

Low Fat Express Cookbook Recipes

SUPER MEAL IDEAS

Quick Chicken Soup

3 cups water
3 chicken bouillon cubes
2 carrots, sliced
2 celery stalks, chopped
1 cup chicken, chopped

1. In a saucepan, bring the water to a boil and add the bouillon cubes, carrots, and celery.
2. Reduce heat and let simmer for 10 minutes, or until carrots become soft.
3. Add chopped chicken and let simmer for 2 minutes more.

Quesadillas

$\frac{3}{4}$ cup shredded low-fat cheddar cheese
 $\frac{1}{2}$ tomato, diced
2 medium mushrooms, diced
 $\frac{1}{4}$ onion, diced
4 flour tortillas

1. Preheat oven to 350 F
2. Combine the cheese, tomato, mushroom, and onion in a small bowl
3. Place the tortillas on a cookie sheet. Spread $\frac{1}{4}$ of the cheese mixture over half of each tortilla.
4. Bake for 7 minutes, or until the cheese is bubbling. Remove from the oven. Fold bare half over the filled half. Serve warm.

Southwestern Corn Bread

1 package corn bread/muffin mix
1 7-ounce can creamed corn
1 tablespoon chopped jalapeno pepper
Honey for topping

1. Preheat the oven to 375 F
2. Prepare the corn bread batter according to the package instructions. Stir in the creamed corn and chopped jalapeno.
3. Pour batter into a greased loaf pan. Bake for 20 minutes, or until the top of the loaf springs back when touched in the center.
4. Spread honey over the top immediately upon removal from the oven. Let stand for five minutes before serving.

Easy Pasta Bake

$\frac{1}{2}$ pound lean ground beef
5 ounces uncooked pasta
15 ounce jar spaghetti sauce
 $\frac{1}{4}$ cup grated Parmesan cheese
 $\frac{1}{2}$ cup shredded mozzarella cheese

1. Cook ground beef in a large skillet until all pink color is gone. Drain grease.
2. In a large saucepan, boil 4 cups of water. Cook pasta for 10 minutes; drain water.
3. In a large bowl, combine cooked beef, cooked noodles, spaghetti sauce, and Parmesan cheese.
4. Grease a 2 quart casserole dish and pour mixture into dish.
5. Sprinkle with mozzarella cheese.
6. Bake at 375 F for 20-30 minutes.

SUPER MEAL IDEAS

Hamburger Stroganoff

½ pound ground beef
2 Tablespoons onion, chopped
1/4 cup flour
½ teaspoon pepper
1 cup boiling water
3/4 cup milk
1 1/4 cups uncooked egg noodles

1. Brown ground beef and onion. Drain.
2. Stir in flour and pepper.
3. Add boiling water.
4. Gradually stir in milk. Continue to heat for three to four minutes.
5. Serve stroganoff over cooked noodles. Refrigerate leftovers.

Red Beans and Rice

2 cups water
1 teaspoon oil
½ small onion, chopped
1 stalk celery, diced
1 cup raw rice
1½ cups cooked red kidney beans*
or 16-ounce can kidney beans
1 teaspoon pepper

1. Bring water to boil.
2. Add oil, onion, celery and rice.
3. Cover and cook gently until rice is tender, about 20 minutes.
4. Add beans and pepper. Heat the mixture on low to blend flavors.

Spanish Rice

2 cups cooked or canned tomatoes
½ cup water
1 cup uncooked rice
1 teaspoon chili powder
1 teaspoon salt
teaspoon pepper
¼ teaspoon garlic powder

1. Combine all ingredients in a 2-quart greased casserole dish.
2. Cover. Bake at 350°F for 45 minutes.
3. Uncover and bake another 15 minutes.
4. Refrigerate leftovers.

How to Cook Lentils

Lentils must not be overcooked or they will become soft and mushy. Different varieties require different cooking times.

1. Use 1 1/2 cups of water or broth to 1 cup of lentils.
2. Add water or broth to a saucepan and if desired add flavorings, such as herbs, garlic, and onions. Do not add salt until the lentils are cooked because the salt will toughen them if added at the beginning of the cooking time.
3. Bring water or broth to a boil and add the lentils. Boil for 2 or 3 minutes and then reduce heat to a simmer. Cook until tender. Cook green and brown lentils for approximately 45 minutes and red lentils for 25 minutes.

How to Soak Dried Beans

Dried beans need to be pre-soaked before cooking with them. Use a large pot because beans expand during soaking (up to 2 to 2-1/2 times bigger)!

1. Rinse beans in cold water.
2. Remove any damaged or discolored ones.
3. For each cup of dried beans, add 3 cups of water.
4. Allow beans to soak overnight in an uncovered pot.

How to Cook Dried Beans

1. After pre-soaking the beans, drain the water.
2. Cover the beans with fresh water.
3. Bring water to a boil.
4. Reduce heat and simmer until tender.

Lentil Spaghetti

1 pound lean ground beef
1 cup chopped onion
1 clove garlic, crushed or ½ teaspoon garlic powder
1½ cups cooked, drained lentils
1- 28 ounce to 32 ounce jar spaghetti sauce

1. In a large sauce pan brown meat. Drain.
2. Add onion and garlic to drained meat. Cook until onions are soft but not brown.
3. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes.
4. Serve sauce over hot cooked spaghetti noodles.

Luscious Lentil Soup

1 ½ c lentils
7 c water
1 medium yellow onion, chopped
3 cloves garlic, minced or pressed
1 tablespoon olive oil
1 teaspoon salt
black pepper
lemon juice

1. Bring the lentils and water to a boil in a large soup pot, then reduce heat and simmer. Cook for 40 minutes.
2. Sauté the onion and garlic in the olive oil until the onion is soft
3. Add onion and garlic to the lentils, along with the salt and plenty of black pepper.
4. Simmer for 30 minutes. Add lemon juice just before serving.

Macaroni and Cheese Soup

2 ½ cups water
1 package (10 ounce) frozen peas and carrots, thawed.
1 package (7 ¼ ounce) macaroni and cheese mix
1 ½ teaspoon salt
½ teaspoon black pepper
4 cups (1 quart) milk

1. Bring water to a boil over high heat.
2. Stir in the peas and carrots, the macaroni (reserving the cheese packet). Salt and pepper.
3. Return to a boil, cover loosely, and cook for 5 minutes.
4. Add the remaining ingredients, including the reserved cheese packet.
5. Reduce the heat to medium, cover loosely, and simmer for 10 minutes, or until hot and creamy. Stirring occasionally.

Skinny Refried Beans

2 cups canned black beans
½ cup water
1 teaspoon salt
1 teaspoon pepper

1. In a small bowl, mash beans into a smooth paste
2. Add water, salt, and pepper.
3. Cook for 10 minutes

Baked Bean Soup

3 cups cold baked beans
6 cups water
2 slices onion
1 tablespoon Chili sauce
2 stalks celery
1 ½ cups stewed and strained tomatoes
Salt and pepper

1. Put beans, water, onion, and celery in saucepan
2. Bring to boiling-point and simmer thirty minutes
3. Rub through a sieve
4. Add tomato, and Chili sauce
5. Season to taste with salt and pepper

Warm-up Chili

1 can chili beans in sauce
1 can chili-seasoned tomato sauce
1 can corn

1. Mix beans, tomato sauce, and corn into a saucepan
2. Heat over medium high heat until warm.

BRILLIANT BREAKFASTS

Rise and Shine Burrito

3 egg whites
1 or 2 whole eggs
2 corn or flour tortillas
4 tablespoons salsa or taco sauce
Salt and pepper (optional)

1. Spray skillet with non-stick cooking spray or lightly oil the pan.
2. Crack 3 eggs and separate yolks from whites. Put the whites in the skillet.
3. Crack 1 or 2 eggs and add the whole eggs to the whites already in the skillet.
4. Cook eggs until they are firm and no liquid seeps out.
5. Add salt and pepper if desired.
6. If you want your tortillas to be warm, they can be warmed in another frying pan, in the microwave, or the oven.
7. Put the cooked eggs in the middle of the tortillas.
8. Top with salsa or taco sauce.

Wake-up Rice

1 cup white rice
2 cups water
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ to $\frac{3}{4}$ cup skim milk
2 teaspoons sugar

1. Put rice and water in saucepan.
2. Bring water to a boil, then lower heat and cover pan.
3. Cook 15 minutes (do not lift the cover or stir the rice)
4. Remove from heat.
5. Add cinnamon and sugar and spoon into bowls.
6. Let each person add as much milk as they wish.

Simple Muffins

1 cake mix, any flavor
1 cup canned pumpkin
1 cup water

1. Mix all three ingredients in bowl.
2. Spray muffin tin with non-stick spray.
3. Fill each muffin cup $\frac{2}{3}$ full.
4. Bake for 30 minutes

SUPER SNACKS

Incredible Edible Veggie Bowls

1 green, yellow, or red pepper, washed
1 bunch celery, washed
1 carrot, washed and peeled
Your favorite low-fat salad dressing

1. Cut the pepper in half (from side to side) and clean out the seeds.
2. Cut one of the halves into skinny strips.
3. Cut carrot into skinny strips, about 4 inches long
4. Cut celery into skinny strips, about 4 inches long
5. Put a little salad dressing in the other pepper half and dip veggie strips into salad dressing.

Smile a Mile Apples

1 apple
1 tablespoon peanut butter
20 raisins or pieces of cereal

1. Slice the apple to make 8 slices.
2. Spread 4 of the slices with a small amount of peanut butter.
3. Top the apple slices with another apple slice.
4. Insert raisins or cereal between the apple slices for “teeth.”

Ants on a Log

4 celery stalks
½ cup low-fat cottage cheese
¼ cup raisins or shelled sunflower seeds

1. Wash celery and cut into 3 or 4 inch long pieces
2. Fill the inside of the celery with cottage cheese
3. Place raisins or sunflower seeds on top of the cottage cheese.
4. Serve immediately or refrig

Bunny Salad

Canned pear halves
Raisins
Blanched almonds (or small apple slices)
¼ cup low-fat cottage cheese
Lettuce leaves (optional)

1. Make each serving on a separate plate.
2. Place a pear half on a plate, round side up.
3. The narrow end of the pear will become the face.
4. Place raisins for eyes and a nose on the face.
5. Place the almonds at the back of the “head” to make ears. You could also use small apple slices instead of almonds.
6. Put a small spoon of cottage cheese at the back of the bunny for a tail.

Rocket Salad

4 pineapple rings, canned
4 lettuce leaves (optional)
2 bananas
2 grapes (red are more colorful)
2 apple slices

1. Set out a separate plate for each serving.
2. Place a lettuce leaf on each plate (optional)
3. Place a pineapple ring on the lettuce for the “launching pad”
4. Cut the bananas in half crosswise. This forms the “rocket” part of the salad.
5. Peel the bananas
6. Place ½ of a banana upright in the center of each pineapple slice.
7. Cut the grapes in half.
8. Fasten half of a grape on the top of each banana for the nose cone. Use a toothpick or uncooked spaghetti to keep it in place.
9. If you want, make wings for the rocket with the apple slices.