



Appetizers and Snacks:

Banana Fizz Favorite

Serving Size: 1/2 cup, makes 5 servings

Ingredients:

- One 4-serving size package any flavor gelatin. Can use sugar-free.
- 3/4 cup boiling water
- 1/2 cup cold water
- Ice cubes
- 1 banana, sliced



Preparation:

1. Dissolve gelatin in boiling water.
2. Combine cold water and ice cubes to make 1-1/4 cups; add to gelatin mixture, stirring until slightly thickened. Remove unmelted ice.
3. Place banana slices in five dessert glasses.
4. Measure 1-1/3 cups of the gelatin and spoon over banana slices.
5. Whip the remaining gelatin with an electric mixer until fluffy, and about doubled in volume.
6. Pour over clear gelatin in glasses.
7. Chill until firm, about 1 hour.

Nutrition information:

- 78 Calories
- 19 g carbohydrates
- 1 g protein
- <1 g fat
- 0 mg cholesterol
- 42 mg sodium

Made with sugar-free gelatin:

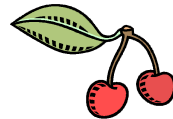
- 27 Calories
- 6 g carbohydrates
- 1 g protein
- <1 g fat
- 0 mg cholesterol
- 47 mg sodium

Cherry Berry Granola

Serving Size: ½ cup, makes 18 servings

Ingredients:

- 5 cups instant oatmeal
- 3 tablespoons flax seed, ground (optional)
- 3 tablespoons wheat germ
- 1/2 cup sunflower seeds, salted or unsalted
- 1/2 cup coconut (optional)
- 1 cup walnuts, chopped
- 1 cup dried cherries or cranberries
- 1 cup raisins



Sauce:

- 1 cup warm water
- 1/2 cup brown sugar
- 2 teaspoons vanilla

Preparation:

1. Preheat the oven to 375° F.
2. In a large bowl, mix together the oatmeal, flax seed, wheat germ, sunflower seeds, coconut, and walnuts.
3. In another bowl, dissolve the brown sugar in the warm water and stir in the vanilla. Pour the liquid over the oat mixture, and toss to coat.
4. Spread the mixture evenly over a baking sheet.
5. Place in the oven for 40-60 minutes, stirring every 10 minutes.
6. Once the granola is golden brown, toss with the dried cherries, cranberries, and raisins. Let mixture cool.
7. Store in an airtight container.

Nutrition information:

- 163 Calories
- 23 g carbohydrates
- 4 g protein
- 3 g fiber
- 7 g fat
- 0 mg cholesterol
- 10 mg sodium

Mango Salsa

Serving Size: 1/4 cup, makes 8 servings

Ingredients:

- 2 medium mangos
- 1 medium jalapeno pepper (2 teaspoons)
- 1/2 cup chopped cilantro
- 1/4 cup lemon juice



Preparation:

1. Chop mango
2. Chop pepper- avoid seeds (2 teaspoon)
3. Mix all together

Serving idea: great with grilled salmon or with low sodium tortilla chips

Nutrition information:

- 39 Calories
- 10 g carbohydrates
- <1 g protein
- 1.5 g fiber
- <1 g fat
- 0 mg cholesterol
- 13 mg sodium

Herb Dip

Serving Size: 2 tablespoons, makes 12 servings

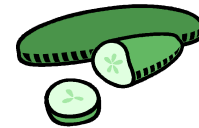
Ingredients:

- 1/2 cup skim milk
- 1 cup low fat cottage cheese
- 2 tablespoons chopped parsley
- 2 tablespoons chopped chives
- 1/2 teaspoon dried basil
- 1/8 teaspoon curry powder (optional)
- 1/8 teaspoon paprika
- 1 small garlic clove, minced



Preparation:

1. Puree all ingredients in blender until smooth.
2. Serve with crisp raw vegetables.



Nutrition information:

- 21 Calories
- 1 g carbohydrates
- 3 g protein
- Trace of fat
- 1 mg cholesterol
- 82 mg sodium

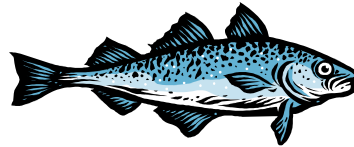
Main Entrees:

Crispy Baked Fish

Serving Size: 3 ounces, makes 4 servings

Ingredients:

- 1 pound cod fillets
- 2 egg whites
- 3 tablespoons cornmeal
- 3 tablespoons flour
- 1/2 teaspoon garlic powder
- 3/4 teaspoon paprika
- 1/4 teaspoon dill weed
- 1/8 teaspoon black pepper
- 1 tablespoon Parmesan cheese



Preparation:

1. Rinse and drain fish.
2. Blend dry ingredients together.
3. Spray baking pan with cooking spray.
4. Dip fish in beaten egg whites, and then coating mixture; shake off excess coating. Lay fish into the pan.
5. Bake 15-20 minutes at 375° F or until fish flakes and is golden brown.

Nutrition information:

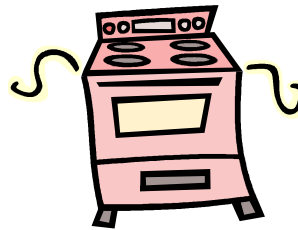
- 150 Calories
- 5 g carbohydrates
- 23 g protein
- <1 g fiber
- 1 g fat
- 119 mg cholesterol
- 119 mg sodium

Buttermilk Baked Chicken

Serving Size: 1 chicken breast, makes 12 servings

Ingredients:

- 12 4-oz skinless, boneless chicken breasts
- 1/2 cup flour
- 2 egg whites, lightly beaten
- 1/2 cup buttermilk
- 1 tablespoon Dijon-style mustard
- 2 cups crushed corn flakes
- 1 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper
- Parsley garnish



Preparation:

1. Preheat the oven to 425° F. Lightly spray a roasting pan with vegetable oil cooking spray.
2. Wash chicken breasts; pat dry with paper towels.
3. Measure the flour onto a plate.
4. Mix together the egg whites, buttermilk, and mustard; whisk until smooth.
5. Place the corn flake crumbs in a medium mixing bowl and season with paprika and peppers.
6. Dip the chicken in the flour; coat well and shake off the excess.
7. Next dip the chicken in the egg mixture and then into the cereal crumbs, pressing to make the crumbs stick.
8. Place the chicken in the roasting pan; bake uncovered without turning for 25-30 minutes, or to an internal temperature of 160° F.
9. Garnish with minced parsley.

Nutrition information:

- 234 Calories
- 9 g carbohydrates
- 9 g protein
- <1 g fiber
- 4 g fat
- 97 mg cholesterol
- 168 mg sodium

Brasta

Serving Size: 2 cups, makes 5 servings

Ingredients:

- 2 bundles of broccoli
- 10 ounces rotini pasta
- 4 tablespoons olive oil
- 2 large garlic cloves
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon pepper
- 2 tablespoons shredded Parmesan cheese



Preparation:

1. Cut broccoli into florets and cook in steamer or in covered microwavable dish with 3 tablespoons water. Cook on high power until tender.
2. While broccoli is cooking, cook pasta per directions on box. Do not add salt to the water.
3. Mix oil, garlic, and pepper in small microwavable bowl and cook in microwave for 1 minute.
4. Serve with shredded Parmesan cheese.

Nutrition information:

- 327 Calories
- 44 g carbohydrates
- 10 g protein
- 4 g fiber
- 12 g fat
- 2 mg cholesterol
- 90 mg sodium

Meatloaf

Serving Size: 1 slice, makes 8 servings

Ingredients:

- 2 pounds ground chicken
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 1 egg (or 1/4 cup egg substitute)
- 1/4 cup green pepper, chopped
- 1/4 teaspoon black pepper
- 1/2 cup oatmeal
- 1/4 cup low sodium tomato or vegetable juice



Preparation:

1. Preheat oven to 350° F.
2. Mix all ingredients together except for the vegetable juice.
3. Shape into loaf and bake for 1 hour and 5 minutes.
4. Pour tomato or vegetable juice over top of loaf.
5. Bake additional 10 minutes. Cut into 8 slices.

Nutrition information:

- 212 Calories
- 3 g carbohydrates
- 37 g protein
- <1 g fiber
- 5 g fat
- 123 mg cholesterol
- 120 mg sodium

Soups, Salads, and Sides:

Corn and Red Pepper Chowder

Serving Size: 6 ounces, makes 5 servings



Ingredients:

- 1 large onion
- 1 tablespoon margarine
- 3 tablespoons flour
- 2 cups reduced sodium chicken broth or homemade broth
- 2 cups fresh or frozen-and-thawed corn kernels
- 1 large red bell pepper, diced
- 1/8 teaspoon cayenne pepper or black pepper
- 1 cup skim milk

Preparation:

1. Cook onion in margarine in a large sauce pan for 4 minutes.
2. Sprinkle with flour; cook and stir 1 minute.
3. Add broth, corn, bell pepper and pepper. Bring to a boil; reduce heat and simmer uncovered for 10 minutes, stirring occasionally.
4. Stir in milk and heat through.

Nutrition information:

- 134 Calories
- 24 g carbohydrates
- 5 g protein
- 3 g fat
- 0 mg cholesterol
- 61 mg sodium

Apple Salad

Serving Size: ½ cup, makes 6 servings

Ingredients:

- 4 apples, cubed
- 1 sweet onion, diced
- 2 tablespoons salad oil
- 2 tablespoons vinegar
- 1/8 teaspoon salt (optional)
- Lettuce



Preparation:

1. Place apples and onions in salad bowl.
2. Blend oil, vinegar, and salt until well mixed. Pour over apples and onions.
3. Toss lightly.
4. Serve on bed of lettuce.

Note: for higher fiber content, do not peel the apples.

Serving idea: garnish with chopped walnuts.

Nutrition information:

- 100 Calories
- 16 g carbohydrates
- <1 g protein
- 2 g fiber
- 5 g fat
- 0 mg cholesterol
- 45 mg sodium (with addition of 1/8 teaspoon salt)

Broccoli Salad

Serving Size: ½ cup, makes 12 servings

Ingredients:

- 2 heads broccoli, cut into small pieces
- 2/3 cup golden raisins or currants
- 1/2 cup sliced green onion
- 1/4 cup bacon flavored crumbles
- 2 tablespoons chopped unsalted nuts or sunflower seeds
- 1 cup low-fat mayonnaise
- 1/2 cup sugar
- 3 tablespoons cider vinegar



Preparation:

1. Place first 5 ingredients into salad bowl.
2. Combine mayonnaise, sugar, and vinegar together in another bowl.
3. Add salad dressing just before serving.

Nutrition information:

- 151 Calories
- 20 g carbohydrates
- 4 g protein
- 1 g fiber
- 7 g fat
- 11 mg cholesterol
- 24 mg sodium

Healthy Rice Medley

Serving Size: 3/4 cup, makes 6 servings

Ingredients:

- 1 cup brown rice
- 1/4 cup wild rice
- 1/8 cup chopped onions
- 1/4 cup diced carrots
- 1/4 cup chopped celery
- 1/4 cup sliced fresh mushrooms
- 1/4 cup green peas
- 1/8 cup dried chopped apricots or dried cranberries
- 3-4 tablespoons olive oil



Preparation:

1. Prepare rice according to package directions. Set aside.
2. Sauté remaining ingredients in olive oil.
3. Toss rice and vegetable mix together.

Serving idea: may be served warm as a side dish or cold as a snack or salad.
Tastes better the second day.

Nutrition information:

- 216 Calories
- 32 g carbohydrates
- 4 g protein
- 2 g fiber
- 8 g fat
- 0 mg cholesterol
- 15 mg sodium

Roasted Vegetables

Serving Size: 1/2 cup, makes 8 servings

Ingredients:

5-6 cups vegetables cut into 3/4 inch pieces (eggplant, carrot, pepper, onion, potato, squash, mushrooms, tomatoes, etc.)

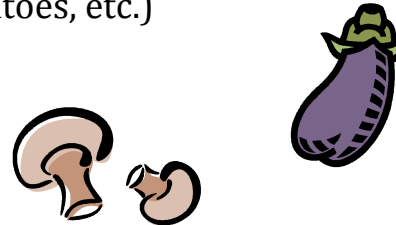
1 tablespoon olive oil

1 tablespoon balsamic vinegar

1 clove minced garlic

2 teaspoon dried basil

pepper to taste



Preparation:

1. Spray baking dish with non-fat cooking spray.
2. Mix olive oil, balsamic vinegar, garlic, basil, and pepper together for marinade.
3. Toss vegetables in marinade.
4. Spread in baking dish and cover with foil. Bake 10 minutes at 450° F.
5. Remove foil and bake for 35-45 minutes until fluid is evaporated and vegetables are tender.

Nutrition information:

- 61 Calories
- 11 g carbohydrates
- 1.5 g protein
- 2 g fiber
- 2 g fat
- 0 mg cholesterol
- 141 mg sodium

Contact your health care provider for more information.