

Planet Beach[®]

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Heart Healthy Meal Plan - 1300 calories

Sunday

| | | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|-------------|--|-------|----------|------------|----------|--------|
| breakfast | | | | | | |
| 1 serving | Blueberry Pancakes with Blueberry Sauce | 149 | 238 | 8 | 43 | 5 |
| 8 fl oz | HERBAL TEA, BREWED | 237 | 2 | 0 | 0 | 0 |
| 1 pack | Enrich Total Spa Nutrition - Daily Supplement Pack | 0* | 18 | 0 | 0 | 2 |
| am snack | | | | | | |
| 1 cup | BLACKBERRY, RAW | 144 | 62 | 2 | 14 | 1 |
| lunch | | | | | | |
| 1 serving | Ham and Rice Salad | 161 | 210 | 14 | 31 | 4 |
| 1 can | NON COLA/PEPPER SODA, NO CAFFEINE, DIET | 355 | 0 | 0 | 0 | 0 |
| snack | | | | | | |
| 1 scoop | Indulge Instant Meal Shake - Chocolate, Vanilla, O | 22 | 90 | 10 | 5 | 2 |
| dinner | | | | | | |
| 1 serving | Salmon and Pasta Salad | 498 | 307 | 30 | 32 | 7 |
| 1/2 serving | Vinaigrette Dressing | 18 | 84 | 0 | 1 | 9 |
| 1/2 serving | Salad | 165 | 106 | 2 | 9 | 8 |
| 12 fl oz | BEER, LIGHT | 354 | 103 | 1 | 6 | 0 |
| pm snack | | | | | | |
| 1/4 cup | STRAWBERRY ICE CREAM | 33 | 63 | 1 | 9 | 3 |

DAILY TOTALS 2136* 1283 68 150 40

PCFA: 21-46-27-6

EXCHANGES: 4.22 Starch, 1.12 Very Lean Meat, 3.62 Lean Meat, 3.4 Vegetable, 3.02 Fruit, 0.2 Skim Milk, 5.36 Fats, 1.33 Other Carbs

Monday

| | | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|-------------|--|-------|----------|------------|----------|--------|
| breakfast | | | | | | |
| 1/2 serving | Bran Muffin Breakfast | 141 | 152 | 4 | 31 | 2 |
| 1/2 cup | ORANGE JUICE, RAW | 124 | 56 | 1 | 13 | 0 |
| 1 pack | Enrich Total Spa Nutrition - Daily Supplement Pack | 0* | 18 | 0 | 0 | 2 |
| am snack | | | | | | |
| 1 cup | STRAWBERRY, RAW | 152 | 49 | 1 | 12 | 0 |
| 1/4 cup | WALNUT, ENGLISH, DRIED, RAW | 25 | 164 | 4 | 3 | 16 |
| lunch | | | | | | |
| 1 serving | Salad | 330 | 213 | 5 | 18 | 16 |
| 1 serving | Roquefort Dressing | 46 | 57 | 2 | 2 | 4 |
| 8 fl oz | DIET COKE | 240 | 0 | 0 | 0 | 0 |
| snack | | | | | | |
| 1 scoop | Indulge Instant Meal Shake - Chocolate, Vanilla, O | 22 | 90 | 10 | 5 | 2 |
| dinner | | | | | | |
| 1 serving | Stuffed Fish Fillets | 221 | 214 | 34 | 7 | 6 |
| 1 serving | White Rice | 79 | 103 | 2 | 22 | 0 |
| 1 serving | Broccoli Stirfry | 429 | 128 | 13 | 23 | 2 |
| pm snack | | | | | | |
| 1/2 cup | BROCCOLI FLOWER CLUSTERS, RAW | 36 | 10 | 1 | 2 | 0 |
| 2 tbsp | SALAD DRESSING, RANCH, LIGHT | 30 | 77 | 0 | 3 | 7 |

DAILY TOTALS 1874* 1329 77 141 57

PCFA: 22-41-37-1

EXCHANGES: 2.09 Starch, 4.93 Very Lean Meat, 0.09 High Fat Meat, 7.02 Vegetable, 6.14 Fruit, 0.4 Skim Milk, 10.8 Fats
0.24 Other Carbs

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Week 1

Tuesday

| | | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|---------------------|--|--------------|-------------|------------|------------|-----------|
| breakfast | | | | | | |
| 1/2 serving | French Toast | 98 | 141 | 8 | 22 | 3 |
| 6 fl oz | COFFEE, BREWED, PREPARED | 178 | 2 | 0 | 0 | 0 |
| 1 pack | Enrich Total Spa Nutrition - Daily Supplement Pack | 0* | 18 | 0 | 0 | 2 |
| am snack | | | | | | |
| 1/4 cup | WALNUT, ENGLISH, DRIED, RAW | 25 | 164 | 4 | 3 | 16 |
| 1 medium | APPLE W/SKIN, RAW | 138 | 72 | 0 | 19 | 0 |
| 1 tbs | PEANUT BUTTER, CREAMY, REDUCED FAT | 18 | 95 | 4 | 8 | 6 |
| lunch | | | | | | |
| 1 serving | Pesto Spread | 41 | 33 | 5 | 1 | 1 |
| 1 serving | Potato Salad | 180 | 107 | 4 | 22 | 1 |
| 1 serving (nlea) | ICED TEA MIX, SUGAR FREE | 1 | 3 | 0 | 0 | 0 |
| 1/2 pint | BLUEBERRY, RAW | 201 | 115 | 1 | 29 | 1 |
| snack | | | | | | |
| 1 scoop | Indulge Instant Meal Shake - Chocolate, Vanilla, O | 22 | 90 | 10 | 5 | 2 |
| dinner | | | | | | |
| 3/4 serving | Steamed Vegetables | 143 | 129 | 4 | 18 | 4 |
| 1/2 serving | Garlic Chicken | 169 | 177 | 27 | 9 | 3 |
| 3.5 fl oz | WINE, RED TABLE | 103 | 74 | 0 | 2 | 0 |
| 1 servings | White Rice | 79 | 103 | 2 | 22 | 0 |
| pm snack | | | | | | |
| 1/2 cup | VANILLA ICE CREAM, LIGHT | 68 | 105 | 3 | 15 | 5 |
| DAILY TOTALS | | 1463* | 1427 | 73 | 176 | 43 |

PCFA: 20-49-27-5

EXCHANGES: 3.56 Starch, 5.9 Very Lean Meat, 3.97 Vegetable, 3.11 Fruit, 0.14 Skim Milk, 5.95 Fats, 0.92 Other Carbs

Wednesday

| | | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|---------------------|--|--------------|-------------|------------|------------|-----------|
| breakfast | | | | | | |
| 6 fl oz | COFFEE, BREWED, PREPARED | 178 | 2 | 0 | 0 | 0 |
| 1 cup | STRAWBERRY, RAW | 152 | 49 | 1 | 12 | 0 |
| 3/4 serving | Breakfast Burrito | 128 | 173 | 6 | 28 | 4 |
| 1 pack | Enrich Total Spa Nutrition - Daily Supplement Pack | 0* | 18 | 0 | 0 | 2 |
| am snack | | | | | | |
| 1 cup | BLACKBERRY, RAW | 144 | 62 | 2 | 14 | 1 |
| lunch | | | | | | |
| 1 serving | Cajon Tortilla Wrap | 366 | 433 | 25 | 76 | 4 |
| 1/4 cup | AVOCADO, RAW | 37 | 58 | 1 | 3 | 5 |
| 6 saltines | SALTINE CRACKER, LOW SALT | 30 | 118 | 3 | 25 | 0 |
| 1 can | NON COLA/PEPPER SODA, NO CAFFEINE, DIET | 355 | 0 | 0 | 0 | 0 |
| snack | | | | | | |
| 2 scoop | Indulge Instant Meal Shake - Chocolate, Vanilla, O | 43 | 180 | 20 | 10 | 3 |
| dinner | | | | | | |
| 3/4 serving | Chicken Fajitas | 210 | 213 | 22 | 22 | 4 |
| 1/2 serving | Fresh Salsa | 56 | 21 | 1 | 5 | 0 |
| 1/2 serving | White Rice | 40 | 51 | 1 | 11 | 0 |
| 12 fl oz | BEER, LIGHT | 354 | 103 | 1 | 6 | 0 |
| DAILY TOTALS | | 2093* | 1480 | 84 | 212 | 24 |

PCFA: 23-58-14-5

EXCHANGES: 8.95 Starch, 4.45 Very Lean Meat, 0.08 Lean Meat, 0.17 High Fat Meat, 2.92 Vegetable, 2.89 Fruit, 1.67 Fats
0.14 Other Carbs

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Week 1

Thursday

| | | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|---------------------|--|--------------|-------------|------------|------------|-----------|
| breakfast | | | | | | |
| 1 serving | Broccoli and Cheese Omelette | 312 | 242 | 34 | 4 | 10 |
| 1 medium | APPLE W/SKIN, RAW | 138 | 72 | 0 | 19 | 0 |
| 8 fl oz | HERBAL TEA, BREWED | 237 | 2 | 0 | 0 | 0 |
| 1 pack | Enrich Total Spa Nutrition - Daily Supplement Pack | 0* | 18 | 0 | 0 | 2 |
| am snack | | | | | | |
| 1 mini-bagel | CINNAMON-RAISIN BAGEL | 26 | 71 | 3 | 14 | 0 |
| 1/2 oz | CREAM CHEESE, NEUFCHATEL, BRICK, REDUCED | 14 | 35 | 2 | 1 | 3 |
| 1/2 cup | BLACKBERRY, RAW | 72 | 31 | 1 | 7 | 0 |
| lunch | | | | | | |
| 1 serving | Steamed Vegetables | 190 | 172 | 5 | 25 | 6 |
| 1/2 cup | ORANGE JUICE | 125 | 55 | 1 | 13 | 0 |
| 1 serving | Orange flavored Black Beans | 99 | 83 | 5 | 16 | 0 |
| snack | | | | | | |
| 2 scoop | Indulge Instant Meal Shake - Chocolate, Vanilla, O | 43 | 180 | 20 | 10 | 3 |
| dinner | | | | | | |
| 1 serving | Brown Rice | 98 | 108 | 3 | 22 | 1 |
| 1/3 serving | Fish Over Steamed Spinach | 133 | 69 | 13 | 3 | 1 |
| 1 serving | Sauteed Carrots | 89 | 51 | 1 | 10 | 1 |
| pm snack | | | | | | |
| 1 piece | ANGEL FOOD CAKE MIX | 50 | 129 | 3 | 29 | 0 |
| 1/2 cup | STRAWBERRY, RAW | 76 | 24 | 1 | 6 | 0 |
| DAILY TOTALS | | 1701* | 1341 | 89 | 179 | 29 |

PCF: 27-54-20

EXCHANGES: 3.07 Starch, 7.71 Very Lean Meat, 0.22 Lean Meat, 7.15 Vegetable, 3.35 Fruit, 0.01 Skim Milk, 2.03 Fats, 2.39 Other Carbs

Friday

| | | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|---------------------|--|--------------|-------------|------------|------------|-----------|
| breakfast | | | | | | |
| 1 medium | APPLE W/SKIN, RAW | 138 | 72 | 0 | 19 | 0 |
| 1/2 serving | Breakfast Burrito | 85 | 115 | 4 | 19 | 3 |
| 1 pack | Enrich Total Spa Nutrition - Daily Supplement Pack | 0* | 18 | 0 | 0 | 2 |
| am snack | | | | | | |
| 2 tbsp | SALAD DRESSING, RANCH, LIGHT | 30 | 77 | 0 | 3 | 7 |
| 1/2 cup | CARROT, RAW | 61 | 25 | 1 | 6 | 0 |
| lunch | | | | | | |
| 1/2 serving | Seafood Pasta Salad | 122 | 97 | 11 | 10 | 1 |
| 1 cup | STRAWBERRY, RAW | 152 | 49 | 1 | 12 | 0 |
| 1 can | NON COLA/PEPPER SODA, NO CAFFEINE, DIET | 355 | 0 | 0 | 0 | 0 |
| snack | | | | | | |
| 2 scoop | Indulge Instant Meal Shake - Chocolate, Vanilla, O | 43 | 180 | 20 | 10 | 3 |
| dinner | | | | | | |
| 3/4 serving | Warm Broccoli Salad | 128 | 153 | 4 | 19 | 8 |
| 1 serving | Cheesy Oven Fried Chicken | 164 | 299 | 29 | 32 | 6 |
| 1 serving | Spinach Pasta | 57 | 74 | 3 | 14 | 1 |
| 8 fl oz | WATER, BOTTLED | 237 | 0 | 0 | 0 | 0 |
| pm snack | | | | | | |
| 1/2 cup | VANILLA ICE CREAM, LIGHT | 68 | 105 | 3 | 15 | 5 |
| 1/2 serving | Nectarine and Plum Chutney | 28 | 30 | 0 | 7 | 0 |
| DAILY TOTALS | | 1669* | 1293 | 77 | 166 | 36 |

PCF: 24-51-25

EXCHANGES: 5.54 Starch, 4.81 Very Lean Meat, 0.06 Lean Meat, 2.09 Vegetable, 2.52 Fruit, 0.03 Skim Milk, 3.1 Fats, 0.54 Other Carbs

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Week 1

Saturday

| | | GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|---------------------|--|--------------|-------------|------------|------------|-----------|
| unassigned | | | | | | |
| 1 cup | STRAWBERRY, RAW | 152 | 49 | 1 | 12 | 0 |
| breakfast | | | | | | |
| 8 fl oz | HERBAL TEA, BREWED | 237 | 2 | 0 | 0 | 0 |
| 1 slice | OAT BRAN BREAD, DIET, TOASTED | 19 | 45 | 2 | 9 | 1 |
| 1/2 serving | Omelettes Plain | 136 | 115 | 16 | 1 | 5 |
| 1 pack | Enrich Total Spa Nutrition - Daily Supplement Pack | 0* | 18 | 0 | 0 | 2 |
| am snack | | | | | | |
| 1 cup | WATERMELON, RAW | 152 | 46 | 1 | 11 | 0 |
| 1 tbsp | ALMOND, BLANCHED, RAW | 9 | 53 | 2 | 2 | 5 |
| lunch | | | | | | |
| 8 fl oz | WATER, BOTTLED | 237 | 0 | 0 | 0 | 0 |
| 1 serving | Herbed Rice Salad | 160 | 218 | 4 | 33 | 8 |
| 1 serving | Zucchini Spread | 63 | 34 | 1 | 2 | 3 |
| snack | | | | | | |
| 2 scoop | Indulge Instant Meal Shake - Chocolate, Vanilla, O | 43 | 180 | 20 | 10 | 3 |
| dinner | | | | | | |
| 1 can | NON COLA/PEPPER SODA, NO CAFFEINE, DIET | 355 | 0 | 0 | 0 | 0 |
| 1/2 serving | Garlic Chicken | 169 | 177 | 27 | 9 | 3 |
| 1 serving | White Rice | 79 | 103 | 2 | 22 | 0 |
| 1 serving | Steamed Vegetables | 190 | 172 | 5 | 25 | 6 |
| pm snack | | | | | | |
| 1/2 cup | BROCCOLI FLOWER CLUSTERS, RAW | 36 | 10 | 1 | 2 | 0 |
| 2 tbsp | SALAD DRESSING, RANCH, LIGHT | 30 | 77 | 0 | 3 | 7 |
| DAILY TOTALS | | 2067* | 1298 | 83 | 141 | 42 |

PCF: 26-44-30

EXCHANGES: 3.99 Starch, 6.96 Very Lean Meat, 0.11 Lean Meat, 5.79 Vegetable, 1.63 Fruit, 5.71 Fats, 0.46 Other Carbs

DAILY AVERAGES (7 days)

| GRAMS | CALORIES | PROTEIN(g) | CARBS(g) | FAT(g) |
|-------|----------|------------|----------|--------|
| 1858* | 1350 | 79 | 166 | 39 |

PCFA: 23-49-25-2

EXCHANGES: 4.49 Starch, 5.12 Very Lean Meat, 0.58 Lean Meat, 0.04 High Fat Meat, 4.62 Vegetable, 3.24 Fruit, 0.11 Skim Milk
4.95 Fats, 0.86 Other Carbs

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.

Heart Healthy Meal Plan - 1300 calories - Recipe Listing

Salmon and Pasta Salad Serves 5

INGREDIENTS

1 cup MACARONI, DRY, ENRICHED, any shape you like
 2 1/2 tbsp SALAD DRESSING, ITALIAN, DIET
 10 oz ASPARAGUS, RAW
 1 can SALMON, PINK, CANNED, NO ADDED SALT
 1 medium RED PEPPER, SWEET, RAW, diced
 1/2 medium ONION, RAW, minced
 1 tbsp WORCESTERSHIRE SAUCE
 1 cup COTTAGE CHEESE, 1% FAT
 2 tbsp LEMON JUICE, RAW
 1/4 tsp HOT PEPPER SAUCE, RTS
 1 tbsp DILL WEED, DRIED
 15 cherries TOMATO, RED, RIPE, RAW, average
 3 cucumbers CUCUMBER W/PEEL, RAW, cut into spears

EXCHANGES: 0.97 Starch, 0.93 Very Lean Meat, 2.3 Lean Meat, 2.39 Vegetable, 0.03 Fruit
0.1 Fats, 0.04 Other Carbs

DIRECTIONS

Cook macaroni according to package directions, omitting salt and oil. Drain and return to saucepan. Stir salad dressing into macaroni. Set aside.

Meanwhile, place a steamer basket in a medium saucepan. Add water to a depth of 1 to 2 inches. Be sure water does not touch the bottom of the basket. Bring water to a boil over high heat. Steam asparagus until tender-crisp, 3 to 5 minutes. Cut diagonally into bitesize pieces. In a large bowl, mash salmon, including bones. Add remaining salad ingredients. Mix well.

In a blender or food processor, process dressing ingredients except dill weed until creamy.

Mix dill weed into dressing. Pour over the salmon salad mixture and stir. Cover and refrigerate.

Halve cherry tomatoes or slice other tomatoes; cut cucumbers into spears. Mound salmon salad in center of plates with tomato and cucumber pieces arranged around it.

Heart Healthy Meal Plan - 1300 calories - Recipe Listing

Ham and Rice Salad

Serves 6

INGREDIENTS

1 cup BASMATI RICE, DRY
1 cup BROTH, CHICKEN, CONDENSED
6 oz HAM LEG, SHANK HALF, ROASTED, SLO
1 cup GREEN PEA, FROZEN
1/2 cup ONION, SPRING OR SCALLIONS, RAW
1 medium RED PEPPER, SWEET, RAW, finely chopped
4 large RADISH, RAW, finely chopped
1/4 cup PARSLEY, RAW, chopped
1 tbsp DILL WEED, DRIED

EXCHANGES: 1.57 Starch, 1.32 Lean Meat, 0.39 Vegetable, 0.01 Other Carbs

DIRECTIONS

Cook rice according to package instructions, substituting 1 cup water for 1 cup chicken broth. Allow to cool.
In large bowl, combine rice with ham and remaining salad ingredients. In small bowl whisk together salad dressing and mustard.
Stir over rice. Cover and refrigerate.
Serve at room temperature or chilled

Salad

Serves 1

INGREDIENTS

1 cup GREEN LEAF LETTUCE, RAW
1 tomato (plum) TOMATO, RED, RIPE, RAW, year round average diced
2 tbsp CARROT, RAW
1/2 cup CUCUMBER, PEELED, RAW
1/2 fruit AVOCADO, FLORIDA, RAW, w/o skin & seeds diced

EXCHANGES: 1.22 Vegetable, 3.04 Fruit, 4.56 Fats

DIRECTIONS

Toss all ingredients and serve with favorite low cal dressing

Vinaigrette Dressing

Serves 6

INGREDIENTS

1/2 cup OLIVE OIL
3 tbsp VINEGAR, APPLE CIDER
1 tbsp MUSTARD, PREPARED, YELLOW
1 clove GARLIC, RAW
3 tbsp LEMON JUICE, RAW
1 tbsp OREGANO, DRIED, GROUND

EXCHANGES: 0.03 Vegetable, 0.03 Fruit, 3.54 Fats, 0.06 Other Carbs

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DIRECTIONS

Crush garlic with a large knife. Whisk all ingredients together in small bowl and set aside to mellow. Remove garlic before serving.

(use fresh minced herbs of your choice if possible, it does not have to be oregano)

Blueberry Pancakes with Blueberry Sauce

Serves 8

INGREDIENTS

1 cup WHEAT FLOUR, WHITE, ALL PURPOSE
1/2 cup WHOLE WHEAT FLOUR
1 cup WHOLE WHEAT FLOUR
1 tbsp SUGAR, GRANULATED
1 tbsp SUGAR, BROWN
2 tsp BAKING POWDER, DOUBLE ACTING
1 tsp BAKING SODA
1 tsp CINNAMON, GROUND
1/2 tsp SALT, TABLE
1/4 cup EGG SUBSTITUTE, LIQUID
1 1/2 cup BUTTERMILK, CULTURED, LOWFAT
2 tsp VANILLA EXTRACT
2 tbsp OLIVE OIL
1/3 cup BLUEBERRY, RAW
2 cups BLUEBERRY, RAW
1 tbsp ORANGE JUICE, RAW
1 tbsp HONEY, STRAINED OR EXTRACTED

EXCHANGES: 1.68 Starch, 0.19 Very Lean Meat, 0.42 Fruit, 0.2 Skim Milk, 0.66 Fats
0.56 Other Carbs

DIRECTIONS

1. In a large bowl, stir the flours, sugars, baking powder and soda, cinnamon and salt until they are well blended. Add the remaining ingredients except for the blueberries and beat lightly until smooth. Fold in the berries.
2. Heat a non stick griddle or skillet until a spray of water dances on the surface. Ladle on 1/4 cupfuls of batter spaced far enough apart to give you turning room. Cook about 45 seconds to a minute or until they look set on the bottom, flip each one and press it lightly with your spatula. Cook the underside a minute or so until golden as well and the pancake looks done in the center. Prepare them in batches, keeping the finished pancakes warm until you are ready to serve. Drizzle with the Blueberry Sauce and serve immediately.

Blueberry Sauce

Place 1 cup of the fresh blueberries and remaining ingredients in non stick pan. stir over medium heat until honey has dissolved. Reduce heat to simmer and cook 3-4 minutes. Remove from heat and add remaining berries. Serve hot or chilled. Thin cold sauce with orange juice or a little water before serving

Stuffed Fish Fillets

Serves 6

INGREDIENTS

6 fillets FLATFISH, FLOUNDER & SOLE SPECIES, COOKED

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1 tsp PEPPER, WHITE, GROUND
1/2 tsp PAPRIKA
1 tsp OLIVE OIL
6 oz MUSHROOM, RAW
4 large ONION, SPRING OR SCALLIONS, RAW
1/4 cup BREAD CRUMBS, PLAIN
1/4 cup PARSLEY, RAW, finely minced
1 oz ALMOND, RAW, 24 whole kernels chopped

EXCHANGES: 0.23 Starch, 4.38 Very Lean Meat, 0.5 Vegetable, 0.64 Fats, 0.02 Other Carbs

DIRECTIONS

Preheat oven to 375 F.

Rinse fish and pat dry with paper towels.

Using vegetable oil spray, lightly spray six 6-ounce oven proof custard cups or one 6-chamber muffin pan with 2 1/2 x 1 1/4 -inch cups. Curl each fillet inside a custard or muffin cup. Sprinkle with pepper and paprika.

Pour 1 teaspoon oil into a non stick skillet over medium-high heat. Add mushrooms and onions and saute until tender, about 2 minutes. Remove skillet from heat. Stir in bread crumbs, 1/4 cup parsley, and almonds. Spoon equal amounts of mixture into center of each container.

Brush tops with remaining oil. Bake for 15 minutes, or until fish is no longer translucent. Carefully remove each stuffed fillet from cup, spoon juice over top, and garnish with 2 tablespoons parsley.

Roquefort Dressing

Serves 6

INGREDIENTS

1/4 cup WINE, WHITE TABLE
1 tbsp VINEGAR, APPLE CIDER
1 tsp TARRAGON, DRIED, GROUND
2 tbsp SHALLOT, RAW
1 tbsp OLIVE OIL
2 tbsp SOUR CREAM, LESS FAT
1/2 cup BUTTERMILK, CULTURED, LOWFAT
1/2 oz ROQUEFORT CHEESE
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND

EXCHANGES: 0.01 Starch, 0.09 High Fat Meat, 0.1 Vegetable, 0.12 Skim Milk, 0.78 Fats
0.01 Other Carbs

DIRECTIONS

1. Bring the white wine, vinegar, herbs and shallot to a boil in a small non stick saucepan and cook over high heat for 2 to 3 minutes or until the shallot softens and the liquid has reduced by about 1/3.
2. Remove from the heat and whisk in the olive oil. Add the remaining ingredients, seasoning lightly with salt and pepper, and whisk until smooth. For a very creamy texture, puree the dressing in a blender or with a hand processor. Allow the dressing to rest for at least 1/2 hour before serving to infuse the flavors. Shake vigorously before adding to your salad.

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Bran Muffin Breakfast

Serves 6

INGREDIENTS

3 muffins MUFFIN, OAT BRAN
4 cups MIXED FRUIT assorted fresh
2 cups YOGURT, LOWFAT

EXCHANGES: 1.11 Starch, 2.71 Fruit, 0.57 Skim Milk

DIRECTIONS

Place half the muffin crumbs in a 2 1/2-quart glass bowl or airtight container. Arrange 3 1/2 cups of fruit on top. Cover with remaining muffin crumbs.

Spoon yogurt evenly over the top. Top with remaining fruit, cover and refrigerate for at least 6 hours or overnight.

White Rice

Serves 2

INGREDIENTS

1 cup WHITE RICE, LONG GRAIN, COOKED

EXCHANGES: 1.29 Starch

DIRECTIONS

Cook according to directions on packaging. You may substitute 1 cup chicken broth for 1 cup water for added flavor

Broccoli Stirfry

Serves 6

INGREDIENTS

11/2 lbs BROCCOLI FLOWER CLUSTERS, RAW
4 medium ONION, SPRING OR SCALLIONS, RAW
1 tbsp MARGARINE, STICK, LIGHT
1 tsp LEMON PEPPER

EXCHANGES: 4.81 Vegetable, 0.19 Fats

DIRECTIONS

Trim broccoli to desired bite size pieces. Spray non stick skillet with cooking spray. Over medium to high heat stir fry broccoli and green onion for 2-3 minutes. Broccoli should be tender but crisp. Add margarine and seasoning and stir to coat.

Steamed Vegetables

Serves 2

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INGREDIENTS

2 cups MIXED VEGETABLES, BOILED, NO SALT
1 tbsp MARGARINE
1/2 tsp GARLIC & HERB SEASONING, NO SALT

EXCHANGES: 4.74 Vegetable, 1.11 Fats, 0.06 Other Carbs

DIRECTIONS

Steam 2 cups of favorite vegetable. (the brighter the color the healthier it will be) After vegetables are cooked, toss with margarine and seasoning. Serve

Garlic Chicken

Serves 4

INGREDIENTS

2 lbs CHICKEN BREAST, BONELESS, RAW, MEAT ONLY, 4 halves
1/2 cup WHEAT FLOUR, WHITE, ALL PURPOSE
2 tsp OLIVE OIL
4 cloves GARLIC, RAW, minced
1 cup CHICKEN BROTH, NONFAT
1/3 cup BALSAMIC VINEGAR
1 dash PEPPER, BLACK, GROUND
2 tbsp WATER, BOTTLED
1 tbsp CORNSTARCH

EXCHANGES: 0.81 Starch, 7.12 Very Lean Meat, 0.18 Vegetable, 0.44 Fats, 0.17 Other Carbs

DIRECTIONS

Rinse chicken breasts and pat dry with paper towels. Dredge breasts in flour; shake off excess.

Heat a large, heavy non stick skillet over mediumhigh heat. Add oil and swirl to coat bottom of skillet. When oil is hot, add breasts. Cook on one side for 2 to 3 minutes, or until golden.

Add garlic to skillet. Spray top side of breasts with vegetable oil spray. Turn breasts and continue cooking about 2 to 3 minutes, or until golden.

Add broth, balsamic vinegar, and pepper. Reduce heat to medium-low and cook, covered, for 5 to 10 minutes, or until chicken is tender. (The timing depends on the thickness of the chicken breasts.) Remove chicken from skillet. Keep warm.

Pour water into a cup or small bowl. Add cornstarch, stirring until it dissolves. Add cornstarch mixture to skillet and boil for 1 to 2 minutes or until thick and smooth. Pour sauce over chicken and serve immediately.

Pesto Spread

Serves 6

INGREDIENTS

1 cup COTTAGE CHEESE, 1% FAT
1/2 oz PESTO SAUCE, FS
2 tbsp BASIL, FRESH

EXCHANGES: 0.78 Very Lean Meat, 0.01 Vegetable, 0 Other Carbs

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DIRECTIONS

Place cottage cheese in a colander; rinse under cold running water. Drain. Place drained cottage cheese in a blender or the work bowl of a food processor fitted with a metal blade; add pesto and basil leaves, cover and process until smooth (there should be about 3/4 cup). Serve with fresh vegetables

Potato Salad

Serves 8

INGREDIENTS

2 lbs POTATO, RED, FLESH & SKIN, RAW
2 large stalk CELERY, RAW
2 medium ONION, SPRING OR SCALLIONS, RAW
1 small RED PEPPER, SWEET, RAW, chopped
1/2 cup RADISH, RAW, diced
1/4 cup PARSLEY, RAW
1/2 cup YOGURT, SKIM MILK, PLAIN
1/4 cup SALAD DRESSING, MAYO-TYPE, NONFAT
2 tbsp VINEGAR, APPLE CIDER
1 tbsp DILL WEED, DRIED
1 tsp MUSTARD, PREPARED, YELLOW, optional
1/2 tsp CELERY SEED
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
2 tbsp PARSLEY, RAW, chopped
1/2 tsp PAPRIKA

EXCHANGES: 1.03 Starch, 0.32 Vegetable, 0.1 Skim Milk, 0.04 Fats, 0.09 Other Carbs

DIRECTIONS

Place potatoes in a medium saucepan with enough water to cover. Bring to a boil over high heat. Cook covered, until tender, about 30 minutes. Drain immediately. When potatoes are cool enough to handle, cut into 1/2 inch cubes and place in a large bowl.

Add celery, green onions, bell pepper, radishes, and 1/4 cup parsley. Stir to combine.

In a small bowl, whisk together dressing ingredients and add to potato mixture. Mix gently.

Sprinkle with 2 tablespoons parsley and paprika.

Cover and refrigerate for at least 2 hours before serving.

French Toast

Serves 3

INGREDIENTS

6 slices MIXED GRAIN BREAD, TOASTED
1 cup EGG SUBSTITUTE, LIQUID
1/4 cup MILK, COW'S, 1% BF, NFMS, VIT-A
1 tsp VANILLA EXTRACT
1 tsp CINNAMON, GROUND
1/2 cup PANCAKE SYRUP, DIET

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EXCHANGES: 1.67 Starch, 2.03 Very Lean Meat, 0.1 Skim Milk, 1.39 Other Carbs

DIRECTIONS

Whip all ingredient except for bread and syrup in bowl big enough to fit the bread. Dunk each piece of bread in egg mixture and place in non stick fry pan. Cook until golden brown on each side. Serve with syrup.

Cajun Tortilla Wrap Serves 4

INGREDIENTS

1 oz SAUSAGE, SMOKED
1/4 medium ONION, RAW, diced
1/4 medium GREEN PEPPER, SWEET, RAW (BELL), diced
1/2 large CELERY, RAW, diced
1/2 clove GARLIC, RAW, minced
1/2 cup BASMATI RICE, DRY
5/8 cup WATER, MUNICIPAL
4 oz TOMATO SAUCE, NO ADDED SALT
1/2 tsp PEPPER, RED OR CAYENNE
1/2 lb CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
1 tsp CUMIN, GROUND
1/2 tsp CHILI POWDER
1 tsp GARLIC POWDER
1 dash PEPPER, BLACK, GROUND
8 servings FLOUR TORTILLA, LOWFAT
2 tomatos TOMATO, RED, RIPE, RAW, sliced
1 small ONION, RAW, sliced

EXCHANGES: 4 Starch, 1.78 Very Lean Meat, 0.17 High Fat Meat, 1.11 Vegetable
0.1 Other Carbs

DIRECTIONS

For Jambalaya Rice heat medium non stick saucepan over medium heat. Cook sausage, bell pepper, celery, and garlic for 2 to 3 minutes, stirring occasionally, until vegetables are tender. Add the rice and cook for 2 minutes, stirring occasionally.

Stir in the remaining Jambalaya Rice ingredients (water tomato sauce and cayenne). Bring mixture to a boil over high heat. Reduce heat to low and cook, covered, for 20 to 25 minutes, or until rice is tender. Set aside.

For the Spicy Chicken Strips, rinse chicken breasts and pat dry with paper towels. Cut breasts into 8 strips. Using vegetable oil spray, lightly spray one side of the chicken strips.

Combine the cumin, chili powder, garlic powder, and pepper in a small bowl. Sprinkle half the seasoning mixture on the sprayed side of chicken.

Heat a 10-inch non stick or cast-iron skillet over medium-high heat. Place the chicken strips, seasoned side down, in the skillet. Lightly spray the tops of the chicken strips with vegetable oil spray. Sprinkle the remaining seasoning mixture over the top surface. Cook the chicken strips 2 to 3 minutes on each side, or until they are no longer pink in the center. Set aside.

If preparing wraps to eat right away, preheat oven to 350 F. Wrap tortillas completely in foil and warm for 10 minutes.

To assemble wraps, place a few slices of tomato and red onion in the middle of a tortilla (warm for eating right away or room temperature for later). Place a cooked chicken strip on top of the tomato and onion slices. Spoon about 1/3 cup of rice onto the chicken. Fold the right third of the tortilla to the center. Bring the bottom half up to the top. Roll the bottom edge up to the top. Serve immediately or keep in an airtight container or wrap individually in plastic wrap. To reheat, place 1 or 2 filled wraps on a microwave-safe plate. Microwave on 100 percent power (high) for 1 1/2 to 2 minutes.

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* Nonfat and low-fat flour tortillas can be high in sodium. When shopping, select the one with the lowest sodium value or substitute corn tortillas.

Breakfast Burrito

Serves 4

INGREDIENTS

1 1/2 tsp OLIVE OIL
1/8 cup ONION, RAW
1/2 clove GARLIC, RAW, minced
1/4 lb POTATO, RAW, DICED, peeled and diced
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
2 tortilla TORTILLA, FLOUR, RTC, (10" dia)
2 tsp CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
1 cup REFRIED BEAN
1/8 cup CHEESE, CHEDDAR OR COLBY, LOWFAT, SHREDDED
1/2 cup SALSA, RTS

EXCHANGES: 2.45 Starch, 0.11 Lean Meat, 0.46 Vegetable, 0.33 Fats

DIRECTIONS

Heat the oil in a medium-size skillet and add the onion and garlic. Stir over medium heat until softened slightly, about 1 minute, and add the potatoes, salt and pepper to your taste. Toss frequently until the onions are translucent and the potatoes cooked through and lightly browned. Allow them to settle into the hot skillet for 30 seconds or so between turns so they will brown nicely.

To assemble, coat a warm tortilla with the Cilantro, then fill the center with the refried beans, the potato mixture and the cheese. Fold the edges toward the center, then tuck the ends under. Cut each large burrito in half. Spoon Salsa on the side and serve immediately.

To Lower the fat in this recipe use whole wheat or low fat tortillas.

Chicken Fajitas

Serves 4

INGREDIENTS

3 tbsp WORCESTERSHIRE SAUCE
1 1/2 tbsp LEMON JUICE, RAW
1 tbsp WATER, MUNICIPAL
1 tsp OLIVE OIL
1 clove GARLIC, RAW, minced
1 dash PEPPER, BLACK, GROUND
1 large ONION, RAW
1 large GREEN PEPPER, SWEET, RAW (BELL)
1 tsp OLIVE OIL
8 medium TORTILLA, CORN, RTC
1 lb CHICKEN BREAST, BONELESS, RAW, MEAT ONLY

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EXCHANGES: 1.32 Starch, 3.56 Very Lean Meat, 1 Vegetable, 0.09 Fruit, 0.44 Fats

DIRECTIONS

Preheat oven to 350 F. Wrap tortillas in aluminum foil and set aside. Rinse chicken breasts and pat dry paper towels. Cut breasts lengthwise into 3/8-inch strips. Set aside.

In a large bowl, combine marinade ingredients. Add chicken to marinade and stir to coat evenly. Cover and marinate in refrigerator for 10 to 20 minutes, stirring at least once.

Meanwhile, slice onion and bell pepper into 1/8-inch strips. Place vegetables in a small bowl. Stir 1 teaspoon oil into vegetable mixture. Set aside. Heat tortillas in oven for 8 to 10 minutes.

Meanwhile, spray a non stick skillet with vegetable oil spray. Add chicken and saute over medium-high heat until no longer pink, about 4 minutes, stirring occasionally. Add onion and pepper slices. Saute over medium-high heat, stirring constantly, for about 5 minutes, or until onion is slightly brown. Set aside.

To serve, place equal amounts of cooked chicken strips on each tortilla and top with onions and peppers. Roll tortilla around chicken strips and eat with fingers.

* Nonfat and low-fat flour tortillas can be high in sodium. When shopping, select the one with the lowest sodium value.

Fresh Salsa

Serves 6

INGREDIENTS

16 oz TOMATO, CRUSHED
1/2 cup RADISH, RAW
1/2 cup ONION, SPRING OR SCALLIONS, RAW
1/2 cup ONION, RAW
1/4 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
1 clove GARLIC, RAW
1 tsp CUMIN SEED
2 tsp SUGAR, GRANULATED
1 pepper JALAPENO, RAW

EXCHANGES: 0.01 Starch, 1.43 Vegetable, 0.09 Other Carbs

DIRECTIONS

Place all ingredients in either a food processor or blender and pulse until desire consistency.

Broccoli and Cheese Omelette

Serves 1

INGREDIENTS

2 tsp BUTTERY VEGETABLE OIL SPREAD, NONFAT
1 cup EGG SUBSTITUTE, LIQUID
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
1 tbsp CHEESE, CHEDDAR OR COLBY, LOWFAT, SHREDDED
1/4 cup BROCCOLI, BOILED W/SALT

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EXCHANGES: 6.08 Very Lean Meat, 0.22 Lean Meat, 0.43 Vegetable, 0.07 Fats

DIRECTIONS

Lightly spray a small non stick skillet with vegetable oil spray. Add margarine and place over medium/high heat. In a small bowl, combine eggs and seasoning, beat and pour mixture into pan. With 1 hand, move pan back and forth. Use other hand to stir eggs in a circular motion with a fork. Do not scrape bottom of pan. Sprinkle with low fat cheese and broccoli. When omelette is almost cooked, fold omelette over with fork while holding pan at 45° angle. Roll omelette onto plate to serve.

Brown Rice
Serves 2

INGREDIENTS

1 cup BROWN RICE, LONG GRAIN, COOKED

EXCHANGES: 1.35 Starch

DIRECTIONS

Cook according to directions on packaging. You may substitute 1 cup chicken broth for 1 cup water for added flavor

Fish Over Steamed Spinach
Serves 4

INGREDIENTS

4 fillets FLATFISH, FLOUNDER & SOLE SPECIES, COOKED
1/4 tbsp SALAD DRESSING, RANCH, NONFAT
1/2 oz YOGURT, SKIM MILK, PLAIN, 3 tbsls
1 1/2 tbsp MUSTARD, PREPARED, YELLOW
2 lbs SPINACH, RAW

EXCHANGES: 4.24 Very Lean Meat, 2.12 Vegetable, 0.02 Skim Milk, 0.09 Other Carbs

DIRECTIONS

Preheat oven to 400 F.

Rinse fish and pat dry with paper towels. Arrange in an oven proof glass baking dish. Mix the dressing, yogurt, and mustard. Spoon evenly over fish. Bake until fish is no longer translucent, 8 to 10 minutes.

Meanwhile, remove tough stems from spinach. Rinse spinach thoroughly. Drain.

Heat a non stick skillet over medium-high heat. When the skillet is hot, add the spinach and stir-fry just to wilt the leaves, about 1-2 minutes. Arrange spinach in a single layer on serving plates. Top with baked fish. Serve immediately.

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Seafood Pasta Salad

Serves 6

INGREDIENTS

10 oz MACARONI, COOKED, ENRICHED
1 lb ATLANTIC COD, COOKED, 2 cups of any seafood will work
1/2 cup ONION, RAW
1 medium RED PEPPER, SWEET, RAW
1/4 cup BASIL, FRESH
1/4 cup PARSLEY, RAW, chopped
1/2 cup SALAD DRESSING, ITALIAN, DIET
1/2 tsp MUSTARD, PREPARED, YELLOW
1/2 cup GREEN LEAF LETTUCE, RAW
2 large TOMATO, RED, RIPE, RAW

EXCHANGES: 0.94 Starch, 2.27 Very Lean Meat, 0.94 Vegetable, 0.26 Fats, 0.07 Other Carbs

DIRECTIONS

Cook pasta according to package directions, omitting salt and oil. Drain and place in a large bowl.

Add remaining salad ingredients to pasta. Stir to combine.

In a small bowl, whisk together salad dressing and mustard. Gently stir into the pasta mixture.

Cover and refrigerate for several hours. Serve at room temperature or chilled.

For an attractive presentation, line a serving bowl or a platter with lettuce, fill with pasta, and top with tomato wedges.

Warm Broccoli Salad

Serves 6

INGREDIENTS

1 tbsp WALNUT OIL
1 tbsp OLIVE OIL
2 tsp VINEGAR, APPLE CIDER
2 tbsp ORANGE JUICE, RAW
1/3 lb POTATO, RED, FLESH & SKIN, RAW
1 1/2 cup BROCCOLI FLOWER CLUSTERS, RAW
1 1/2 tbsp WALNUT, ENGLISH, DRIED, RAW
6 slices MIXED GRAIN BREAD, TOASTED
3 small ORANGE, ALL VARIETIES, RAW
1 small ONION, RAW

EXCHANGES: 1.05 Starch, 0.15 Very Lean Meat, 0.4 Vegetable, 0.41 Fruit, 1.82 Fats

DIRECTIONS

1. Whisk together the dressing ingredients in a measuring cup, seasoning lightly with salt and pepper to your taste.
2. Steam the potatoes for 6 or 7 minutes or until tender.
Steam the broccoli for 3 minutes or until it is just barely tender, then toss the potatoes and broccoli with the walnuts and half of the dressing.
3. Toast the bread and cut in half diagonally. Arrange the toast on individual salad plates so that the points meet in the center and

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form a butterfly. Spoon the salad on the toast. Arrange the oranges and onion on top and spoon remaining dressing over the oranges. Serve immediately while still warm. Serves 6

Cheesy Oven Fried Chicken Serves 4

INGREDIENTS

6 oz TOWN HOUSE CRACKER, REDUCED FAT
2 tsp BASIL, DRIED, GROUND
1 dash PEPPER, BLACK, GROUND
1 lb CHICKEN BREAST, BONELESS, RAW, MEAT ONLY
2 tbsp MILK, COW'S, NONFAT (SKIM)

EXCHANGES: 2.13 Starch, 3.56 Very Lean Meat, 0.07 Vegetable, 0.03 Skim Milk
0.02 Other Carbs

DIRECTIONS

Preheat oven to 400 F. Spray a shallow baking pan with vegetable oil.

Place crackers, basil and pepper in a large plastic bag with a tight-fitting seal (leave end open so air can escape) and use a rolling pin to crush the crackers. Or place crackers, basil and pepper in the work bowl of a food processor fitted with a metal blade and process until finely crushed; transfer to large plastic bag. Set aside.
Rinse chicken or turkey and pat dry. Cut into 16 strips, about 1x3-inches lit each. Dip chicken or turkey in milk. Add chicken or turkey strips, a few pieces at a time, to bag with cracker mixture. Seal bag and shake until chicken or turkey is coated. Place coated chicken or turkey in a single layer on a prepared baking pan.
Bake, uncovered, 5 to 7 minutes, or until chicken or turkey is tender and no longer pink.

Spinach Pasta Serves 2

INGREDIENTS

4 oz PASTA, SPINACH, REFRIGERATED

EXCHANGES: 0.93 Starch

DIRECTIONS

Cook according to packaging. Refrigerated or dry pasta will work.

Nectarine and Plum Chutney Serves 8

INGREDIENTS

1 cup PLUM, RAW, peeled, pitted and diced

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1/2 cup NECTARINE, RAW, peeled, pitted and diced
1/2 cup APPLE W/O SKIN, RAW, peeled and diced
1/3 cup SUGAR, GRANULATED
1/4 small ONION, RAW, diced
1/4 cup VINEGAR, APPLE CIDER
2 tbsp RAISIN, GOLDEN SEEDLESS
1 tsp ORANGE PEEL, RAW, grated rind
1 dash SALT, TABLE
1/2 tsp NUTMEG, GROUND

EXCHANGES: 0.01 Starch, 0.04 Vegetable, 0.4 Fruit, 0.01 Fats, 0.54 Other Carbs

DIRECTIONS

Combine all ingredients in a 2-quart stainless steel, enameled steel, or non stick saucepan. Bring mixture to a simmer over medium-high heat, stirring occasionally until sugar dissolves, about 3 to 4 minutes. Reduce heat and simmer, uncovered, stirring occasionally, for 40 to 45 minutes, or until fruit is tender. Cool and refrigerate until ready to use.

In an airtight container, chutney will keep for up to 7 days in the refrigerator.

Herbed Rice Salad

Serves 6

INGREDIENTS

4 cups WHITE RICE, LONG GRAIN, COOKED W/SALT
3 tbsp OLIVE OIL
2 1/2 tbsp VINEGAR, APPLE CIDER
1 tbsp ORANGE JUICE, RAW
1 tsp SUGAR, GRANULATED
2 tbsp BASIL, FRESH
2 tbsp PEPPERMINT LEAF, FRESH
1 tbsp PARSLEY, RAW
1 tbsp CHIVES, RAW
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
1 tbsp SUNFLOWER SEED, DRIED
4 cups GREEN LEAF LETTUCE, RAW
1/4 cup LEMON JUICE, RAW

EXCHANGES: 1.72 Starch, 0.05 Very Lean Meat, 0.17 Vegetable, 0.06 Fruit, 1.48 Fats
0.06 Other Carbs

DIRECTIONS

1. Place the cooked rice in a large bowl and add the 3 tablespoons olive oil, 1 1/2 tablespoons of the vinegar and the salad seasonings, and toss thoroughly. Season to your taste with salt and pepper. Divide the mixture into 4 portions. Lightly coat ramekins, cups or other small molds with a thin film of vegetable spray and fill them with the rice mixture. Chill thoroughly, up to 24 hours ahead.
2. In a small to medium-size cast-iron skillet over medium heat, toss the sunflower seeds briefly until they become fragrant. Add 1 teaspoon oil and warm it gently. Do not allow the oil to smoke or steam. Add the greens and very quickly toss them in the heated oil. As they begin to soften, add the lemon juice and remaining tablespoon vinegar. Work quickly at this point and toss the greens vigorously but briefly until they are wilted but not completely shrunken, adding a little salt and a generous sprinkling of pepper as you turn the greens. Immediately arrange the wilted greens on individual dinner plates. Place the salad molds upside down on the greens and tap the bottom and sides lightly until the rice slips out. Serve immediately.

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Omelettes Plain Serves 1

INGREDIENTS

2 tsp BUTTERY VEGETABLE OIL SPREAD, NONFAT
1 cup EGG SUBSTITUTE, LIQUID
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
1 tbsp CHEESE, CHEDDAR OR COLBY, LOWFAT, SHREDDED

EXCHANGES: 6.08 Very Lean Meat, 0.22 Lean Meat, 0.07 Fats

DIRECTIONS

Lightly spray a small non stick skillet with vegetable oil spray. Add margarine and place over medium/high heat. In a small bowl, combine remaining ingredients, beat and pour mixture into pan. With I hand, move pan back and forth. Use other hand to stir eggs in a circular motion with a fork. Do not scrape bottom of pan. Sprinkle with low fat cheese. When omelette is almost cooked, Fold omelette over with fork while holding pan at 45° 'angle.
Roll omelette onto plate to serve.

Zucchini Spread Serves 8

INGREDIENTS

3 1/2 cups ZUCCHINI W/SKIN, RAW, summer squash, shredded
1/4 cup PARSLEY, RAW
2 tbsp VINEGAR, APPLE CIDER
1 tbsp OLIVE OIL
1 clove GARLIC, RAW, minced
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
2 tbsp WALNUT, ENGLISH, DRIED, RAW, finely chopped

EXCHANGES: 0.03 Very Lean Meat, 0.4 Vegetable, 0.49 Fats

DIRECTIONS

Squeeze zucchini with fingers to remove excess water. Place zucchini and all other ingredients except nuts in a blender or food processor. Process until smooth, scraping sides as needed.
Spoon the mixture into a serving container and fold in nuts. Cover and chill before serving.

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Sauteed Carrots

Serves 6

INGREDIENTS

4 cups CARROT, RAW
1 oz APPLE JUICE, UNSWEETENED W/ADDED VIT-C
47 grams LEMON JUICE, RAW
1 tbsp MARGARINE
1 tsp POPPY SEED OIL

EXCHANGES: 1.2 Vegetable, 0.16 Fruit, 0.24 Fats

DIRECTIONS

In non stick skillet combine carrots, apple juice, and lemon juice. Place over medium to high heat and saute for about 3-5 minutes or to desire tenderness. Add margarine and stir to coat evenly. Sprinkle with poppy seeds.

Orange flavored Black Beans

Serves 6

INGREDIENTS

15 oz BLACK TURTLE BEAN, CANNED, 1 can
1 tbsp SUGAR, BROWN
2 medium Green Onion Chopped
1/2 cup ORANGE JUICE, RAW
1/2 tsp CUMIN SEED
1/2 tsp CINNAMON, GROUND
3 tbsp CORIANDER, RAW (CILANTRO)

EXCHANGES: 0.82 Starch, 0.07 Vegetable, 0.15 Fruit, 0.11 Other Carbs

DIRECTIONS

Combine all ingredients except cilantro in saucepan and bring to a boil. Reduce heat and let simmer for 15 minutes. Salt and pepper to taste. Serve with sprigs of cilantro.

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