

## BREAKFAST

### Bran Oatmeal Muffins

Number of Servings: 12

Serving Size: 1 muffin



1/2 cup nonfat dry milk powder  
1 cup water  
1 cup bran flakes  
1 each egg  
2 tablespoons vegetable oil  
1/4 cup brown sugar, packed  
1 cup rolled oats  
2/3 cup whole wheat flour  
1 tablespoon baking powder  
1/4 teaspoon salt

**Instructions:** Preheat oven to 400°F. Measure and mix dry milk, water and cereal in a mixing bowl. Stir well and set aside until bran flakes are softened. In a separate bowl, add egg, oil, and brown sugar, mix well. To the brown sugar mixture, add oats, whole wheat flour, baking powder, salt and contents of first bowl. Mix ingredients until just wet and lumpy. Do not over mix. Fill greased or paper lined muffin cups 2/3 full. Bake for 15 minutes until browned.

**Nutrition analysis:** Per Serving: 113 Calories; 3g Fat (25 calories from fat); 4g Protein; 18g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 221mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

### Yogurt Fruit Parfait

Number of Servings: 4

Serving Size: 1 cup



2 cups low-fat yogurt, plain or vanilla  
1 cup fruit, fresh or canned in juice  
1 cup granola, or other dry crunchy cereal

**Instructions:** Mix yogurt and fruit together in a mixing bowl. Spoon into small bowls. Sprinkle 1/4 cup of cereal on top of each.

**Nutrition analysis:** Per Serving: 220 Calories; 10g Fat (90 calories from fat); 10g Protein; 25g Carbohydrate; 3g Dietary Fiber; 7mg Cholesterol; 83mg Sodium. Exchanges: 1 Grain (Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat.

### Carrot-Pineapple Muffins

Number of Servings: 12

Serving Size: 1 muffin



2/3 cup sugar  
1/3 cup applesauce  
2 eggs  
1 cup carrots, shredded  
3/4 cup crushed pineapple, well drained  
1 1/2 cups whole wheat flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground nutmeg

**Instructions:** Heat oven to 425°F. Put a paper baking cup in each 12 regular sized or 24 mini sized muffin pan. Stir sugar, oil, eggs, carrots, and pineapple in medium bowl until mixed. Stir in rest of ingredients. Spoon batter into muffin cups. Bake 13 to 17 minutes or until light golden brown or toothpick poked in center comes out clean. Cool 5 minutes. Makes 12 regular or 24 mini muffins.

**Nutrition analysis:** Per Serving: 126 Calories; 1g Fat (8% calories from fat); 3g Protein; 27g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 158mg Sodium. Exchanges: 1/2 Grain (Starch).

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## MAIN DISHES

### Black Bean Burritos

Number of Servings: 8

Serving Size: 1 burrito

- 1 medium tomato, chopped
- 15 ounces black beans, canned - drained and rinsed
- 10 ounces corn, canned or frozen
- 2/3 cup salsa, mild
- 1 ½ cups lettuce leaves, torn
- ½ cup cheddar cheese, low fat, shredded
- 8 tortillas, whole wheat 96% fat-free flour, 6"



**Instructions:** Drain and rinse black beans under running water to remove sodium. Heat beans, corn and salsa together. Spread 1/8 salsa mixture on tortilla, top with lettuce, cheese and tomato and roll together.

**Nutrition analysis:** Per Serving: 219 Calories; 4g Fat (14.9% calories from fat); 9g Protein; 38g Carbohydrate; 6g Dietary Fiber; 1mg Cholesterol; 685mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable.

### Spinach Lasagna

Number of Servings: 8

Serving Size: 1 cup

- 1 box (10 ounces) of frozen spinach
- ½ pound ground beef, 95% lean
- 1 can (26 ounces) tomatoes, low sodium
- 1 can (4 ounces) tomato paste
- 1 cup water
- 1 teaspoon Italian seasoning
- Small bag (8 ounces) egg noodles, whole wheat
- 1 cup (8 ounces) cottage cheese, low-fat
- 8 ounces mozzarella cheese, part skim milk



**Instructions:** Allow spinach to thaw and squeeze out water between two plates. Set Aside. Crumble ground beef in non stick skillet, on medium heat and allow to brown until done. While beef is browning, open tomatoes and tomato paste, and shred cheese. Remove from skillet and drain fat from beef on paper towels. Return beef to skillet and stir in tomatoes, tomato paste, spinach, water, and Italian seasoning. Turn to high, and bring to a boil. Add uncooked egg noodles. Cover and cook on medium high for 15 minutes. After 15 minutes, stir in cottage cheese. Cover skillet again, and cook for 5 minutes. Remove from heat. Stir in mozzarella cheese, cover and let stand 5 minutes.

**Nutrition analysis:** Per Serving: 308 Calories; 6g Fat (22% calories from fat); 21g Protein; 31g Carbohydrate; 5g Dietary Fiber; 24g Cholesterol; 423mg Sodium. Exchanges: 1 ½ Grain (Starch); 1 ½ Lean Meat; 1 ½ Vegetable; ½ Fat.

### Tuna Apple Salad

Number of Servings: 4

Serving Size: 1 cup

- 6 ½ ounces tuna in water, canned
- 1 stalk of celery, finely chopped
- 1 apple, diced
- 2 tablespoons low-fat yogurt, or light mayonnaise
- 1 tablespoon lemon juice



**Instructions:** Drain tuna and put in a mixing bowl. Add celery and apple to tuna. Add remaining ingredients and mix.

**Nutrition analysis:** Per Serving: 81 Calories; 1g Fat (9 calories from fat); 12g Protein; 6g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 168mg Sodium. Exchanges: 1 ½ Lean Meat; ½ Fruit.

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## SIDE DISHES & SALADS

### Balsamic Tomatoes and Onions

Number of Servings: 8  
Serving Size: 2 slices of bread with  
½ cup tomato mixture



5 fresh tomatoes  
1 cup red onion, coarsely chopped  
2 tablespoons of olive oil  
¼ cup balsamic vinegar  
1 loaf whole grain French bread,  
for dipping (optional)

**Instructions:** Core and dice tomatoes. Dice and sprinkle the red onion over the tomatoes. Whisk olive oil and balsamic vinegar together; then pour over tomatoes. Let stand for 5 minutes before serving or refrigerate, covered, for up to 3 days. Eat with French bread and dip the bread into the marinade when finished with the tomatoes.

**Nutrition Analysis:** Per serving: 227 calories; 11g Fat (99 calories from fat); 5g Protein; 29g Carbohydrate; 3g Dietary Fiber; 29mg Cholesterol; 264mg Sodium. Exchanges: 1 ½ Grain (Starch); 1 ½ Vegetable; 2 Fat.

### Broccoli Salad

Number of Servings: 8  
Serving Size: 1 cup



8 strips of turkey bacon,  
cooked and crumbled  
2 stalks or 6 cups broccoli, chopped  
1 medium red onion  
1 cup raisins  
½ cup reduced-calorie mayonnaise  
2 tablespoons sugar  
2 tablespoons lemon juice

**Instructions:** in a non stick skillet, cook turkey bacon until browned. Drain on a plate covered with paper towels to absorb oil. Set aside to cool. Using a knife and cutting board, wash and chop broccoli into bite size pieces. Throw away any hard stalks. Put in large bowl. Cut ends off of onion, and peel off papery layers. Cut onion into quarters and chop into small pieces. Add to bowl. Crumble turkey bacon into small pieces and add to bowl. Measure raisins and add to bowl. In a separate bowl, mix reduced calorie mayonnaise, lemon juice and sugar together. Pour over broccoli mixture and mix well. Chill for 1 to 2 hours. Serve.

**Nutrition Analysis:** Per Serving: 136 Calories; 3g Fat (20% calories from fat); 5g Protein; 23g Carbohydrates; 3g Dietary Fiber; 12mg Cholesterol; 391 Sodium. Exchanges: ½ Lean Meat; 1 Vegetable; 1 Fruit; ½ Fat.

### Corn Salad

Number of Servings: 4  
Serving Size: ½ cup



1 1/2 ounces corn, whole kernel, canned,  
drained and rinsed to remove sodium  
1 cup celery, finely chopped  
½ green pepper, finely chopped  
1 teaspoon onion, finely chopped  
⅓ cup nonfat mayonnaise  
1½ tablespoons lemon juice  
⅛ teaspoon prepared mustard

**Instructions:** Prepare and mix vegetables together in medium mixing bowl. In small bowl, mix together salad dressing, lemon juice, mustard, and pepper. Mix well and stir into vegetables. Cover tightly and chill until ready to serve.

**Nutrition analysis:** Per Serving (excluding unknown items): 77 Calories; trace Fat (5% calories from fat); 2g Protein; 19g Carbohydrate; 2 Dietary Fiber; 0mg Cholesterol; 448mg Sodium. Exchanges: 1 Grain (Starch); 1/2 Vegetable.

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## DESSERTS & SNACKS

### Crustless Pumpkin Pie

Number of Servings: 8  
Serving Size: 1/8 pie slice



Non-stick cooking spray  
4 each eggs  
15 ounces pumpkin, canned  
8 ounces evaporated milk  
1/2 teaspoon salt  
3 teaspoons pumpkin pie spice  
1 teaspoon vanilla  
2/3 cup sugar

**Instructions:** Preheat oven to 400°F. Spray a 9" pie pan with non-stick cooking spray. In mixing bowl, beat eggs together. Combine remaining ingredients and mix until smooth. Pour into pie pan and bake at 400°F for 15 minutes. Turn oven down to 325°F and bake for another 45 minutes. Pie is done when knife inserted in center comes out clean.

**Nutrition analysis:** Per Serving: 162 Calories; 5g Fat (26.5% calories from fat); 6g Protein; 25g Carbohydrate; 2g Dietary Fiber; 114mg Cholesterol; 201mg Sodium. Exchanges: 0 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

### Frozen Fruit Cups

Number of Servings: 12  
Serving Size: 1 frozen cake



3 bananas  
24 ounces of yogurt with fruit, non-fat, strawberry flavored  
10 ounces strawberries, frozen, thawed with juice  
8 ounces crushed pineapple in juice

**Instructions:** Line 12 muffin tin cups with paper baking cups. Dice or mash bananas and place in large mixing bowl. Stir in remaining ingredients. Spoon into muffin tin cups and freeze for at least 3 hours or until firm. Place frozen cups in freezer bags and place in freezer. Before serving, remove paper cups and let stand for 10 minutes.

**Nutrition analysis:** Per Serving: 110 Calories; trace Fat (2% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 34mg Sodium, Exchanges: 1 1/2 Fruit

### Fruit Salsa & Cinnamon Chips

Number of Servings: 10  
Serving Size: 8 wedges plus 1/2 cup of fruit mixture

2 kiwi fruit, peeled and diced  
2 Golden or Red Delicious apples, peeled, cored and diced  
8 ounces raspberries  
1 pound strawberries  
2 tablespoons sugar  
1 tablespoon brown sugar  
10 flour tortillas  
1/4 cup cinnamon sugar



**Directions:** In large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, sugar, and brown sugar. Cover and let chill for at least 15 minutes. Preheat oven to 350°F. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray. Bake in preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

**Per Serving:** 310 Calories; 6g Fat (16% calories from fat); 7g Protein; 59g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 347mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1/2 Fruit; 1 Fat.

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