mart does. Be sure and get the "light" version for the extra fiber. If you can't find them, try low-carb soft tortillas. They are a good substitute, as they are usually higher in fiber than the average tortilla as well.

If you're time challenged like me, cooking in bulk and ahead of time really helps keep my family dinners healthy and convenient. Try this for four simple meals. I use frozen glazed chicken breast right from the freezer, no need to defrost, just rinse and place 8-12 boneless skinless chicken breast in a crock pot, cover with chicken broth or just plain water seasoned with sea salt and pepper. Cook on high for 4-6 hours. Once cooked, use two forks to shred the chicken. Toss out the liquid. Now you have enough chicken for four easy meals.

For variety, you can replace the chicken in these recipes with 93% ground beef or ground turkey breast as well.

Chicken Enchiladas

You can make a double batch of these and freeze one batch for a day when you don't have time to cook! Simply freeze in a glass baking dish covered with foil. Pull it straight from the freezer and place into a 350 degree oven for 45 minutes to an hour. Use within three weeks.

1 pkg. of Light Flat-Out Wraps
1 can of low-fat refried beans
1 can of red enchilada sauce
1 onion-diced
1 pkg. of 2% Kraft Cheddar Cheese
Chicken Breast-cooked and shredded (you could make these with 93% lean ground beef as well, but my family prefers the chicken filling).

Assemble enchiladas by spreading a layer of beans, chicken, cheese and onion onto wrap and rolling it up. Place in a 9x13" baking pan until pan is full. Cover with enchilada sauce and sprinkle with cheese. Cover with foil and bake at 350 degrees for 30-45 minutes. Serve with pre-washed bagged salad.

Chicken Pizza

You can make this recipe and freeze individual pizzas in foil. Simply take the Flat Out and fold the pizza over to make a pocket, or use whole wheat pita pockets and fill with the ingredients.

1 pkg. of Light Flat-Out Wraps (Italian flavored) OR whole wheat pita bread OR your favorite pizza crust
1-8oz. Can of Contadina Pizza Sauce
1 package of part-skim Mozzarella cheese
Chicken Breast--cooked and shredded
Hormel Turkey Pepperoni –70% less fat than regular pepperoni
Red onion
Green and red pepper

Pre-heat oven to 450 degrees. Layer sauce, chicken, onion, green pepper and cheese onto crust. Bake for 8-12 minutes or until cheese is golden brown. Serve with salad or fresh veggies.

Barbeque Chicken Wraps

Light Flat-Out Wraps
Chicken Breast-cooked and shredded
Kraft 2% Shredded Cheddar Cheese
Your favorite Barbeque Sauce
Kraft Light Done Right Dressing
Shredded lettuce

Heat chicken (if needed) with Barbeque Sauce. Layer remaining ingredients. Serve with baby carrots and celery and Light Ranch Dressing for dipping.

Chicken Panini

Light Flat-Out Wraps or Whole Wheat Tortillas

Chicken Breast--cooked and shredded or DiLusso or Boar's Head Lean Mesquite flavored Turkey Meat (Could use lean ham or roast beef)

South Beach 1% American Cheese Singles

Promise Light Butter Spread

Layer cheese, and meat onto Flat-Out. Place on a heated Forman Grill, or skillet. Grill as you would a grilled cheese sandwich. Serve with veggies and light salad dressing as dip.

This can also be made as a cold wrap as well.

Roasted Red Pepper Vinaigrette

This recipe tastes great on a salad, or drizzled over baked chicken or even potatoes! I couldn't find whole roasted red peppers, so I bought roasted red pepper strips, and used what appeared to be 2 peppers worth (half of a 16 oz. jar).

2 whole Roasted Red Peppers, drained (look near the pickles in the grocery isle)

1 clove of garlic

2 T. of balsamic vinegar

1 drizzle of honey

3 T. olive oil

salt and pepper to taste

In a food processor, process all ingredients on high. Drizzle in the olive oil.

From: Rachel Ray's 30 minute Meals

Terri's Homemade Protein Bars

(One of my dearest friends threw this together once year for me on my birthday. They are fabulous!!!)

These are great for a pre-workout snack! One batch makes 15 bars. I like to make up a batch and wrap each bar individually for easy travel.

Tip: Take your over ripe bananas (let them get good and brown), peel them and stick them in a sandwich bag. Place them in the freezer. Once you have four of them, it's time to make more bars! This is my secret to getting the bars nice and MOIST!

4 Very Ripe Bananas
4 egg whites
6 T. Natural Peanut Butter (if you keep this in the fridge, you can warm the peanut butter for 20 seconds for better mixing)
6 packets of Splenda
5 Scoops Low Carb Protein Powder (this is optional, but I use Cytosport Vanilla)
dash of cinnamon
1 t. vanilla
3 C. Old Fashioned Oats
¾ C. Hershey's Mini Chocolate Chips (if you can't find the mini version, chop up the larger kind), reserve a few tablespoons

Preheat oven to 350 degrees. Take the frozen bananas, vent the baggies and microwave them for about 20 seconds. While they are still in their baggies, smash them up...looks gross, I know. Add egg whites, peanut butter, splenda, protein powder, cinnamon and vanilla. Work the peanut butter into the mixture. It could be a little lumpy, but that's ok! Add the oats, then the chocolate chips. Spread mixture into a 9 x 13 inch baking pan sprayed with Pam. Sprinkle top with a few more chocolate chips. Bake for 20-30 minutes. (I like mine a little underdone!)

Cinnamon Pear Dessert

My family loved this! I added an extra tablespoon of Promise and a little extra honey. Then, I topped the pears with a small scoop of light ice-cream and drizzled the left over sauce over the pears. YUM!

Ingredients:

2 Unpeeled pears, sliced
1 T. lemon juice
2 T. non-hydrogenated margarine (Promise Light)
1 T. honey
½ t. vanilla
dash of cinnamon
dash of nutmeg.

In a large bowl, toss pears with lemon juice and set aside. Add margarine to a skillet and place over medium heat to melt. Stir in honey and vanilla. Add pears, and stir to coat. Sprinkle with cinnamon and nutmeg. Cover and cook for two to three minutes, stirring once. Serve hot.

From: Oxygen Magazine, January 2007

HIGH PROTEIN PANCAKES/WAFFLES

Here is a great recipe from my good friend Kristin Wicks. She is a Certified Sports Nutritionist. You can pre-make the batter and store it in your refrigerator to make fresh pancakes for the next day as well. I personally like to make these as waffles. I make extra and freeze them. In the morning, if I'm in a hurry, I'll put a teaspoon of peanut butter and strawberry preserves on it and eat it in the car on the way to work.

2 whole eggs & 3 egg whites (For added health benefits, use Omega 3 eggs for your whole eggs)

½ C. Cottage Cheese

½ C. Low-Fat Light Yogurt (you can use a berry flavor for added taste)

½ t. salt

2 C. Whole Wheat Flour

4 t. baking powder

Combine eggs, cottage cheese, yogurt and salt in a blender. Then add flour and blend until smooth. Top with 1 T. of jam or low sugar syrup.

Serving Size: 2 pancakes approximately 4" in diameter.

110 calories, 10 gm. Protein, 15 gm. Carbohydrate, 1 gm. Fat

Here are some other Breakfast ideas that will yield you a decent amount of protein:

*Kashi Go Lean Cereal w/1 cup of milk (You have to drink all of the milk to get the protein benefits!..calcium too!)

*Southbeach High Protein Cereal Bars and a cup of milk

*Hard Boiled Egg plus 3 egg whites and oatmeal OR toast

*Kashi Go Lean Crunch w/ low fat light (watch the sugar) yogurt

*Egg Beaters w/one Morning Star Farms soy sausage patty (yep,they taste pretty good!) on a Light Flat Out Wrap or low carb tortilla

Quick and Easy Breakfasts

Oatmeal Breakfast

½ C. Old Fashioned Oats (dry measure) w/cinnamon and splenda ¼ C. Blueberries, 2 T. flax seed, 3 egg whites (Hard Boiled for convenience, or Egg Beaters) or Quaker Weight Control (maple brown sugar) w/ 3 egg whites.

Breakfast Burrito

1 whole Omega-3 Egg and three egg whites or ¾ C. Southwestern Style Egg Beaters
1 slice of jalapeno veggie shreds soy cheese
1 La Tortilla Whole Grain Tortilla
2 T. Salsa

Kashi Go-Lean Cereal

There is a Kashi Go Lean Crunch that tastes great, but can sometimes make for a gassy stomach. You could try 1 serving of any cereal w/ less than 8 grams of sugar and at least 4 grams of fiber/1 cup of skim milk. Add egg whites or wheat germ to increase protein values.

Kashi Trail Mix Cereal Bar or Quaker Cereal Bar (Sweet and Salty)

w/1 cup of skim milk and 2 hard boiled egg whites

South Beach High Protein Cereal Bars

w/1 cup of skim milk OR 2 hard boiled egg whites

2 Kashi Go-Lean Frozen Waffles

with ½ C. Cottage cheese and 1/3 C. Berries

Homemade Protein Waffles/Pancakes

(see recipe) w/1 T. natural peanut butter, 1T. Fruit spread, spray butter. OR add sugar free syrup

Homemade Swedish Pancakes

w/ ricotta fruit spread. 1 serving of ricotta or cottage cheese blended with 1/3 C. berries, splenda and cinnamon

Homemade Trail Mix or Bare Naked brand Trail