

Creative Cooking for a Healthier Lifestyle

Recipe booklet



Lemon Shrimp Orzo Pasta

Main dish



Grocery list

Ingredients

- 1 lb raw shrimp, peeled, deveined
- 1 shallot, minced
- 3 or 4 garlic cloves, minced
- 1 cup dry orzo pasta
- 2½-3 cups low sodium chicken or vegetable broth
- ¼ cup fat free half and half
- Zest and juice of one lemon
- ½ cup chopped asparagus
- 1-3 TBSP parmesan cheese, grated

Seasonings

- Paprika
- Salt & pepper
- Extra virgin olive oil or avocado oil
- 1 TBSP butter
- Parsley and red chili flakes (as garnish)

Instructions

- Pat peeled and deveined shrimp dry on a paper towel. Season shrimp with salt, pepper, and smoked paprika.
- In a large pan, on medium high heat, spray or drizzle olive oil, or avocado oil then sear the shrimp and cook until cooked through, about 2-3 minutes per side. Shrimp should be pink and no longer translucent, or cooked to internal temp of 145°F. Remove shrimp and set aside in a clean dish.
- In the same pan, turn heat to medium low, add butter, shallots, and minced garlic and saute until fragrant, about 1-2 minutes.
- Stir in orzo pasta and let it toast for 2-3 minutes, stirring occasionally.
- Gradually add broth to orzo, stirring often, until the orzo is cooked and creamy, about 10-15 minutes. Add more broth as needed to keep the orzo from sticking.
- Add asparagus for the last 4-5 minutes, stirring occasionally.
- Stir in the lemon juice, zest, half and half, and parmesan cheese until fully incorporated.
- Return shrimp to pan. Garnish with parsley and chili flakes as desired.

Enjoy your nutritious and flavorful meal! Depending on how you make your dish, the nutrition information will be approximately: 351 calories, 16g protein, 20g fat, 31g carbs, 1g sugars, and 2g fiber per serving. Recipe makes 6 servings.

Substitutions: instead of shrimp, use chicken, beef, or tofu. Instead of asparagus, use spinach or Brussels sprouts (which offer more protein). Instead of orzo, use quinoa, zucchini, or spinach.

Chicken: 165 calories, 31 gm of protein, 3.57 g of fat for 1 breast. Spinach: 7 calories, 0.1 g fat, 0.9 g protein, per cup. Zucchini: 55 calories, 4 grams protein, 1 gram fat, per 1 whole zucchini. Quinoa: 222 calories, 4 g fat, 8 g protein for 1 cup.

Serving suggestion:

Pair with sautéed spinach

Shashuka

Main dish



Grocery list

Ingredients

- 1 yellow onion, chopped
- 1 zucchini, chopped
- 3 cloves garlic, thinly sliced
- 28 oz tomatoes, whole with juices (can used canned)
- 1 cup feta cheese, crumbled
- 8 eggs

Seasonings

- 1 tsp paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- Cayenne to taste
- 1 tsp cumin
- 2 TBSP extra virgin olive oil
- 1/4 cup fresh cilantro or basil, chopped
- Coarse salt (optional)

Instructions

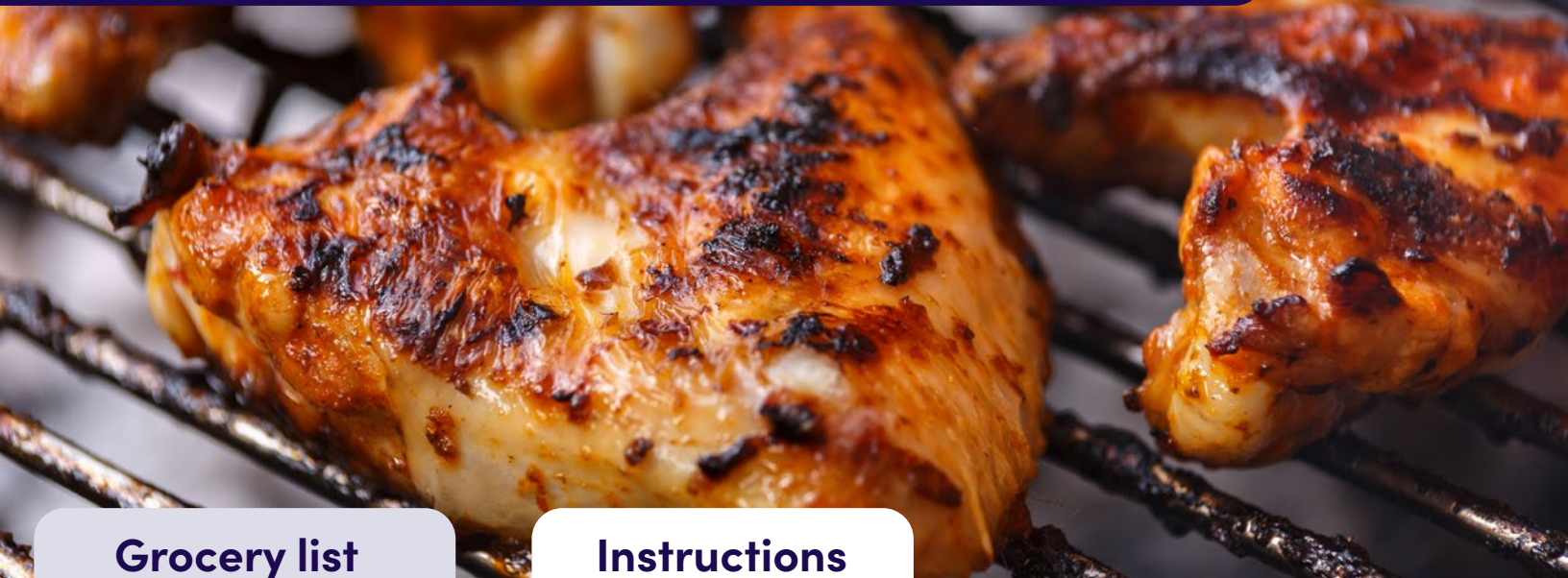
- Preheat oven to 375°F.
- Heat olive oil in a large oven-safe skillet, preferably cast iron, over medium heat.
- Add onions and zucchini. Saute for 8-10 minutes until tender.
- Add garlic and cook for 1 minute, then add cumin, paprika, and cayenne. Cook for 1 minute more.
- Add tomatoes, salt and pepper. Simmer until tomatoes thicken, about 10 minutes.
- Stir in cheese.
- Gently crack eggs into the skillet, spreading them evenly over the tomatoes. Season with a pinch of coarse salt, if desired. Transfer skillet to the oven and cook until eggs are just set, about 7-8 minutes. They will continue to cook for a few minutes after you remove from the oven.
- Sprinkle with fresh herbs and serve.
- For a flavor boost, use smoked paprika instead of regular, and serve with hot pepper sauce like Tabasco, Sriracha, or Harissa.

Enjoy your nutritious and flavorful meal! Depending on how you make your dish, the nutrition information will be approximately: 160 calories, 9g protein, 10g fat, 10g carbs, 5g sugars, and 3g fiber per serving. There are about 8, 1-cup servings per recipe.

Substitutions: instead of feta, use fresca (366 calories, 29 g fat, 24 g protein per 1 cup). Instead of zucchini, use bell peppers or eggplant. (Bell peppers: 24 calories, 0.2 g fat, 1 g protein) (Eggplant: 20 calories, 0.1 g fat, 0.8 g protein for 1 cup).

Honey BBQ Chicken

Main dish



Grocery list

Ingredients

- 6 (5 oz each) chicken breasts, boneless skinless
- Extra virgin olive oil
- 1/2 tsp Kosher salt
- Black pepper to taste

Sauce

- 1/4 cup Splenda multiuse syrup
- 1/2 cup no sugar added ketchup
- 1 TBSP raw apple cider vinegar
- 1 tsp Worcestershire sauce
- 1 tsp liquid smoke
- 1 tsp smoked paprika
- 1 clove garlic, grated
- 1/4 tsp Kosher salt

Serving suggestion:

Pair with black bean and corn salsa or grilled veggies

Instructions

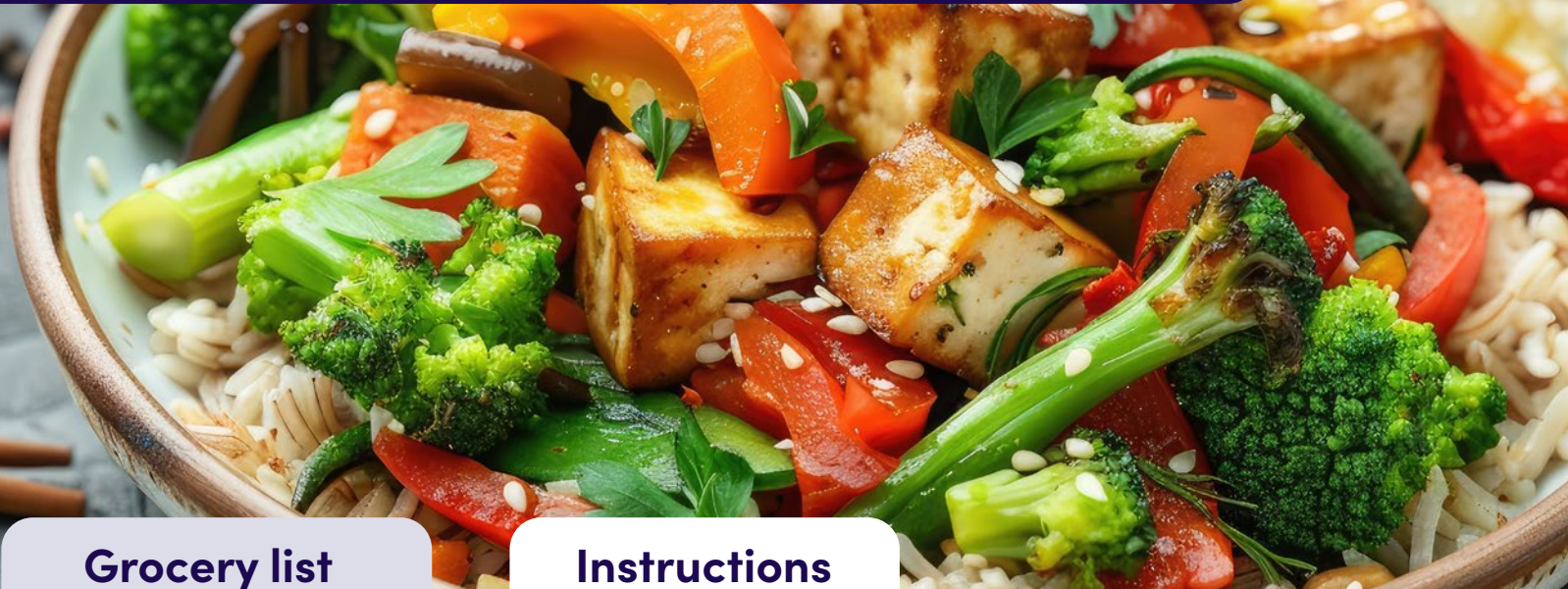
- For the “honey” BBQ sauce, add all sauce ingredients to a saucepan and stir together. Bring to a boil, then reduce heat to low. Simmer for 10 minutes until sauce thickens. Pour into a bowl to brush on chicken on the grill. Set aside a few tablespoons of sauce to drizzle on chicken after it’s cooked.
- For the chicken, place on a platter and drizzle with olive oil and sprinkle with salt and pepper on both sides.
- Place each chicken breast on the hot grill, close top and cook for about 5 minutes until they easily release from the grill grates. Flip the chicken and cook for an additional 5 minutes on the other side.
- Brush chicken with the sauce every couple of minutes, flipping chicken to brush the opposite side with sauce liberally. Continue cooking and brushing with sauce until chicken reaches an internal temperature of 165°F.

Enjoy your nutritious and flavorful meal! Depending on how you make your dish, the nutrition information will be approximately: 230 calories, 38g protein, 7g fat, 18g carbs, 0g sugars, and 0g fiber per serving (1 chicken breast). Recipe makes 6 servings.

Substitutions: instead of chicken, you could use pork (505 calories, 31 g fat, 52 g protein – 1 chop). Instead of Splenda, could use brown sugar, but it will add 17 calories per 1 tsp.

Asian Tofu Stir Fry

Main dish



Grocery list

Ingredients

- 12 oz firm tofu, drained and cut into 1-inch cubes
- 24 oz frozen mixed vegetables, such as carrots, broccoli, snow peas, etc.
- 1½ cups chicken or vegetable broth
- 1/2 cup dry brown rice (2 cups cooked)

Seasonings

- 4 tsp extra virgin olive oil
- 2 TBSP low sodium soy sauce
- 1 tsp sesame oil

Instructions

- **For rice:** start by rinsing the brown rice in a strainer.
- Add chicken broth to a saucepan and bring to a simmer. Add rice and cover, reduce heat to simmer. Cook for 30 minutes or until rice is tender. (Alternative option: use a rice cooker, follow instructions for your device).
- **For stir fry:** in a large nonstick skillet or wok, heat 2 tsp olive oil over medium-high heat. Add tofu and saute until golden brown on all sides. Add 1 TBSP soy sauce and saute for 1 more minute. Remove from pan.
- Add remaining 2 tsp olive oil to skillet and heat. Add vegetables, sesame oil, and remaining 1 TBSP soy sauce. Saute for 4 minutes. Add tofu back to pan to warm and serve over brown rice.

Enjoy your nutritious and flavorful meal! Depending on how you make your dish, the nutrition information will be approximately: 280 calories, 15g protein, 9g fat, 37g carbs, 7g sugars, and 7g fiber per 1½ cups serving. Recipe makes 4 servings.

Substitutions: instead of tofu, you could use chicken (165 calories, 31 gm of protein, 3.57 g of fat for 1 breast).

Tex Mex Power Bowl

Main dish



Grocery list

Ingredients

- 3-4 oz chicken breast, boneless, skinless (or protein of choice)
- 1 cup spinach (or other greens)
- 1/4 cup tomato, diced
- 1/4 cup bell pepper, diced
- 1 onion, diced
- 1-2 radishes, sliced (optional)
- 1/4 cup salsa
- 1/4 cup plain Greek yogurt

Seasonings

- Paprika
- Chili powder
- Cumin
- Onion powder
- Salt & pepper
- Extra virgin olive oil cooking spray

Optional toppings

- Corn
- Black beans
- Cilantro, chopped
- Cheese, shredded
- Avocado, sliced
- Lime, wedged

Instructions

- Wash the spinach leaves or other leafy greens and pat dry.
- Dice the tomato, onion, and bell pepper. Prep optional toppings as desired: slice the radishes. Chop cilantro. Slice and scoop out avocado. Slice lime into wedges.
- Season the chicken breasts with salt, pepper, and any other desired spices (such as cumin, chili powder, onion powder, or paprika) to your liking. Spray medium pan with extra virgin olive oil cooking spray. Place chicken in pan and cook on medium heat until it reaches an internal temperature of 165°F. Slice or shred as desired.
- Assemble the power bowl. Placing spinach or other leafy greens on the bottom of the bowl.
- Arrange the grilled chicken, diced tomatoes, sliced bell peppers, onions, and radishes (if using) on top of greens.
- Add a spoonful of salsa and plain Greek yogurt over the chicken and vegetables.
- Finally, top the bowl with additional toppings such as cheese, cilantro, black beans, corn, sliced avocado and a squeeze of lime. Just remember, added toppings may change the nutrition information.
- Serve the Tex Mex Power Bowl immediately, optionally with additional salsa on the side for extra flavor.
- **Enjoy your nutritious and flavorful meal!** Depending on how you make your bowl, the nutrition information will be approximately: 7g fat, 30g protein, about 260 calories, 15g carbs, and 13g fiber.

Black Bean and Corn Salsa

Side dish



Grocery list

Ingredients

- 2 cans (14.5 oz) black beans, rinsed
- 2 cups frozen corn, thawed
- 1 red bell pepper, finely diced
- 1/2 cup red onion, finely diced
- 1/2 cup fresh cilantro, chopped

Seasonings

- 1 or 2 small limes, juiced (to taste)
- 3 TBSP extra virgin olive oil
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

Instructions

- Combine all ingredients in a bowl.
- Serve immediately, or chill in the refrigerator for a few hours (flavors will combine even more!).

Enjoy your nutritious and flavorful side dish! Depending on how you make your dish, the nutrition information will be approximately: 110 calories, 4g protein, 4g fat, 16g carbs, 2g sugars, and 4g fiber per 1/2 cup serving. Recipe makes 12 servings.

Mashed Cauliflower Potatoes

Side dish



Grocery list

Ingredients

- 1 head cauliflower, separated into florets, discard core and stem
- 1 medium russet or baking potato, peeled and cut into 2-inch cubes
- 5 cloves garlic, peeled and whole

Seasonings

- 1/3 cup low fat buttermilk
- 2 tsp unsalted butter
- 1 TBSP extra virgin olive oil
- 2 TBSP parmesan cheese, grated
- 1 tsp salt
- 1/2 tsp black pepper
- Chives (optional)

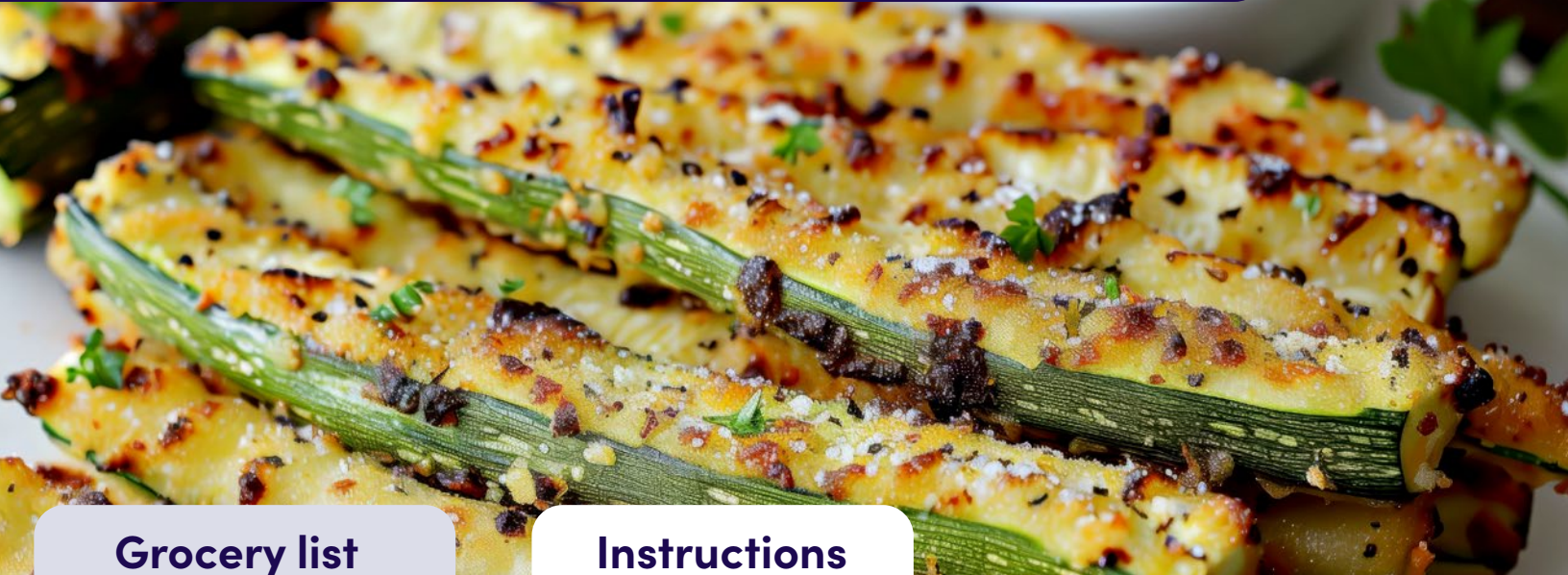
Instructions

- In a large saucepan, add potato, garlic, cauliflower and enough water to cover. Bring to a boil. Reduce heat to medium, and cook until potato and cauliflower are tender, about 15 minutes.
- Drain and return vegetables to the pot. Cover the pot with a kitchen towel and put the lid over the towel. Let stand for 5 minutes. Remove the lid and towel. (This process helps the vegetables dry a little so they mash better).
- Add the butter, buttermilk, cheese, olive oil, salt, and pepper. Mash just until the ingredients are lightly combined.
- Garnish with fresh snipped chives, if desired.

Enjoy your nutritious and flavorful side dish! Depending on how you make your dish, the nutrition information will be approximately: 60 calories, 2g protein, 2g fat, 7g carbs, 2g sugars, and 2g fiber per 1/2 cup serving. Recipe makes 10 servings.

Mediterranean Zucchini

Side dish



Grocery list

Ingredients

- 2 (5-6 oz each) zucchini, cut in half lengthwise
- 2 tsp extra virgin olive oil

Seasonings

- 1/2 tsp lemon zest
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/8 tsp crushed red pepper flakes
- 1/8 tsp salt

Topping

- 4 tsp parmesan cheese, grated

Instructions

- Preheat oven to 400°F.
- Place zucchini with cut side up on a baking sheet. Drizzle oil over each half.
- In a small bowl, combine seasonings. Sprinkle over zucchini.
- Bake for 20 minutes, or until zucchini is just tender.
- Remove from oven and immediately sprinkle each with 1 tsp of grated parmesan.
- Let stand 5 minutes before serving.

Enjoy your nutritious and flavorful side dish! Depending on how you make your dish, the nutrition information will be approximately: 40 calories, 2g protein, 3g fat, 3g carbs, 2g sugars, and 1g fiber per 1 zucchini half. Recipe makes 4 servings.

Sautéed Spinach

Side dish



Grocery list

Ingredients

- 2 cups raw spinach
- 1/2 tsp extra virgin olive oil
- 2 TBSP shallots, minced
- 2 cloves garlic, minced

Seasonings

- Salt & pepper to taste
- 1 tsp lemon juice

Instructions

- Heat oil in a large skillet over medium-high heat.
- Add garlic and shallots and sauté until fragrant, about 1 minute.
- Add the spinach by the handful and toss with tongs until wilted, about 3 minutes. You do not want it to be completely wilted.
- Season with salt, pepper, and lemon juice.
- Serve immediately.

Enjoy your nutritious and flavorful side dish! Depending on how you make your dish, the nutrition information will be approximately: 89 calories, 6g protein, 6g fat, 8g carbs, 1g sugars, and 4g fiber per 1 cup serving. Recipe makes 1 serving.

Avocado Chocolate Pudding

Dessert



Grocery list

Ingredients

- 1 large ripe avocado
- 1/4 cup Dutch process cocoa
- 3 TBSP unsweetened almond milk
- 2 TBSP honey
- 1 tsp vanilla extract
- Pinch of salt
- Shaved chocolate (optional garnish)

Instructions

- In a mini processor, puree all ingredients. Chill if desired.
- Divide mixture between two small glasses and serve with shaved chocolate (optional)

Enjoy your nutritious and flavorful dessert! Depending on how you make your dish, the nutrition information will be approximately: 152 calories, 2g protein, 11g fat, 18g carbs, 18g sugars, and 6g fiber per serving. Recipe makes 2 servings.

Peanut Butter Cookies

Dessert



Grocery list

Ingredients

- 1 cup peanut butter
- 1 cup granulated sugar substitute
- 1 large egg
- 1 tsp vanilla extract

Instructions

- Preheat oven to 350°F.
- In a large bowl, mix together peanut butter, sugar substitute, egg, and vanilla extract. Chill mixture in the fridge for at least 10 minutes.
- Portion the mixture into 1 TBSP sized balls and place on ungreased cookie sheet. Press lightly with the tines of a fork to create a crosshatch pattern and flatten each cookie slightly.
- Bake for 8 minutes. Let cool on cookie sheet at least 5 minutes before transferring to a wire rack to finish cooling.

Enjoy your nutritious and flavorful dessert! Depending on how you make your dish, the nutrition information will be approximately: 80 calories, 4g protein, 7g fat, 3g carbs, 1g sugars, and 1g fiber per cookie. Recipe makes 20 servings.

A note about granulated sugar substitutes: There are a wide variety of options available ranging from Splenda brand to natural options such as stevia-based sugar substitutes. You can usually find a granulated sugar substitute in the baking aisle of your grocery store. Be sure to check the label as some sugar substitutes can work one-to-one (1:1) to replace sugar in a recipe (meaning one cup of substitute replaces one cup of sugar in a recipe), and some are more concentrated and require much less to equal 1 cup of sugar. If you get a concentrated version, be sure to follow the instructions on how much sweetener to add to equal the 1 cup of “sugar” in this recipe. On some of the more concentrated substitutes, 1 cup is way too much and would make your cookies too sweet to eat!

Balsamic Strawberries

Dessert



Grocery list

Ingredients

- 2/3 cup plain nonfat Greek yogurt
- 1TBSP light cream cheese, room temperature
- 1/2 tsp honey
- 9 strawberries, halved and stems removed
- 1 TBSP balsamic glaze or balsamic reduction sauce
- 2 tsp slivered almonds, roasted or raw
- 1 TBSP fresh basil or mint leaves, extra small

Instructions

- In a medium bowl, whisk together yogurt, light cream cheese, and honey until thick and creamy. Spread mixture onto a serving platter or charcuterie board.
- Prepare and preheat a grill or grill pan. Brush the cut side of strawberries with oil and grill over direct medium-high heat, cut-side down, until rich grill marks form, about 4 minutes.
- Arrange strawberries on creme. Drizzle with balsamic glaze, sprinkle with almonds and fresh herbs. Serve.
- Make your own balsamic reduction sauce: Add 1/4 cup balsamic vinegar to a small saucepan, bring to a boil over high heat, then reduce heat to medium and cook, stirring a couple times, until it can just coat the back of a spoon, about 5 minutes. Yields about 1½ TBSP. Note: the balsamic reduction thickens slightly as it cools.

Enjoy your nutritious and flavorful dessert! Depending on how you make your dish, the nutrition information will be approximately: 160 calories, 9g protein, 8g fat, 15g carbs, 10g sugars, and 2g fiber per serving. Recipe makes 2 servings.

Strawberry Refresher

Drink



Grocery list

Ingredients

- 3½ cups sparkling water
- 1 tsp fresh lemon juice
- 4 large mint leaves
- 4 mint sprigs
- 4 large strawberries

Instructions

- Puree the strawberries, mint, lemon juice, and 1/2 cup sparkling water in a blender on low speed until smooth, at least 30 seconds.
- Pour the puree into a serving pitcher. Very slowly, add the remaining sparkling water.
- Serve.

Enjoy your nutritious and flavorful dessert! Depending on how you make your dish, the nutrition information will be approximately: 5 calories, 0g protein, 0g fat, 2g carbs, 1g sugars, and 0g fiber per 1 cup serving. Recipe makes 4 servings.