

Carla's Creations

The easy guide to fast, easy tasty choices

Before you can start cooking right, you must have the right ingredients available.

Here is a shopping list: these items ALL have a long shelf life therefore the more choices you keep available the better chance of SATISFACTION without DEVIATION:

Bag of FROZEN chicken breasts (F,E)
Bag of FROZEN chicken breast strips (F,E)
Bag of FROZEN Salmon (F,E)
Bag of FROZEN Shrimp (F,E)
Bag of FROZEN sword fish, tilapia, grouper, sea bass...you get the idea (F,E)
Bag of FROZEN Spinach (F,E)
Bag of FROZEN onions and peppers (F,E)
Bags of other FROZEN veggies (F,E)
Bags of FROZEN berries any kind (w/o sugar added...need I say?) (F,E)
FROZEN orange juice concentrate – for cooking
Double pack of sliced lean turkey or chicken (you can freeze)
Pack of Turkey Pepperoni (F,E)
POUCH of tuna (3 oz) they now come pre flavored (P)
POUCH of salmon (P)
POUCH of Chicken and turkey (P)
4 pack egg whites (LL, E)
Carton Eggs
FRESH snap peas (LL, P)
FRESH grape tomatoes (LL, P)
Box of spring mix salad – the greener the better!
Box of baby spinach – when starts to wilt you can cook it
BIG bag of red/new potatoes
Sweet potatoes
Any potatoes (sweet best choice)
Bag of rice – best choice brown
Oatmeal – not the flavored – PLEEEEEEZE!
Low-Fat Cream cheese (O)
Low-Fat Cottage Cheese
Low-Fat Yogurt
Quinoa-high protein grain packed with vitamins
Dried beans
FRUIT
Frozen Fruit
Roasted peppers canned
Beef/turkey or venison jerky- (S)
CANNED crab meat (LL,F, E)
CANNED tuna (LL,F, E)
CANNED salmon (LL,F, E)
CANNED chicken (LL,F, E)
Progresso Chicken with rice (E, P, S)

Healthy Choice chicken with rice (E, S)
CANNED crushed tomatoes
Canned chicken broth – LOW SODIUM

SPICES AND ITEMS THAT ARE FUN TO PLAY WITH IN THE KITCHEN
(Keep in mind these are for COOKING not for snacks☺)

Sliced Almonds
Whole Pecans
Pine nuts
Dried Cranberries
Dried Tomatoes
Raisins
Lime juice
Lemon juice
Nakano seasoned rice vinegar (s)
Balsamic vinegar
White balsamic vinegar
Taboule
Brochette
Splenda
Franks red hot sauce
Worcestershire sauce
Soy Sauce (S)
Dijon mustard
Honey
Horseradish
Wasabi
Garlic
Onions
Pickled, hot or sweet peppers

Beyond the standards, other spices can be found at Verduccis or Wegmans.
As you experiment you will find spices and flavors you like, these are some good starters:

Drogheria and Alimentari's

Tuscan Herbs Mill
Provence Herbs Mill
Pesto Genovese Mill
Mediterranean Salt Mill
Pepper Corn Mill (4 season only if you like red pepper) (H)

Cuisine Perel

Sun Dried Apricot Vinegar
Cranberry Vinegar

Ingelehoffer

Creamy Dill Mustard
Horseradish Mustard
Cranberry Mustard

Good cooking tools to keep handy:

PAMPERED CHEF Chopper
PAMPERED CHEF Crinkle cutter
PAMPERED CHEF microwave steamers

Quality 8" Teflon fry pan with lid
Quality 10" Teflon fry pan with lid

KEY:

F=Fast

E=Easy

P=Portable

LL=Long shelf Life

S=Sodium

H=Hot

FF&T=Fun Fast and Tasty

FF&E=Fast, Fun and Easy

S&P= Salt and Pepper

So let's cook Carla style:

First you need to know, I have very few RECIPES. The recipes I have been able to quantify are included as traditional recipes. The rest of the pages are filled with techniques and ideas to make breakfast, lunch, dinner and snacks more exciting.

Please keep in mind, you are now eating to live and food is fuel. Try not to get obsessed with recipes. Make it fun, fast and tasty without all the fuss. Unless you like to fuss

As I come up with new ideas...we will add to the book.

FIRST, let's talk types of ways to cook. Most lean meats can be prepared by these methods:

Poach, Sautee, Boil, Steam, Fry, Grill, Bake &
Stir fry

All good choices when done the right way!

NOTE: My methods may not be textbook in execution, but who cares if it is fun, fast and tasty.

When discussing portions, these recipes will be done for ONE but you can double, triple etc...

BREAKFAST IDEAS

EGGS or in our world – egg whites! (EW)

The easiest way to prepare egg whites is in an omelet.

Preparation is either with a spice or filling lightly sautéed then adding the egg whites or cooking the egg white first then adding the special FF&T filler.

Sautéed first:

Take 8” pan, spray canola oil cooking spray on pan, and heat up on high

Add ingredients (see below for some great choices) and braise.

Pour in egg whites (approximately ¾ cups.)

Heat on high until EW go from clear to white.

Turn heat to low, cover and cook through for approximately 1 more min.

Season with milled pepper, fold, slide on a plate.

CHOICES: Most of these choices are FREE foods, if in oil log as a FAT. Quantity for one omelet is 2 tsp. +/- or one palm size of item

- Onion
- Onion and Garlic
- Onion and pepper - frozen (F, E)
- One of the pickled peppers (F,E)
- Tomatoes
- Tomatoes and onions
- Tomatoes, onion and garlic
- Bruschetta (F, E)
- ANY FRESH HERB – my favorite: basil.
- Sun dried tomato
- Mushroom
- Slice of lean turkey or ham if you must (more protein yea!)

Wow, look at how many breakfasts or quick dinners you just made and we have only done one style of cooking.

Filler second:

Cook egg whites in a pan sprayed with canola like above. As egg whites cook add the filler ingredient, turn burner to low, cover and cook through slowly to heat the filler and cook the egg fully.

CHOICES: Most of these will be FREE or 1 FAT and the quantity will be 2 tsp +/- or a palm size of item:

- Frozen chopped spinach
- Frozen chopped broccoli
- Taboule
- LOW-FAT cream cheese
- Parmesan Cheese
- CARLA's P & A cheese and garlic paste
- Spinach and Carla's P and A paste
- Asparagus – chopped
- ANY left-over veggie
- MILL some spice (F,E)

All these items can be mixed with the egg whites and done scrambled style – not as fast or easy requires a bowl, and a Wisk...hey, I am all about F and E!!!

Tired of Omelets for breakfast...what else is a GOOD choice?????

NEW 2009 – No payday Friday Muffin Eggs

Inspired by a group of teachers in Long Island to bring a dish that was easy, portable and HEALTHY....

Spray Pam into normal size muffin pan.

Place 1 piece of turkey into each muffin form (thin sliced so it forms a cup)

Crack fresh egg into of each piece of turkey

Top the egg with turkey pepperoni and or ¼ slice of cheese or shredded cheese

Bake for 20 min at 375*

Pop out with a spoon and serve alone, over potatoes or on a whole grain toast

Great choice of Protein in the AM 1 “muffin” is less than 175 calories

Mix it up...use different protein in mix

NEW 2010 From Virginia

CHINESE TEA EGGS:

Chinese tea eggs are boiled and then steeped in Chinese herbs and black tea. The result is a savory treat with a unique cracked marble appearance. Start early, because to fully absorb the flavors, the eggs should steep overnight.

12 large eggs

2 tbs. salt

¼ cup soy sauce

4 star anise (can find in Asian market in spice section)
¼ cup Chinese five spice powder (can find in Asian market in spice section)
¼ cup brown sugar
4 tea bag, black tea, any type

preparation

Steps

1Step One Fill a large saucepan with water and place the eggs in the water. Bring the water to low boil over medium heat, and boil the eggs for 3 to 5 minutes.

2Step Two Drain the boiled eggs and allow them to cool.

3Step Three Place each boiled egg on the counter and roll it with the palm of your hand so that the shell cracks all over. Don't remove the shell from the egg.

4Step Four Fill the saucepan with fresh water (enough that it will just cover the dozen eggs when you later put them in). Add everything except the eggs. Bring the mixture to a boil and place the cracked eggs in the boiling water.

5Step Five Reduce the heat to low, cover, and let the eggs simmer for about an hour.

6Step Six Remove the saucepan from the heat and let the eggs sit in the seasoned water until you're ready to peel and eat them, at least overnight. Keep in liquid in fridge. Good for at least a week.

How about F & E rice pudding? Or use quinoa instead of rice

1/3 cup rice already cooked skim milk and a few raisins. Add a dash of, nutmeg, cinnamon, clove (if you like clove) and Splenda NUKE and EAT.

This is great for you white bread lovers... can be very satisfying.

How about Home fried Potatoes? WHAT!!!!??? Yep

Take one 3 oz potato, slice with crinkle cutter, cube or just slice with a regular 'ol knife (nuke for 1 minute then slice if you are REALLY short time)

Heat up 8" pan with COS and add favorite milled spice or paprika or cayenne or pepper or salt or whatever tips your cow.

Lay potatoes in pan. Fry approximately 2 minutes, spray with a little more COS and flip. Cook about another 2 minutes then drop heat to low. Cover and cook - EAT

Add peppers and onions for a real treat!

Fruit Recipes for the picky fruit eater

I am not a fan of fruit. Over ripe or under ripe and I CAN'T eat.

If you are like me – this section is for you.

CHILLED FF&T Melon and Cantaloupe

Cube or ball the melon and Cantaloupe
Mix in FRESH cilantro, honey and lemon juice
Chill in fridge
EAT

Suggested presentations for a nice summer dinner:

Chill small plate or bowls, slice the melon or cantaloupe rind into 3x1 inch triangles. Lay the wedge on the plate, scoop the melon onto the wedge, garnish with fresh cilantro stalk, wedge of lemon or lime or my favorite, edible flowers.

Chill margarita glass, lime and Splenda the rims, fill with melon, garnish with lime wedge.

FRUIT CHUTNEY (not in the traditional sense, but it's yummy)

Take the fruit that is on its way out that you would have used to make bread in the past and use it to make this FF & E snack.

Peel and steam apples, pears, peaches...your choice in the pampered chef steamer with a 1/3 cup water.

Mash, add bananas if they are over-ripe. Add a dash of lemon juice, or squeeze of a citrus fruit if available. Spice to taste cinnamon, nutmeg, cloves and add Splenda to taste.

Put in fridge. Good for breakfast fruit, or second fruit of the day (1/2 a cup is a good portion). If you have not had a FAT yet ...add about 4 chopped pecans on top YUMMMY! Can be served warm or cold.

TIP: If you have this mixture made and there are NO BANANAS in it, add it to some mashed sweet potatoes for dinner!

SORBET: The above mix can be thrown in the food processor and pureed. Then pour into lined muffin tins and freeze. Makes a great summer snack.

Try with berries and citrus or berries and a tad of skim milk – any combo works.

Remember: A better choice is always FRESH and a fruit with a protein is a GREAT choice.

- Peanut Butter on an Apple or Banana

- Chopped nuts with your fruit

It's LUNCHTIME, who is bored?

My favorite standby:

Spring salad topped with grape tomatoes, onion and dried cherries.

Topped with your choice of: Tuna, Salmon, Chicken, Turkey or Shrimp (preferable lightly seasoned and warm) a dash of parmesan cheese and one small red potato nuked and chopped on top.

To prep for this salad and make it FFET I do the following:

Pre grill or bake a gross of fresh chicken breasts or other lean meats listed above (for recipes see lean meat recipe section)

Freeze in freezer zip lock bags.

In morning grab:

Handful of salad
Small handful of tomatoes
1/8 cup cranberry/onion mix
1 red potato (already cooked if microwave not available)

Put onion mix and dash of Parmesan cheese on bottom of container, cover with wax paper and add greens and tomato, another sheet of wax paper put in chicken and potato.

When it is time to eat, nuke the lean meat and potato, cut up and mix. Add to salad and remove wax paper dividing the greens and onions. Toss and eat – requires NO dressing so the FAT from the dressing is replaced with a mix of fat from parm cheese and cranberry. If it is a low fat day, pine nuts, almonds or pecans can be added to the onion mix.

If you do not have a microwave, the lean meat and the potato can be cut up and placed at the bottom of the container with the onion mix.

I use the wax paper to keep the greens from getting mushy.

Wow, who knew a salad needed that much instruction??

Keep in mind the same type of preparation can work for any salad where you are adding chopped items and lean meat to greens.

TOO cold to eat salad??

If you are close to a deli, cafeteria, or microwave, here are some FFET suggestions:

Ask the person on the grill to chop up a chicken breast, look at what they have already prepped for the sandwiches like chopped tomato, onion, peppers, hot peppers, mushroom and ask them to throw your choices on the grill with the chicken for a few seconds. If they have potatoes or rice have them add to the grill mix. If they don't have a good grain choice give them one of your pre-nuked potatoes to blend in or a 1/3 cup of rice. Makes a quick and easy stir-fry, it's warm, follows the plan. Usually they only charge for the chicken. Should be less than a sandwich if you provide the grain.

Sandwiches.....the key to making these work is the grain...read labels. Not all breads are as good as they advertise. Wraps are packed with processed flour and are high in carbs and calories. ASK to read the labels on the breads your deli uses. Stick to LOW FAT AND LOW CARBS, High Fiber and 70 calories.

Use mustard instead of mayo
Top with lettuce and tomato
Horseradish adds a nice kick
Franks Red Hot adds some zip

Milled pepper always enhances the flavor
See if you can skip the cheese.
Cranberry or dill mustard – yummy

BEST fast food choice

Wendy's salads with chicken - baked potato side. Eat 1/3 of potato they are HUGE!

If you are home and want to make FFET salads here we go:

Buffalo chicken salad

Prepare Buffalo chicken in Lean Meat recipe section cubed.

Serve over your favorite salad mix

Drizzle some of the remaining buffalo juice for your dressing (no fat choice)

Sprinkle a small amount of fresh bleu cheese crumbs over top to add flavor (if you do not have bleu cheese you can substitute low calorie low fat ranch or bleu cheese dressing. DON'T use too much, it is to enhance the dish. It is NOT the dressing.)

Just like eating Buffalo wings... a favorite with lunch guests at my home.

TUNA and RICE on salad – say what?

Take 1/3 cup of rice, 2 – 3 oz tuna and one of the many types of vinegars listed above. Mix and serve over your favorite salad mix.

Can be warm or cold.

Favorite things to put in tuna – DILL and mustard or vinegar and milled spices.

Mix up your tuna with hardboiled egg white (chopped) and onion and cranberry (chopped), vinegar and a dash of fine chopped pecans. Be creative. Works for salmon too.

If you are not into making a salad and you work in the FLEMINGTON area. Verducci's Café in Liberty Village has the best choices for take-out. The salads are really two meals but the chicken, shrimp and tuna are fresh, seasoned with little or NO FAT and very tasty. Get dressing on the side....guarantee you will not need. DON'T FORGET A GRAIN – ask for a small multi-grain roll or BYOP.

SOUPS

YES, YES, YES

If you make your own soup, you control the content. If you don't; read labels you are looking for low carb, low fat high protein. Best choices are listed in the shopping list.

Best way to make soup FFE&T.

Make your stock. Chicken or vegetable is best. Skim off all excess fat.

DUMP in your choices.

2 -3 oz of a lean meat

1/3 or 3 oz of a grain – best choices potato or rice

Veggies

Season

If making a vat...measure what you put in so you can determine portions.

If you like peas or legumes or barley use in place of GRAIN and add a FAT.

UNLESS YOU ARE VEGAN OR VEGITARIAN TRY NOT TO USE LEGUMES AS A SUB FOR PROTEIN IT IS NOT COUNTED THAT WAY!

Want a creamier soup? See the recipe in the back, for Pumpkin Soup

FRIGE FEST

OK Pretend you are McGyver of the refrigerator.....Take out items that may or may not go well together and experiment....her is my latest...

Turkey Breast – cooked

Turkey pepperoni

Onion

Roasted Peppers (jar)

Grain of choice this time we had leftover wheat pasta

Chop and brown onions in pan with Pam....add some turkey pepperoni to taste....I cut in 4's like little pies...continue to cook...add H2O as necessary to keep nice. Add roasted peppers and cubed turkey breast..at last min fold in grain of choice and wilt some baby spinach if you have it...serve in bowl.

Yummmmand EZ

Panini's - YUM

Lavash bread (BJ's)

Salmon

Low Fat cream cheese

Fresh spinach

Capers and red onion – optional

Spread cream cheese on 1/2 of the bread
Layer the remaining ingredients on cheese
Fold bread over
Put in Panini maker

EAT – I like to cut with Pizza cutter into 4's

Anything that makes a good sandwich makes an even better Panini.....
Things that make Panini's yummy

Fresh spinach
Fresh Parmesan cheese
Mustards
Avocado

OK so you have made it through the easy part and dinner is lurking. You have had a rough day, you are exhausted, and you know for a fact there will be nothing prepared let alone thawed when you get home.

Ideas for preparing lean meat – quick and easy

Fresh chicken preparation for the weekly fast consumption.

Take a flat of BJ's, COSTCOS or SAMS CLUB fresh skinless chicken breasts.

Clean and tenderize.

Spice all or split up with the seasonings below and bake. Cool, slice in half. Freeze in freezer zip-loc bags by seasoning and label. You now have approximately 28 lunches already prepped and ready to go.

- Salt, pepper, paprika
- Cajun spices
- Any Milled spices
- Garlic and onion
- Salad dressing

Chicken Bruschetta

Take fresh or frozen chicken tenders and fry in Teflon pan with canola spray. Brown each side. Add water (do not cover chicken with H2O). Cover with a lid drop to med heat.

Spoon a teaspoon of Bruschetta on top of each tender. Recover.

Cut one potato into cubes.. Put in pat around the chicken. Add water if getting dry.

Place a few spears of broccoli over the top (fresh or frozen).

Cover and let cook for the amount of time it takes to get out of your work clothes and make a glass of ice water.

Slide onto a plate (eating out of the pan is just wrong – but not forbidden if you are tired of dishes.)

Remember to add portions if you feel like feeding the family too.

Chicken Parmesan over Spinach

Prepare fresh or frozen chicken same as above in pan.

Instead of the brucshetta, spoon a teaspoon of the Parm/Asiago spread on top of the chicken.

Sprinkle fresh or frozen spinach around the chicken, cover and simmer.

Serve over:

Wheat pasta, Brown rice, Toasted whole grain bread, or any other good choice grain you like.

Buffalo Chicken

Prepare chicken in pan like before. Pour in healthy amount of Franks Red Hot and water, cover and simmer. Add potatoes or serve over rice.

Cube and serve over salad – see lunch ideas.

As you can see the method is always the same, the ingredients you choose can vary.

This works for all spices as well fresh as or milled

Try

Fresh garlic and lemon. Leave the lemon slices over the chicken as you simmer.

Fresh rosemary (easy to grow) and a bit of vinegar...leave the fresh rosemary on the top of the chicken.

Fresh basil, dill, oregano, sage, thyme; all wonderful with a dash of milled S&P.

For variety from the 8", bake in the oven, or grill on the BBQ.

Speaking of BBQ and any other sauces, here is the trick. Make them yourself...then you know what is in them.

Worcestershire and mustard is an awesome rub.

Soy sauce and Splenda is a poor mans teriyaki

Tomato sauce made from scratch is great too.

Fancier Chicken

Have a little time to prepare? Want to impress the family?

Here are a few recipes that require a tad of planning- mind you, if you keep the kitchen stocked, the planning minimizes drastically.

Mustard Encrusted Lean Meat

Take any fish, poultry, even pork and spread Dijon mustard on both sides.

Roll in a mixture of:

- Toasted, chopped pine nuts or
- Toasted chopped pecans or
- Toasted chopped almonds
- Ad herbs like:
 - thyme, basil, oregano, parsley

Cook in a Teflon pan and canola spray.

Brown both sides. Place in oven at 375 for 20 – 30 min (depending on meat and thickness).

Serve with rice and veggie – recipes to follow.

Dried Fruit and Lean Meat

Use mustard rolled in spice suggestions, brown. Add water and sprinkle dried fruit over the meat. Reduce heat and simmer.

Some good dried fruits are:

Cranberry, cherry, raisin, tomato, apricot

Fresh Veggies and Sliced Chicken and /or Shrimp

Brown chicken and or shrimp in canola spray pan. Add chicken broth and Julienned onions, peppers, mushrooms, garlic and chives. Reduce heat and simmer until cooked through. Serve with fried potatoes or French fried potatoes - see grain recipes.

Poached Salmon (or any lean white meat)
(Recipe is for whole filet with skin)

In a deeper pan, bring to boil:

White wine or champagne, water, bay leave, S&P, cloves

Season salmon with herb rub

Wrap in cheesecloth and sink into simmering mix. Make sure the meat does not hit bottom of pan. Poach for 20 min (less if thin meat)

Serve over spinach with cubed sweet potatoes

Next day serve cold over salad or serve as an appetizer with anchovy spread, chopped egg whites and multi grain crackers.

Have time in the morning to throw stuff in a crock pot?

Here is an easy recipe for chicken or any other lean meat

Two cans of plain tomato juice
1 dollop of Dijon Mustard
1 pepper cut up
3 cloves garlic
Chicken
Potatoes
Rosemary

Paprika
Cayenne Pepper
Garlic powder
Chicken broth

Cook in crock pot

Cooking easy Grains

You can do the following with any potato, sweet, red, yellow white, baking

Mashed – boil and mash. Use skim milk, chives, chicken broth, paprika, onions, garlic, and Dijon mustard. Apples or cider in sweet potatoes.

Any and all are great additives that are low in fat and carbs.

Fried – yup. Slice, cube, crinkle cut any type of potato or a mixture of.

Heat Teflon pan with canola oil until hot, throw in potatoes, cook until brown, spray exposed potatoes, flip.

Season with favorite seasoning.

Spice up with onions and peppers cut potato into smaller cubes and make home fries.

FRENCH FRIES – are we calling them that again?

Slice potatoes (sweet too) into fries. Shake in a bag with egg whites until coated.

Place on canola sprayed pan. Season with S&P, paprika, cayenne pepper, Cajun, jerk or whatever tips your cow.

Bake at 450 until brown.

Great to throw on ANY salad (Pittsburgh style)

Add fun to rice and to Quinoa

Wild rice with ...

Here are some things to throw into wild rice

- Any chopped nut
- Any chopped dried fruit
- Combo of both
- Onions
- Chives
- Scallion
- Fresh citrus
- Fresh mango
- Combo of above
- Citrus juice to make moist
- Apple cider and apples
- Pears and walnuts
- Pecans and cranberries
- The combos are endless

TIP:

Hungry and no time to cook

Egg white omelet with some veggie in the inside, side of potatoes...fast and yummy

Spreads, dips, Rubs

Asiago and Parmesan Cheese Salsa

Blend in food processor

½ lb each cheese.

Start with ¼ cup light olive oil or if you want to be really good canola.

1 whole bulb of garlic – YIKES☺

Chopped scallions

Cayenne pepper to taste

Blend – for a paste use only enough oil to keep it blending. For salsa add twice as much oil so cheese breaks up nice and is not too mushy.

Use in Omelets, on baked potatoes, in chicken/fish dishes, over salad instead of dressing.

Fennel spice rub

1 cup fennel seeds

3 tablespoons coriander seeds

2 tablespoons white peppercorns

3 tablespoons kosher salt

Take the seeds and peppercorn and cook in a heavy pan tossing frequently to toast. Cool, then grind in a blender, add the salt, Blend into a fine powder. Store in a spice jar.

Recipes from Verducci's cooking class

Modified for inches-A-Weigh by Carla and Chef Freddie Goicuria

Cajun Shrimp with Fresh Berry Dipping Sauce

(Serves 6)

24 Large 16-20 count shrimp deveined

½ cup Cajun seasoning

Canola oil

Dredge shrimp in Cajun spices, sauté in smoking hot pan until golden.

Dipping sauce

2 cups fresh berries pureed

My favorite: Raspberry, any will do.

½ cup port wine

½ tsp cayenne pepper

S&P to taste

Mix all ingredients with a whisk until smooth

Carrots and Snow Peas

2 cups chicken stock – reduced

2 Tbs. garlic chopped

1 bunch chopped fresh basil

2 lbs. snow peas, blanched and cooled

2 lbs. julienne carrots, blanched and cooled

Bring reduction to a boil and add garlic. Simmer for 10 min. Toss with the vegetables and top with basil.

Wild Rice Salad

1 lb Belgium Endive, chopped

2 bunches Italian Parsley, Chopped

2 bunches scallions, cut

2 mangos, diced

2 cups dried cranberries

Zest of 4 oranges

5 lbs cooked wild rice

Toss all ingredients together with dressings served cold.

Dressing

1/3 quart orange juice
1/4 cup honey

This is a grain with more sugar...so count as an extra sugar or reduce your portion...very yummy, can make ahead of time and mix last minute for entertaining.

*For when ya just need BEEF
This is my all time favorite recipe*

Rosemary Infused Beef

Marinate any cut (leaner the better) of meat for 6 hours in

Red wine vinegar
Red wine
Lots of fresh rosemary cut up

Prepare ahead of time
Rosemary Infused Oil

Cook until very hot olive oil 1/2 cup
Toss in Fresh rosemary lots
It will crackle and pop. When it looks dead
take off heat. Remove rosemary, cool 15 min.

Whisk in 1/4 cup red wine vinegar. Set aside.

Put meat on grill, cook to taste.

Slice meat and serve over a bed of baby arugula. Drizzle Rosemary infused oil over the meat and arugula.

Serve with red potatoes. Cut into 1/4's and spray with canola spray to coat, cover with S&P, paprika or garlic or all.

Bake in the oven at 400 for 40 min or until crispy outside, soft inside.

Need some Italian or Chili?

Make the meatballs and sauce yourself, use ground turkey and plenty of fresh spice and veggies, no one will know.

For your sauce, make from scratch, cook with less oil, leave out the sausage and you should be good.

Here is my award winning Chili

Keep in mind, I usually make a VAT and I do not measure; everything is to taste.

2 Red peppers
2 Green peppers
2 Orange/yellow peppers
6 med size onions

Chop in food processor until even and fine
Brown in pan with canola until translucent

Add to pot with:

2 24 oz cans of Pureed tomatoes
1 lb of browned ground turkey

Add:

2 Tbs Pepper
1 Tbs Cayenne Pepper
¼ cup Worsteshire sauce
4 Tbs chili powder
1 tsp salt

Cool for a while; add hot peppers if you like hot, more cayenne pepper to taste. Then before serving add kidney beans (1 lb.)

This is a good choice

Veggies, protein, starch and fat all in one.

THAI SHRIMP

Sautee red chili peppers (dried whole) in olive oil 1 min. add shrimp peeled and deveined. Heat about 2 min. add liberal amount of fish sauce to coat and a touch of soy sauce. Add a few tsp of SLENDA, cook a few more min. Add lots of fresh chopped basil and serve over fresh mesculin greens with balsamic vinegar, toss.

Soups – Here is what I have found with any nice soup

The food processor and spices can be your friends. Also all cream soups add the cream last and the cream is used only to make it a cream soup. Leave the cream out, save the calories and have the same great flavor.

Carrot Ginger

8 medium Carrots
1 leek (white part only)
2 medium potatoes
1 clove garlic
1 inch ginger root sliced thin
2 TBS olive oil
2 bay leaves
8 cups chicken stock
1 tsp kosher salt
½ tsp fresh ground pepper

Slow cook garlic and ginger in oil until soft. Add leeks, raise the heat, and cook until the leeks begin to wilt. Add carrots, potatoes, bay leaves, chicken stock, salt, pepper and bring to boil. Reduce and cook until veggies are soft.

Carefully puree soup in blender at low speed until very smooth. Return to pot.

Serve hot or cold – I prefer hot

The same basic principles can be done using
Squash and pumpkin

Apples are great to add to a pumpkin soup. So are nutmeg and cloves.

Edemame Salad Hi protein and fiber

Equal parts: Fresh always better

- Edemame
- Black beans
- Corn

Approximately half the quantity or to taste finely chopped:

- Red onion
- Crasins
- Cilantro

Mix with Apple Cider vinegar and a little oil

E N J O Y

Sea Bass with Peach Salsa

Equal Parts in tiny cubes
Peach
Strawberry
Pineapple
To taste:
Lime juice
Jalapino
Cilantro

Marinate fish in olive oil salt and pepper. Grill and serve with salsa over.

Leftover salsa GREAT on eggs, cottage cheese or other fish and poultry.

Recipes from Other Members

Turkey Chili

Use a non-stick skillet with a no-stick oil and sauté until soft

1 – Chopped onion

1- Diced carrot

1-2 stalks diced celery

ADD

1 lb ground turkey or chicken and cook until done

ADD

1 – 16 oz. can of Salsa

1 – 14 oz ca diced tomatoes

Chili powder, salt and pepper to taste

Simmer as least 10 minutes – Makes 5 portions

Serve over rice

*Thanks to Barbra Klementovich who is a real IAW role model losing over 55 lbs and 30 + inches –
You Go Girl!*

Evelyn's Salad Dressing

1 cup white balsamic vinegar
1 cup canola oil (or olive oil)
2 cups water
½ small onion, cut in pieces
1 Tbs Grey Poupon mustard
1 clove of garlic
3 or 4 pkgs of substitute sugar (such as NutraSweet), Mix in a blender or a Cuisinart

Indian Braised Chicken

(I lost who gave this to me. You will get your credit when you tell me)

Sauce

1 med onion
2-3 garlic cloves
1 TBS Ginger
½ cup OJ
1 tsp Tumeric
1/8 Tsp Cayenne Pepper

Puree all sauce in food processor and set aside

- 1 cup of plain yogurt – place in fine strainer, set aside
- 2 Brown 4 -6 chickens in canola spray. Season with S&P to taste. Remove from pan
- 3 In same pan, add the blended mixture slowly
- 4 Add back the chicken and onion and cover and cook for 20 min
- 5 Place chicken on serving plate and cover with foil
- 6 Turn heat off and add yogurt to sauce pan, blend well
- 7 Spoon over chicken
- 8 Serve over rice

Calories 237, protein 31 grams, sodium 115 mg, fat, 6 grams, sat. Fat 1 gram, dietary fiber 2 grams.

This came off mealmaster.com

Last Minute Additions from the cooking demo

Bananas and Blueberries – HOT

In non-stick pan with light spray fry sliced bananas. After you flip them, spoon around the banana in the same pan fresh blueberries that have been pureed in a food processor with a splash of lime...needs no sweetener and is yummy – 7:30 class will concur.

Fresh pear MIX

In non-stick pan with light oil sauté chopped pears with a tad of lime and a splash of water. Add to the mix chopped pecans, nutmeg, cinnamon and Splenda, and diced banana (half the portion of the pear)

Very tasty – If you have a nut allergy – put a couple Tablespoons of oats.

SUPER EASY turkey Bratwurst with rice and beans

- 2 -14 oz cans diced tomatoes
- 2 -15 oz cans black beans
- 1 – onion
- 2 cups rice (uncooked)
- Turkey Bratwurst (come three in a package at BJ's)

Brown onion, slice Bratwurst and add to the onion, dump in all four cans of beans and tomatoes and then rice....season as fit.....but really don't need much.

- Same Bratwurst as above
- Parm Cheese
- Chopped Pecans
- Ken's Raspberry Vinaigrette (low Fat)

Slice it, Brown it

Throw it in a bowl with Fresh Spinach toss in the Parm cheese and the pecans - AND EAT

Great Recipes are on Foodnetwork.com

The best ways to get one is type in a food and a spice or flavor and see what comes up. Many of my ideas come from what I saw or tasted somewhere else. Whenever it calls for something fattening, use a substitute.

Cooking light.com also has great recipes; they require you to join now, but easy search and good stuff.

Look for new recipes as they unfold on the members web site

www.behappyinyourskin.com

Send your favorite recipe to:

cj#@behappyinyourskin.com