

Hint of Lemon Squash Sauté

Ingredients:

2 medium yellow summer squash

1 small onion

2 tbsp olive oil

1 garlic clove, minced

1/2 tsp grated lemon peel

1/4 tsp dried rosemary, crushed

salt and pepper to taste

Directions:

Sauté squash and onion in oil in a large skillet for 5-7 minutes until tender. Add the remaining ingredients; cook 1 minute longer. Enjoy!

1/2 C per serving= 1 vegetable serving.

Lemon-Lime Salmon with Veggie Sauté:

6 Servings

Ingredients:

6 salmon fillets (4 oz each)

1/4 C lemon juice (ok since this will yield less than 1 tbsp per serving)

1/4 C lime juice (ok since this will yield less than 1 tbsp per serving)

1 tsp seafood seasoning

1/4 tsp salt
2 medium red peppers, sliced
2 medium yellow peppers, sliced
1 large red onion, halved and sliced
2 tsp olive oil
2 C baby Portobello mushrooms, halved
2 C fresh asparagus
2 tsp dried tarragon

Directions: Place salmon in a 13 in X 9 in baking dish, add lemon and lime juices and sprinkle with seafood seasoning and salt. Bake, uncovered at 425 degrees for 10-15 minutes. Meanwhile, in a large nonstick skillet coated with cooking spray, saute peppers and onion in oil for 3 minutes. Add the mushrooms and asparagus, cook and stir 3-4 minutes longer. Stir in tarragon and serve with salmon.

Provides ~4 ounces of protein and 2 veggie servings per portion.

Recipe adapted from Taste of Home magazine, Feb 2012.

Turkey Bacon-Braised Escarole

8 servings- no significant amount of protein, may pair with lean protein of choice.

Ingredients:

8 strips of turkey bacon, cut crosswise into 1/2 inch wide strips
1 large red onion, diced
6 garlic cloves, minced
1 large red pepper, chopped
salt and pepper
4 heads escarole, torn into large pieces
2 tbsp balsamic vinegar
1 tsp crushed red pepper flakes

Directions: In a large pan over medium heat, cook bacon until it begins to crisp (on cookie sheet), about 8 minutes. Add onion, red pepper and garlic and cook until onion

is translucent and pepper tender. Season with salt and pepper. Add escarole, vinegar and pepper flakes. Stir until escarole wilts, 3 to 4 minutes. Season as desired.

Roast Rub:

The following will cover 3 to 6 lbs of meat:

Spicy Paprika Rub

2 tbsp paprika

2 tsp onion powder

2 tsp salt

1 tsp dried garlic

1 tsp cayenne pepper

1/2 tsp black pepper

Simply apply right before cooking the meat, rub it into the meat rather than sprinkling it on top. Use 1-2 tbsp per pound of meat. Enjoy!

Broccoli Soup

6 Servings

INGREDIENTS

8 C Broccoli

3 C Chicken broth

1 onion

1 tbsp olive oil

2 tbsp heavy cream

1 lb boneless, skinless chicken breast

Garlic clove, minced

1 can of roasted red peppers

2% white cheddar cheese (optional)

Salt and pepper to taste

DIRECTIONS:

Sauté' onion, garlic and celery in a pan using small amount of olive oil. Steam the broccoli until tender. While broccoli is steaming, slice the chicken and cook on medium heat in a non-stick skillet until brown

throughout. Once steamed, add broccoli as well as the celery, garlic and onion to large pot with chicken broth and heavy cream. Using a hand blender puree until smooth (may also use a regular blender but would need to do in batches). Simmer on medium/low heat until ready to serve. Add chicken strips to soup or on the side. Garnish with roasted red pepper and shredded cheese (optional).

Artichoke Dip

makes 12 servings

2 tbsp unsalted butter

2 tbsp heavy whipping cream

1/4 C water

1/4 tsp salt and pepper each

1/6 tsp nutmeg

pinch cayenne pepper

1 C 2% shredded swiss cheese

4 ounces 2% cream cheese (cut up)

2 cans (14 ounces each) artichoke hearts, drained

1/2 pkg of frozen chopped spinach, thawed and rung dry

2 garlic cloves, peeled

1/4 C parmesan cheese

Heat oven to 350. Coat a shallow 1.5 qt baking dish with nonstick cooking spray. Melt butter in a medium sauce pan over medium heat. Whisk in Heavy cream, salt, pepper, nutmeg and cayenne. Add water as needed for desired consistency. Bring to a simmer; cook simmering, 3 minutes. Remove from heat and whisk in swiss cheese and cream cheese until smooth. Combine artichoke hearts, spinach and garlic in food processor and chop until blended. Fold into cheese sauce and pour into prepared dish. Spread smooth and top with grated parmesan. Bake at 350 for 30 minutes, or until bubbly around edges. Serve warm with grilled chicken on tooth picks for dipping and raw veggies.

Each serving provides 1 ounce of protein.

Recipe adapted from Family Circle Magazine, Dec 2011 issue

Coffee-Braised Pot Roast

12 servings

Ingredients:

1 beef roast (about 3 lbs)

1 large onion

2 cloves garlic

1/4 tsp black pepper, 1/2 tsp salt

2 C sliced mushrooms

2 sliced scallions

1.5 C brewed coffee

1/2 tsp chili powder

Directions:

Coat slow cooker with nonstick cooking spray. Place onion and garlic in slow cooker. Season beef with salt and pepper and place over onions. Then add mushrooms and scallions as well as coffee and spice. Cover and cook on high for 6 hours or low for 8 hours. Remove beef and place on serving platter. Spoon out veggies and place around beef. Strain cooking liquid and skim excess fat then pour on top of beef. May also add green vegetables as desired.

1/2 C cooked veggies = 1 vegetable serving. ~ 4 ounces of protein per serving

*Adapted from Family Circle Magazine

Peach-Stuffed Pork Loin

Makes 15 servings

Ingredients:

3 peaches
1, 4 lb pork loin
6 garlic cloves, minced
2.5 tbsp fresh rosemary, chopped
1.5 C low sodium chicken broth
Salt and pepper to taste

Directions:

Cut a 1.5 inch wide circle through the center of the pork. In a small bowl mix the peaches, half the garlic and 1/4 tsp salt. Pack into each hole of the pork slices. Tie pork loin at 1/2 inch intervals with 10 to 12 inch lengths of kitchen twine. Preheat oven to 325 then grind rosemary and combine with 3/4 tsp salt and 1 tsp pepper to make a rub. Mix in remaining garlic and rub over pork. Place pork in a medium roasting pan fitted with a rack and roast for 45 minutes. Remove from oven and pour broth over pork then return to oven to roast basting every 15 minutes until meats internal temp is 150 degrees (up to an hour). Transfer roast to a wire rack and rest 20 minutes before slicing. Use drippings for gravy. Enjoy!

Zucchini pasta with Sausage:

makes 2 servings (4 ounces protein per serving)

Ingredients:

2 small zucchini
2 t oil
1 garlic clove
1 t oregano
1/2 lb cooked turkey sausage
Salt and pepper

Pesto Sauce:

2 C basil leaves
3 tbsp olive oil
1/4 C Parmesan cheese grated

Methods:

Slice zucchini into thin slices using potato peeler. Sauté' the "pasta" in a little oil over med-high heat until soft. Add salt and pepper as well as garlic and oregano. Simmer a few minutes then add sausage. In a food processor add ingredients for pesto and blend. Top the zucchini with pesto sauce

Green Beans and Brussels Sprouts:

Makes 8 servings:

Ingredients:

10 ounces Brussels sprouts, trimmed and halved
1 lb green beans, halved
4 slices thick cut bacon, diced
1 C mushroom (cooked)
1/2 C chicken broth
1/4 tsp salt
1/4 tsp pepper
1 tbsp olive oil

Directions: Bring a large pot of lightly salted water to a boil. Add Brussels sprouts and after 3 minutes add green beans. Boil for another 4 minutes. Drain and set aside. Meanwhile, saute mushrooms in a small amount of olive oil over medium heat. Cook bacon in a large nonstick skillet on medium heat for 8

minutes or until slightly crisp. Add broth and bring to a simmer; cook 2 more minutes. Stir in reserved veggies, salt and pepper. Pour into a 2.5 quart casserole dish. Bake at 350 degrees for 20 minutes.
*Optional: add 1 egg to hold casserole together.

Green Bean Salad with Red Onions:

Makes 12 servings

Salt to taste

2 lbs green beans, ends trimmed

1/2 C extra virgin olive oil

2 tsp dijon mustard (must have 3 grams or less of sugar)

4 cloves garlic, smashed

2 small red onions, halved and sliced thin

1/2 C chopped fresh dill, basil or parsley

2 tsp grated lemon zest

1 lemon (may use the peel for zest above)

In a large pot of salted boiling water, cook green beans until crisp and tender about 3 minutes. Transfer beans to a colander and rinse in cold water. Set aside. In a large bowl, whisk together oil, mustard, garlic and 1 tsp salt. Add onions, herbs, lemon zest and reserved green beans and toss to coat. Place in fridge for 2 hours or overnight. To serve, remove and discard garlic, squeeze fresh lemon juice from 1 lemon over entire contents and toss.

Great Thanksgiving Side!

*Recipe from Country Living Magazine, November 2011

Creamy Shrimp Taco Salad

2 tsp oil

1 C thinly sliced onions

1 lb uncooked deveined peeled small shrimp

1/2 C 2% shredded cheese of choice

1/2 C shredded purple cabbage

2 tbsp chopped cilantro

salad leaves

Sauce:

squirt of lime juice, 1/4 tsp garlic powder, 1/4 tsp ginger, 1/4 tsp chili powder, 1 tbsp wine vinegar and 1/2 C olive oil based mayo

Heat oil in large nonstick skillet on medium heat. Add onions and cook for 5 minutes. Stir in shrimp for another 3-4 minutes. Place over bed of lettuce. Top with 1 to 2 tbsp sauce per serving.

Makes 4 servings, ~4 ounces protein per portion

Roasted Salmon and cauliflower

Ingredients:

2 small red onions, cut into wedges

1 small head of cauliflower cored and sliced

2 tbsp olive oil

Salt and pepper to taste

1 1/2 lb wild caught skinless salmon

1/2 tsp curry powder

Heat oven to 425 degrees. Divide onions and cauliflower between two large rimmed baking sheets. Toss each with 1 tbsp olive oil and a little salt and pepper. Roast for 20 minutes. Season the salmon with the curry, salt and pepper. Nestle it among the veggies on one of the baking sheets. Continue roasting both pans until the salmon is opaque throughout and the veggies are golden brown (12-15 minutes). Transfer

to plates and enjoy!

Provides 6 4-ounce servings of salmon and one vegetable serving.

Recipe adapted from Women's Day magazine

Mediterranean Chicken Stir-fry

Makes 4 servings (~4 ounces of protein per portion) 1 vegetable serving.

Ingredients:

2 c water

1 lb boneless, skinless chicken breasts, cubed

3 tsp olive oil divided

1 onion, chopped

2 medium zucchini, chopped

2 garlic cloves, minced

1 tsp dried oregano

1/2 tsp dried basil

1/4 tsp salt

1/4 tsp pepper

dash of red pepper flakes

1/2 C kalamata olives

1 tbsp minced fresh parsley

Directions:

Stir fry chicken in 2 tsp oil in large skillet until brown. Remove and keep warm. Stir fry onion in remaining oil for 3 minutes, then add garlic, zucchini, oregano, basil, salt, pepper and red pepper flakes for 2-3 minutes longer. Add the chicken, olives and parsley

Broccoli and Cheddar Cheese Soup

1 tbsp olive oil

2 stalks celery, chopped

2 cloves garlic, minced

1 onion, chopped

1 head of cauliflower

1 bunch of broccoli, thinly sliced

1/4 C heavy whipping cream

1/4 tsp ground nutmeg

6 ounces 2% cheddar cheese

Chop cauliflower heads and steam, then process in food processor or blender, set aside.

Heat 1 tbsp olive oil in a large saucepan over medium heat. Add the celery, garlic, onion, cauliflower puree, broccoli stalks, salt and pepper and cook, covered stirring

occasionally, until just tender, 5-6 minutes. Meanwhile, cut the remaining broccoli into small florets. Add the florets and 3 cups water to the vegetables, cover and bring to a boil. Once boiling, the broccoli should be just tender, if not, simmer 1-2 minutes more.

Remove from heat and use hand blender to puree veggies. You may want to do these in batches. Add the heavy cream and nutmeg and simmer to heat through, about 2 minutes. Add the cheese and stir until melted.

Makes 4 servings.

Asparagus soup (6 servings)

□ 2 lbs asparagus (2 bunches)

- 1/2 tbsp butter
- 1 medium onion, chopped
- 6 cups fat free chicken broth
- 2 tbsp cottage cheese- purred
- salt and fresh pepper to taste

In a large pot, melt butter on low heat. Add onion and sauté on low for about 2-3 minutes. Remove the tough ends off the asparagus. Chop the asparagus into 2 inch pieces. Add to the pot with the onions. Add chicken broth, salt and pepper. Cover and cook about 20- 25 minutes or until asparagus is very tender. Remove from heat, add purred cottage cheese and using your hand held blender, puree until smooth.

Halibut with Spinach and orange

- 2 tbsp olive oil
- 4 six ounce pieces of halibut
- salt and pepper to taste
- 1 tbsp white wine vinegar
- 1 packet Truvia
- 1 small orange
- 1/4 onion, thinly sliced
- 4 C spinach, stems removed

Heat 1 tbsp olive oil in large skillet over medium heat. Season fish with salt and pepper and cook until flakey. In a large bowl, whisk the vinegar, turvia and remaining oil with a little salt and pepper. Cut away the peel of the orange and slice into rounds. Add to onion and spinach, gently toss to combine and add halibut.

Makes 4 servings (5 ounces cooked protein per portion)

Southwest Shrimp:

- 4 servings
 - 3 1/4 C water
 - 1 tsp salt, divided
 - 3/4 tsp garlic powder
 - 1/2 C 2% Monterey Jack cheese
 - 1.5 lbs peeled shrimp
 - 1 tbsp chili powder
 - 1 tsp cumin
 - 2 tbsp canola oil
- Garnish: Cilantro with sliced green onion

Rinse Shrimp and pat dry. Toss shrimp with chili powder, cumin, garlic powder and salt. In a large skillet heat the oil and add the shrimp and cook for about 3-5 minutes. Garnish with cilantro and onion.

Homemade Flax bread French toast!

This recipe has 2 parts. Making the loaf of bread and making the french toast.

Ingredients:

- 2 cups flax seed meal
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1-2 Tablespoons Truvia, Stevia or Pruevia

- 1-2 Tbsp cinnamon
- 5 beaten eggs
- 1/2 cup water
- 1/3 cup oil

Preparation:

Preheat oven to 350 F. Prepare pan (a 10X15 pan with sides works best) with oiled parchment paper.

- 1) Mix dry ingredients well -- a whisk works well.
- 2) Add wet to dry, and combine well. Make sure there aren't obvious strings of egg white hanging out in the batter.
- 3) Let batter set for 2 to 3 minutes to thicken up some (leave it too long and it gets past the point where it's easy to spread.)
- 4) Pour batter onto pan. Because it's going to tend to mound in the middle, you'll get a more even thickness if you spread it away from the center somewhat, in roughly a rectangle an inch or two from the sides of the pan (you can go all the way to the edge, but it will be thinner).
- 5) Bake for about 20 minutes, until it springs back when you touch the top and/or is visibly browning even more than flax already is.
- 6) Cool and cut into whatever size slices you want. You don't need a sharp knife; I usually just cut it with a spatula.

This makes a entire loaf of bread. Once you are finished making the bread take 1 slice and dip it in a bowl with an egg (beaten with a fork) and 1 T of cinnamon mixed in with the egg. Then transfer to a coated pan and cook on both sides over medium heat. Top with a sprinkle of Truvia and blueberries as desired.

Pork lettuce wraps

Ingredients:

- 2 garlic cloves, finely minced
- 2 Tablespoons Truvia
- 3 Tablespoons white wine vinegar
- 1 pound thin, boneless pork chops
- 1 head green leaf lettuce, leaves separated (or Boston lettuce will work well too)
- 1/2 bunch fresh mint leaves
- 1/2 English cucumber, thinly sliced
- 1 jalapeno, thinly sliced

Directions:

In a small bowl, mix together the garlic, Truvia and vinegar with the olive oil until combined. Place the pork in a Ziploc bag, pour the marinade over it, seal, and refrigerate for 2 hours or overnight.

Preheat your grill to high and brush the grates with oil. Remove the pork from the bag and discard the marinade. Place directly over the fire for 3-4 minutes on each side. Remember, these chops are thin, so 3-4 minutes a side is plenty of time, especially if the grill is nice and hot! Remove the pork from the grill and transfer onto a cutting board. Allow to rest for 5 minutes then cut into strips.

Lettuce wraps: Lettuce leaf, topped by a cucumber slice, 1 or 2 mint leaves, 1 or 2 slices of jalapeno, pork slices. Roll into sort of a burrito and devour!!

Portobello Burgers:

- 4 portobello mushrooms, stems on
- 2 teaspoons grill seasoning
- 2 tablespoons canola oil
- 1 tablespoon chopped garlic
- 2 teaspoons Worcestershire sauce
- 2 tablespoons red wine vinegar
- 1/2 cup grated 2% Cheddar
- 4 leaves romaine lettuce

Directions

Rub the mushroom caps with a damp cloth to clean. Remove stems. In a small bowl combine the grill seasoning, oil, garlic, Worcestershire sauce and vinegar. Brush over the mushrooms making sure to coat completely. Heat grill on medium heat. Put the mushrooms, gill side down, onto the grill and grill about 4 to 5 minutes on each side. After you flip the mushrooms top each with 2 tablespoons of 2% Cheddar and lettuce as desired.

Adapted from the Food network.

Sobe Daiquiri:

1 Sobe Life Water (made with Purevia)
Lacroix sparking water (flavor of your choice)
2 strawberries

Pour contents of sobe beverage into icecube trays and allow to freeze. Once frozen, pour half the icecubes into a blender and add 1/4 C of Iacrox and 2 strawberries to the blender. Blend until smooth and enjoy!

Ham and Cheese Soufflé

Makes 6 servings, provides 3.5 ounces of protein per portion

Ingredients:

- Nonstick cooking spray
- 3 tablespoons coconut oil
- 1/2 cup heavy whipping cream, warmed
- 3 large eggs, separated, plus 3 egg whites
- 1 1/2 cups grated 2% cheddar
- 1/3 pound lean deli ham, diced
- 1 tablespoon spicy brown mustard (make sure there is no sugar added)
- 1/2 teaspoon salt

Directions

Preheat the oven to 350 degrees F. Spray 6 (6-ounce) souffle dishes with nonstick spray. Heat the coconut oil over medium-high heat in a medium saucepan. Whisk in the heavy whipping cream. Turn off heat and let cool slightly. Whisk in the egg yolks, then the cheese, ham and mustard. Let sit and cool slightly while beating the egg whites. In another bowl with an electric mixer, beat the egg whites until soft peaks. Stir 1/4 of the whites into the ham and cheese base mixture to lighten, then fold in the rest of the whites. Fill each ramekin 3/4 of the way. Bake until puffed up and lightly browned on top. 15 to 20 minutes. Remove from the oven and serve.

Zucchini Frittata:

Makes 4 servings, ~2 ounces of protein per serving

Ingredients:

1 large onion, chopped
2 medium zucchini, halved and thinly sliced
1 C thinly sliced mushrooms

2.5 tbsp butter
3 eggs
5 tbsp heavy whipping cream
½ tsp ground mustard
Salt and pepper to taste
1 C 2% shredded Swiss cheese

Directions:

In a large skillet, sauté the onion, zucchini and mushrooms in butter until tender; drain. Transfer to an 8 in square baking dish coated with cooking spray. In a large bowl, whisk the eggs, cream, mustard, salt and pepper; pour over vegetable mixture and sprinkle with cheese. Bake on 375 for 18-22 minutes.

Mustard Ham Casserole:

Makes 12 servings

Ingredients:

12 ounces fully cooked lean ham
1 C chopped green pepper
¾ C shredded cheddar cheeses (2%)
1/3 chopped onion
7 eggs
1.5 C heavy whipping cream
3 tsp ground mustard
1 tsp salt

Directions:

In a 13 in x 9 inch baking dish coated with olive oil spray, layer ham, green pepper, cheeses and onion. In a large bowl combine the eggs, cream, mustard and salt. Pour over top. Bake uncovered at 325 degrees for 40-45 minutes.

Low Carb Crockpot Soup

Makes 8 servings

Ingredients:

2 lb skinless chicken breasts cut in 1 inch cubes
2 cans fat-free chicken broth
1 cup onion; chopped
1 cup celery and bell pepper; sliced
1 tsp paprika
1/2 tsp pepper
1/2 tsp rubbed sage
1/2 tsp dried thyme
1/4 cup cold water

Directions:

In your favorite crockpot, combine the ingredients; cover and cook on high for 4 hours or low for 8 hours. Enjoy!

Strawberry Cucumber Salad

Ingredients:

2 pickling cucumbers
12 strawberries
1 tablespoon champagne vinegar
3/4 tablespoon extra virgin olive oil
salt and pepper
1 tablespoon mint, chopped

Directions:

Peel the cucumbers and slice thinly. Hull the strawberries and slice thinly (save one strawberry). Arrange the cucumber and strawberry slices on a round, shallow serving plate. Do an outer circle of cucumbers. Do a slightly overlapping inner circle of strawberries. Continue making inner circles. Finish with the saved strawberry, sliced in half, served on top in the center. Season with salt and pepper. Sprinkle with vinegar. Drizzle with olive oil. Chill for one hour. Just before serving, garnish with chopped mint. Source: Kraft Foods <http://www.food.com/recipe/strawberry-cucumber-and-mint-salad-299772#ixzz1GITmxVQH>

Turkey Apple Balls

4 servings, provides 4 ounces of protein per serving.

Ingredients:

16 ounces lean ground turkey
1 egg
1 green apple, peeled and shredded
1/2 C shredded 2% cheddar cheese
salt and pepper to taste

Instructions: In a bowl, mix the ground turkey with all ingredients. Make cherry sized meatballs and place in a glass baking dish. Bake on 350 degrees for 30 to 45 minutes until cooked throughout.

Cheesy Turkey Dog Scramble

makes 2 servings and provides 4 ounces of protein per serving.

Ingredients

- 1/2 tablespoon unsalted butter
- 1/2 diced medium onion
- 2 Turkey dogs, sliced into 1/2-inch thick slices
- 4 large eggs
- sea salt and freshly ground black pepper
- 1/2 cup 2 % shredded Cheddar Cheese

Directions

In a medium pan on medium heat, add the butter. Once melted, add the onions and cook until tender, about 5 minutes. Add the turkey dogs and cook to heat them through. Beat the eggs and add salt and pepper. Reduce heat in the skillet and add the eggs, then sprinkle the 2% cheese on top. Cook, stirring often, until the eggs are cooked, serve hot.

Stage 2 Eggplant Dip (4 servings)**Ingredients:**

1 small head garlic
1 teaspoon olive oil
Kosher salt and freshly ground black pepper
1 small eggplant
1/4 cup fresh parsley, roughly chopped
1/2 teaspoon ground cumin
1 packet true lemon
3 tablespoons olive oil
1/4 teaspoon paprika

Directions:

Pre-heat oven to 400 degrees. Cut off the pointed top of the garlic and put it on a sheet of aluminum foil, cut side up. Drizzle with the olive oil and season with salt and pepper. Wrap it up, put it on a baking sheet, and bake until the garlic is soft, about 45 minutes. Unwrap and let cool for about 20 minutes.

Into a blender, squeeze in the roasted garlic. Add the eggplant, parsley, cumin, and packet of true lemon and pulse to combine. With the blender running, drizzle in the olive oil. Taste and adjust the seasoning with salt and pepper. Scoop the dip into a bowl, sprinkle with paprika, and serve with raw approved veggies.

*Dip provides 4 vegetable servings, if you pair one serving with 1 C raw approved stage 2 vegetables this would provide 2 vegetable servings for the day out of your 4.

Turkey Burger with peppers:

stage 2

Ingredients:

16 ounces lean ground turkey
1 egg
1/2 tsp parsley flakes
1 clove of garlic minced
1/2 onion minced
1/2 tsp cumin powder
2 bell peppers (color of choice)

Directions:

In a large bowl mix 16 ounces of meat with 1 egg and all spices as well as onion and garlic. Form into 4 burger patties. Cook patties on medium heat in a coated pan until brown. In the mean time slice peppers and steam with a small amount of water in small pan over medium heat. Once peppers are tender add them in with turkey burgers and sauté for ~1 minute. Serve hot.

Spaghetti Squash Soup:

Stage 2

Makes ~ 5 servings providing 2 vegetable portions and 3 ounces of protein.

Ingredients:

1 Medium Spaghetti Squash
1 diced zucchini
1 diced summer squash
2 bell peppers, diced
16 ounces lean ground meat (turkey, chicken or beef)
6 Cups of low sodium broth
1/2 Tbsp Italian Seasoning

Directions:

Cut Spaghetti squash in half and remove inner pulp and seeds. Place squash face down in microwave safe dish with ~ 1/2 C water and microwave on high for 10 to 15 minutes. Meanwhile, prep veggies by rinsing and dicing, set aside. Remove squash with pot holders from microwave and scrape out squash into large pot. Add diced veggies to pot as well as broth. Add seasoning. Place on medium heat and cover. Meanwhile, spray pan and brown the meat. Once the meat is finished the soup should be ready to go. Reduce heat to low or turn off and serve. Measure out 3 ounce of protein to top off soup.

Apple Frittata

Stage 2

Recipe Instructions:

Ingredients:

4 eggs, lightly beaten
2 tbsp heavy whipping cream
Dash salt and pepper
1 small tart apple, peeled and finely chopped
1/2 teaspoon lemon juice
1/3 cup finely chopped onion
1/3 cup finely chopped celery
1 tablespoon olive oil
1/3 cup shredded 2% mozzarella cheese

Directions:

In a small bowl, whisk the eggs, cream, salt and pepper; set aside. In another bowl, toss apple with lemon juice; set aside. In a 7-in. ovenproof skillet, sauté onion and celery in

oil until tender. Reduce heat. Add egg mixture to skillet; sprinkle with apple and cheese. Cover and cook for 4-6 minutes or until eggs are nearly set. Uncover; broil 3-4 in. from the heat for 2-3 minutes or until eggs are completely set. Let stand for 5 minutes before cutting. Yield: 2 servings.

Chicken Paprika: (4 servings)

Stage 2

Recipe Instructions:

Ingredients:

4 (5 ounce) boneless skinless chicken breasts
1 tbsp paprika
2 tsp unsalted butter
2 C sliced mushrooms
1 green pepper sliced
1 small onion, thinly sliced
2/3 C dry white wine
2/3 C heavy whipping cream
Salt and pepper to taste

Directions:

Sprinkle both sides of chicken with ½ tsp paprika. Melt 1 tsp of butter into skillet over medium heat. Add chicken and sauté until brown. Transfer to plate. Add the remaining butter to skillet as well as mushrooms, peppers and onion. Cover and turn down to medium heat. Sauté until tender and liquid has evaporated. Uncover and still in remaining ½ tsp paprika and wine. Add chicken back and allow contents to cook with the remaining paprika and wine. Enjoy!

Brussel Sprouts: (6 – 8 servings)

Stage 2

Recipe Instructions:

Ingredients:

1 lb Brussels sprouts
4-6 Tbsp butter
1/2 onion chopped
salt and pepper
1 teaspoon lemon juice

Directions:

Remove old leaves and steam for 3 minutes until tender. Drain water and place Brussels sprouts in ice water (to keep color bright green). Cut sprouts in half. Heat 2-3 tbsp butter in pan over medium heat, add onions and cook until tender. Then add remainder of butter onto Brussels sprouts increase to medium high heat and allow to cook for a few more minutes. Add salt and pepper to taste.

Pickled Shrimp

INGREDIENTS (makes 10 servings)

5 cups water

12 large garlic cloves, thinly sliced

8 bay leaves

Eight 3-inch-long strips of lemon zest

6 to 8 small dried red chiles

3 tablespoons kosher salt 1/2 cup fresh lemon juice

1/4 cup Truvia

3 pounds medium shrimp, shelled and deveined

1 1/2 pounds cucumbers, cut into 3/4-inch-wide spears

MAKE AHEAD

The shrimp and cucumbers must be refrigerated overnight and served the next day.

Directions:

In a saucepan, combine the water, garlic, bay leaves, lemon zest and chiles. Cover and simmer over low heat for 10 minutes. Uncover, add the salt and let the brine cool. In a large sauce pan combine the water, garlic, bay leaves, lemon zest and chiles. Cover and simmer over low heat for 10 minutes. Uncover, add the salt and let the brine cool. In a small saucepan, combine the lemon juice and Truvia and boil over high heat until reduced by half. Bring a large saucepan of water to a boil. Add the shrimp and cook for just 1 minute, then drain. Arrange the cucumber spears around the side of a large glass bowl. Put the shrimp in the center and cover with the brine. Place a plate directly on the shrimp and cucumbers and weight it down with canned goods to keep the shrimp and cucumbers submerged. Cover and refrigerate overnight.