

ROTINI CHICKEN CASSEROLE

Ingredients:

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|---|--|
| 12 Ounce box tricolor rotini | 1 ½ Cups fat-free milk |
| ¾ Cup chopped onion | 1 (16 Ounce) package frozen italian blend vegetables |
| ½ Cup chopped celery | 1 Cup shredded reduced-fat cheddar cheese |
| 2 Garlic cloves, minced | 2 Tablespoons minced fresh parsley |
| 1 Tablespoon olive oil | 1 ¼ Teaspoon dried thyme |
| 3 Cups cooked cubed chicken breast | 1 Teaspoon salt |
| 1 (10 ¾ Ounce) can reduced-fat reduced-sodium condensed cream of chicken soup | ⅔ Cup crushed cornflakes |

Directions:

1. Preheat the oven to 350°F.
2. Cook pasta according to package directions.
3. Meanwhile, in a nonstick skillet, sauté onion, celery, and garlic in oil until tender.
4. Drain pasta; place in a large bowl.
5. Add the onion mixture, chicken, soup, milk, frozen vegetables, cheese, parsley, thyme, and salt to bowl; mix.
6. Pour into a 13x9 baking dish coated with nonstick cooking spray. Cover and bake for 25 minutes. Sprinkle with cornflakes; spritz with cooking spray. Bake, uncovered, 10-15 minutes longer or until heated through.

Nutrition Information:

Per 1⅓ cup serving

Calories: 341 | **Total Fat:** 7 g | **Sat:** 3 g | **Protein:** 28 g | **Carb:** 40 g | **Fiber:** 3 g
Cholesterol: 56 mg | **Sodium:** 698 mg | **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable



1 Hour



Serves 8

SHOPPING LIST:

- 12-Ounce box tricolor rotini
- 1 Small onion
- Small bundle of celery
- Olive oil
- Chicken breast
- 1 Can, reduced fat condensed cream of chicken soup
- Fat free milk
- 1 (16 Ounce) package, frozen italian blend vegetables
- Reduced fat cheddar cheese
- Fresh parsley
- Thyme
- Salt
- Cornflakes



FRENCH BREAD CHEESEBURGERS

Ingredients:

- ¾ Pound lean ground beef (90% lean)
- 1 Small onion, chopped
- 1 Medium green pepper, chopped
- 2 Garlic cloves, minced
- 2 Tablespoons all-purpose flour
- 2 Tablespoons dijon mustard
- 1 Tablespoon ketchup
- 1 Tube (11 ounces) refrigerated crusty french loaf
- 4 Slices (1 oz. Each) reduced fat american cheese
- 1 Egg white, lightly beaten
- 3 Tablespoons shredded parmesan cheese

Directions:

1. In a large frying pan, cook the beef, onion and pepper over medium heat until meat is no longer pink.
2. Add garlic; cook 1 minute longer. Stir in the flour, mustard and ketchup; set aside.
3. Unroll the bread dough starting at the seam.
4. Form dough into a 14x12 inch rectangle. Spoon meat mixture lengthwise down the center of the dough; top with cheese slices.
5. Bring long sides of dough to the center over filling; pinching the seam to seal.
6. Place the filled dough seam side down on a baking sheet coated with cooking spray.
7. Brush with egg white. Sprinkle with Parmesan cheese.
8. With a sharp knife, cut diagonal slits in top of loaf. Bake at 350° for 25 minutes or until golden brown.

Nutrition Information:

Per 1 slice

Calories: 415 | **Total Fat:** 10.5 g | **Sat:** 4.5 g | **Protein:** 32 g | **Carb:** 43 g | **Fiber:** 2 g
Cholesterol: 49 mg | **Sodium:** 975 mg



45 Minutes



Serves 4

SHOPPING LIST:

- 1 Pound, lean ground beef (90 percent)
- 1 Small onion
- 1 Medium green pepper
- Minced garlic (or 2 garlic cloves)
- Flour
- Dijon mustard
- Ketchup
- Refrigerated crusty french loaf
- Reduced fat american cheese
- Egg white
- Shredded parmesan cheese

SPRING SALAD

Ingredients:

2 Medium tomatoes, seeded and chopped
2 Cups thinly sliced radishes
1 Large cucumber, quartered, seeded,
and chopped
½ Cup white vinegar

½ Cup water
Sugar substitute equivalent to ½ cup sugar
½ Teaspoon salt
¼ Teaspoon pepper

Directions:

1. In a large bowl, combine the tomatoes, radishes, and cucumber.
2. In a small bowl, whisk together remaining ingredients until sugar substitute is dissolved (mixture will foam up slightly). Pour over vegetable mixture; toss to coat evenly. Cover and refrigerate for at least 1 hour. Serve with a slotted spoon.

Nutrition Information:

Per ¾ cup serving

Calories: 44 | **Total Fat:** 0 g | **Sat:** 0 g | **Protein:** 1 g | **Carb:** 10 g | **Fiber:** 1 g
Cholesterol: 0 mg | **Sodium:** 208 mg | **Diabetic Exchanges:** 2 vegetable



20 Minutes



Serves 6

SHOPPING LIST:

- Medium tomatoes
- Radishes
- Large cucumber
- White vinegar
- Sugar
- Salt
- Pepper

ORIENTAL STEAK STIR-FRY

Ingredients:

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|--|---|
| 1 Tablespoon cornstarch | 1 Medium onion, thinly sliced |
| 1 Teaspoon reduced sodium beef bouillon granules | 1 Garlic clove, minced |
| 1 Cup cold water | 2 Teaspoons canola oil |
| ¼ Cup reduced sodium soy sauce | 2 Medium tomatoes, cut into halved then cut into quarters |
| ⅛ Teaspoon pepper | 1 Can (8 ounces) sliced water chestnuts, drained |
| 10 Ounces beef top sirloin steak | 4 Cups hot cooked rice |
| 1 Medium green pepper, thinly sliced | |

Directions:

1. In a large bowl, combine the cornstarch, bouillon, water, soy sauce and pepper, whisking until smooth; set aside.
2. Cut steak thinly across the grain, then cut slices in half; set aside.
3. In a nonstick frying pan or wok, stir fry green pepper, onion and garlic in oil for 4 minutes. Remove and set aside.
4. Add the steak to the pan; stir fry for 4 to 6 minutes, or until no longer pink.
5. Stir cornstarch mixture and add to pan. Bring to a boil; cook and stir for 1 minute or until thickened.
6. Add the tomatoes, water chestnuts and the green pepper mixture; cook and stir until heated through.
7. Serve with rice.

Nutrition Information:

Per serving (1½ cups meat mixture with 1 cup rice)

Calories: 469 | **Total Fat:** 15 g | **Sat:** 5 g | **Protein:** 21 g | **Carb:** 62 g | **Fiber:** 5 g
Cholesterol: 46 mg | **Sodium:** 678 mg



30 Minutes



Serves 4

SHOPPING LIST:

- Cornstarch
- Beef bouillon
- Reduced sodium soy sauce
- Pepper
- Beef tip sirloin steak (10 ounces)
- Medium green pepper
- Medium onion
- Minced garlic (equivalent of one clove)
- Medium tomatoes (two)
- Waterchestnuts (1 can)
- Cooked rice

QUICK AND EASY OLD-FASHIONED BREADED PORK CHOPS

Ingredients:

2 Tablespoons all-purpose flour
4 Egg whites
1 Tablespoon worcestershire sauce
1/8 Teaspoon hot pepper sauce
3/4 Cup seasoned dry bread crumbs
3 Tablespoons grated parmesan cheese

1/2 Teaspoon dried thyme
1 Teaspoon salt
1/2 Teaspoon paprika
6 Boneless pork loin chops (1/2 inch thick and 4 ounces each)
Refrigerated butter-flavored spray

Directions:

1. Place flour in a shallow dish.
2. In another shallow dish, beat the egg whites, Worcestershire sauce, and hot pepper sauce.
3. In a third dish, combine the seasoned bread crumbs, Parmesan cheese, thyme, salt and paprika.
4. Coat pork chops with flour. Dip into egg mixture, then coat with crumb mixture.
5. Place coated pork chops on a plate; cover and refrigerate for 1 hour.
6. After pork chops are chilled, place them in a 13x9 inch baking dish coated with cooking spray.
7. Spritz each pork chop evenly with butter-flavored spray.
8. Bake, uncovered, at 350°F for 25 to 30 minutes or until juices run clear.

Nutrition Information:

Per serving

Calories: 250 | **Total Fat:** 8 g | **Sat:** 3 g | **Protein:** 29 g | **Carb:** 12 g | **Fiber:** .5 g
Cholesterol: 74 mg | **Sodium:** 372 mg



2 Hours



Serves 6

SHOPPING LIST:

- All purpose flour
- Egg whites
- Worcestershire sauce
- Hot pepper sauce
- Dry bread crumbs
- Parmesan cheese
- Dried thyme
- Salt
- Paprika
- Boneless pork loin chops (6, 1/2 inch thick, 4 ounces each)
- Butter-flavored spray