

Easy to Assemble Breakfast and Lunch Recipes

Mango Smoothie - *This makes a large serving and is thick enough to eat with a spoon.*

	Calories	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Protein (g)	Carbs (g)
<i>Serves 1</i>									
1 cup vanilla Light Silk Soymilk	80	0	0	2	95	7	1	6	10
1 packet vanilla Alba shake	70	0	0	0	110	6	0	5	11
1/3 cup no salt-added low fat cottage cheese	53	1	0	1	30	2	0	8	2
½ teaspoon sugar-free orange or peach Jello powder	1	0	0	0	5	0	0	0	0
1 cup frozen mango chunks	120	0	0	0	0	17	3	0	28
Nutrition Facts per Serving:	324	1	0	3	240	32	4	19	51

Directions: *Mix first four ingredients in blender until smooth. Add mango and blend on high until smooth and silky!*

Microwave Omelet - *This recipe includes a vegetable and milk serving. Enjoy over whole wheat toast to get a boost of fiber, as well.*

	Calories	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Protein (g)	Carbs (g)
<i>Serves 1</i>									
1/2 cup egg substitute (or 3 egg whites, if preferred)	60	0	0	0	100	0	0	6	0
1 plum tomato, diced	13	0	0	0	6	0	1	1	3
2 slices any non-fat cheese	60	0	0	0	620	2	0	10	6
Nutrition Facts per Serving:	133	0	0	0	726	2	1	17	9

Directions: *Spray deep microwavable dish with non-stick cooking spray. Add egg substitute and tomato, and cook on high 1 minute. Stir in one slice of broken up cheese and cook on high 1 minute; stir. Break final slice of cheese into three pieces, and place along edges of dish. Cook on high 30-60 seconds as needed.*

Dinner Recipes

Joanne's Crockpot Vegetable Barley

Stew - *This hearty dish is a balanced meal of whole grains, vegetables, and half a serving of milk.*

Serves 6

	Calories	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Protein (g)	Carbs (g)
1 eggplant, unpeeled and diced	131	0	0	1	11	13	19	6	31
1 large zucchini, halved lengthwise and sliced	52	0	0	0	32	6	4	4	11
1 large red pepper, diced	43	0	0	0	3	7	3	2	10
1 c. onion, diced	66	0	0	0	5	7	2	2	16
2 cans diced tomatoes with juice	175	0	0	0	1750	28	14	7	42
Garlic powder to taste	0	0	0	0	0	0	0	0	0
Italian seasoning to taste	0	0	0	0	0	0	0	0	0
3/4 c. pearl barley	540	0	0	0	15	0	24	15	117
2 c. water (adjusted to desired consistency)	0	0	0	0	0	0	0	0	0
<i>Nutrition Facts per Serving:</i>	168	0	0	0	303	10	11	6	38

Directions: *Place vegetables and seasonings in large crockpot and cook on high for 3-4 hours. Add barley and water and cook on high for another 3-4 hours. For extra nutrition and creaminess, stir 1/4 ricotta cheese into each serving.*

1/4 c. low fat ricotta cheese per serving	60	2	0	3	150	2	0	7	3
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Nutrition Facts per Serving with ricotta cheese: 228 2 0 3 453 12 11 13 41

Dorothy's Sloppy Joes - *They will never know you used a meat substitute! It saves over half the calories of 90% lean ground beef and has less than 10% of the fat.*

Serves 4

	<i>Calories</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Total Fat (g)</i>	<i>Sodium (mg)</i>	<i>Sugar (g)</i>	<i>Fiber (g)</i>	<i>Protein (g)</i>	<i>Carbs (g)</i>
12 oz. Ground beef substitute such as Boca Ground Burger Crumbles or Morningstar Farm Veggies Crumbles	360	0	0	3	1620	0	18	78	36
1/2 c. fresh chopped onion	33	0	0	0	3	4	1	1	8
1/2 cup ketchup	120	0	0	0	1520	32	0	0	32
1 tablespoon mustard	0	0	0	0	180	0	0	0	0
1 tablespoon Worcestershire Sauce	0	0	0	0	180	0	0	0	0
2 teaspoons Splenda	0	0	0	0	0	0	0	0	0
2 tablespoons vinegar	0	0	0	0	0	0	0	0	0
<i>Nutrition Facts per Serving:</i>	128	0	0	1	876	9	5	20	19
Wonder Lite Hamburger Bun	80	0	0	1	210	0	4	4	18
<i>Nutrition Facts per Serving with bun:</i>	208	0	0	2	1086	9	9	24	37

Directions: *Place all ingredients except the buns into a microwaveable bowl and cover. Cook on high 5 minutes. Stir and cook for another five minutes. Serve over buns.*

Tomato Sauce with Spaghetti Squash

- Try this tomato sauce with spaghetti squash for a lighter alternative to pasta.

Serves 8

	Calories	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Protein (g)	Carbs (g)
1 large zucchini, halved lengthwise and sliced	52	0	0	0	32	6	4	4	11
2 cans tomato sauce (no oil or sugar added)	210	0	0	0	3920	14	7	0	42
2 cans diced tomatoes with juice	175	0	0	0	1750	28	14	7	42
2 cans tomato paste	300	0	0	0	200	30	10	20	60
1 can mushrooms, drained	60	0	0	0	640	2	4	6	8
18 meatless meatballs, if desired, such as Trader Joe's	420	0	0	18	1680	3	12	48	24
<i>Nutrition Facts per Serving:</i>	152	0	0	2	1028	10	6	11	23

Directions: Place zucchini in large microwaveable bowl and cook on high about 4 minutes, until zucchini is soft. Add all other ingredients and cook on high for 5 minutes. Stir and cook another 5 minutes. Note - To make in a crockpot, place all ingredients in the pot and cook on low heat for 6 hours.

1 c. Spaghetti Squash	31	0	0	1	17	0	0	1	7
Nutrition Facts per Serving with squash:	183	0	0	3	1045	10	6	12	30

Directions: Cut spaghetti squash in half lengthwise. Scoop out seeds. Place cut-side down in large shallow microwaveable dish and cover with plastic wrap. Cook on high 10 minutes. Turn over and reposition halves so side facing out originally faces inside; cover and cook another 10 minutes or until tender. Remove flesh from the shell with a fork, creating long spaghetti-like strands. Serve with sauce, 3 meatballs, and parmesan cheese, if desired.