Step Up to Slim Down
Recipes

Stephanie’s Recipes

Breakfast:

1.) Egg mug and cheese (microwave):
Ingredients:
Light Laughing Cow Swiss Cheese
Egg Beaters
Salt
Pepper
Whole wheat toast, bagel, or English muffin

Spray large coffee mug or bowl with pam. Put ½ cup of Egg Beaters into cup. Slice the cheese into small pieces. Put the cheese slices in with the egg, and add a dash of salt and pepper. Stir. Microwave for 1 minute. Stir, microwave for 30 seconds more. Let cool for a minute.

2.) Smoothie (blender):
Ingredients:
1 small banana or half of a big one
½ cup plain greek yogurt
½ cup skim milk
Frozen blueberries, strawberries, or a mix of berries
Honey
Splenda

Put banana, yogurt, milk, and berries into blender. Taste and add splenda or honey according to your taste. Put more milk if the smoothie is too thick, and more yogurt if it is too liquid.

Lunch:

1.) Flat Bread Pizza (oven):
Ingredients:
1 large low carb/high fiber tortilla
1/3 cup low fat ricotta cheese
½ cup thinly sliced onions
1 tbsp reduced fat mozzarella cheese
Sprinkle of dried basil or 1 tbsp of fresh basil
1 Roma tomato
¼ tsp of garlic powder
Dash of salt
Dash of pepper

Preheat oven to 375 degrees. Place tortilla on a baking sheet sprayed lightly with nonstick spray. Bake in oven for 5 to 6 minutes on each side, until slightly crispy.

In a small bowl, mix ricotta cheese, mozzarella cheese, garlic powder, salt and pepper. Set aside.

Bring a pay sprayed with Pam to medium heat on the stove. Add onions and, stirring occasionally, cook until softened and slightly browned, about 3 minutes. Stir the onion into cheese mixture.

Spread cheese-onion mixture evenly on top of the tortilla. Place basil on cheese onion mixture. Top with thin tomato slices.

Return pizza to oven and bake for about 5 minutes, or until entire pizza is hot. Cut pizza into slices.

(*Recipe from Hungry Girl 200 Under 200 cookbook)

2.) Pimento Cheese Spread

Ingredients:
1 cup reduced fat sharp cheddar shredded cheese
1/4 cup plain greek yogurt
1/8 cup light mayonnaise
2 oz reduced fat cream cheese
1 small jar of pimentos
Salt
Pepper
Paprika (optional)

Whole wheat toast or crackers

Mix all ingredients together. Add more cheese if you think it needs more.

Dinner:

1.) Roasted Salmon with cheese potato and roasted grape tomatoes: (oven)

Ingredients:
1 cup cherry tomatoes
1 tsp chopped fresh thyme or ¼ tsp dried thyme
1 teaspoon olive oil
1/8 tsp salt
1/8 teaspoon black pepper
Cooking spray
1 salmon filet (can buy a bag of frozen salmon filets)
1 tablespoon fresh lemon juice

Brown rice or whole grain cous-cous

Pre-heat oven to 400 degrees. Mix first 5 ingredients together, tossing tomatoes in mixture. Bake for 15 minutes. Add salmon to the tomato mixture and bake for an additional 10 minutes or until done. Remove from oven; Serve salmon and tomato mixture with brown rice or cous-cous.

2.) Healthy and Simple Tacos
Cook ground beef in skillet till it is done and the meat has no pink color. Put meat in a pasta drainer, and rinse all the oil off with water. Let drain for 1-2 minutes. Return ground beef to skillet. Add salt, pepper, and chili powder, stirring constantly. Place meat in taco shells. Add diced tomato, shredded lettuce, and/or half of an avocado (sliced).

Whitney’s Recipes

Dinner: Easy Crispy non-Fried Chicken!

Ingredients:
1 package boneless skinless chicken breasts
1 egg
Spices such as garlic salt, lemon pepper, soul food seasoning, Creole seasoning
2 Cups Breadcrumbs
A large plastic baggy

Instructions:
Take a small bowl and mix the egg and any seasonings you want, just don’t go crazy.
Add the breadcrumbs to a really big plastic baggy
Now dip the chicken into the egg mixture coating both sides, then put the chicken into the baggy, close it and shake it up until the chicken is coated in bread.
Bake the chicken at 350 for around 45-55 min.

Side dishes:
Baked or mashed potatoes are always good with chicken
  Go easy on butter and sour cream and salt
  Try some low fat cheese

Lunch: Chicken Fajitas

Ingredients:
Grilled chicken cut into strips (bought or leftovers)
Soft shell tacos or whatever size taco shells you like
Cheese (any flavor but use shredded it works best)
Mushrooms, roasted bell peppers, onions, tomatoes, corn, any vegetable that you like can be added in
Skillet
Light sour cream, salsa, picante sauce, any taco sauce you like

Instructions:
Take the shell, place your grilled chicken, and add the cheese and vegetables of your choice. Now cook on a skillet for about 5 min. until the cheese is melted. Alternatively, you can microwave it if you like, or skip this step all together; it does not really have to be cooked. Now add whatever salsa, sour cream, or sauces you like. This is very customizable so you can have pretty much something different for everyone.

Sides:

This is really good with beans and rice.

**Lunch:** Cheesy Spinach Chicken

**Ingredients:**
- 10 oz. pkg. frozen spinach (thawed and drained)
- 8 oz. pkg. cream cheese
- 1 c. milk
- 1 c. grated shredded cheese
- Salt
- Garlic salt
- 1/2 c. grated Parmesan cheese
- 2 c. chicken (cooked and cubed)
- 1/2 c. crushed corn flakes *optional

**Instructions:**
Spread spinach in 9 inch greased glass casserole dish or a 2 quart glass casserole dish. Make the sauce by blending cream cheese, milk, shredded cheese, salt, garlic salt, and 1/4 cup Parmesan cheese together in small glass bowl. Microwave for 2 minutes, stirring often.
Spread 1/2 the sauce over spinach and spread chicken over this layer. Top with remaining sauce. Sprinkle cereal and the remaining 1/4 cup Parmesan cheese on top. Microwave 6 minutes until bubbly.

**Breakfast:** Breakfast Pita Sandwiches

**Ingredients:**
- 1 package Microwavable turkey bacon or other bacon substitute
- 1 tbsp. Milk
- 1-2 Eggs
- Pita Shells Whole Wheat or Whole Grain options are best
- Shredded Cheese

**Instructions:**
There are many options with this and you can add your own little twist but this is my favorite way.
Cook the bacon in a skillet until crisp or sort of crumbly. Remove the bacon from the skillet but let it stay hot. In a separate bowl whisk eggs, milk, and a little bit of the cheese together. Pour the egg mix into the skillet and cook over medium or medium-high heat until done. You can sprinkle the bacon over the cooked eggs or before they finish cooking. Warm the pita in the microwave for around 15-30 seconds just to get it warm. Now add the eggs into the pita and top with cheese.

**Dinner:** Microwave Baked Fish
Ingredients:
- 1-2 Fish fillets such as haddock or sole
- Lemon pepper
- Paprika
- Dried parsley
- Salt
- 1 tbsp. Butter
- 1 sliced lemon

Instructions:
In a 7x12 in. baking glass, place the fish with the thickest pieces towards the outside. Rub the butter over the top of the fish. Sprinkle the fish with seasonings to taste. Cover the glass pan with wax paper or plastic wrap. Microwave for 8-12 minutes rotating the fish about 1/2 turn every 3-4 minutes. The fish will be done when it is opaque and flakes easily. Let the fish stand for a few minutes to cool. Serve with lemon slices and tartar sauce.

**Breakfast:** Microwave Monkey Bread

Ingredients:
- An 8 oz. can refrigerated biscuits
- 1/2 cup firmly packed brown sugar
- 3 tbsp. butter
- 1 tbsp. water
- Cinnamon-Sugar mix (1 tbsp sugar for every 1 tsp. cinnamon)
  - Make around 1/4 cup of this or less.

Instructions:
In a shallow 1-quart casserole dish, mix the brown sugar, water, and butter. Melt in microwave for around 30-60 seconds. Cut the biscuits into quarters and roll in the cinnamon-sugar mix. Place into the casserole dish with the butter mixture, stirring to coat the biscuit pieces. Start cooking at 2 minutes and 30 seconds and add additional time, as it is needed to cook the biscuits to where they are no longer doughy on the inside.

**Snack:**
Homemade Trail Mix

Ingredients:
- Peanuts (unsalted)
- Roasted Walnuts
- Almonds
- Dried cherries
- Dried cranberries
- Raisins
  - Any other nuts or small dried fruits you like can be added.

Instructions:
Add everything to a plastic baggy and shake.

**Dessert:**
Cappuccino mousse

Ingredients:
- 1 Envelope or 1 serving instant cappuccino
- 1 tbsp. hot water
1 ½ cups cold milk 2%
1 package vanilla instant pudding or pie filling
Thawed cool whip

Instructions:
Dissolve the cappuccino in the hot water in a medium bowl. Add the milk and pudding mix. Beat with a wire whisk for at least 1 minute. Slowly stir in the whipped topping and then spoon into bowls. You can eat this now or refrigerate for later.

Jessica’s Recipes

Breakfast:

Sweet or salty Bagel
½ Bagel
Add cream cheese & fruit
Peanut butter & banana slices

Turkey bacon + Toast + Egg

Lunch:

Wrap/Sandwich – 1 pc. cheese + meat
Spunky Ideas:
go spicy → bell pepper & use pepper-jack cheese /or Tabasco Mayonnaise
 go deli → avocados, lettuce, onion, ranch
 try tradition → pb & j BUT watch serving size; add banana for a bonus
 be creative → create one similar to your favorite salad, or restaurant sandwich

Salad bowl – come pre-maid w/ fork & dressing/spices/meat/veggies & good serving size.

Dinner:

Veggie Deluxe
frozen veggies, fresh veggies, canned veggies
--Add to rice stir fry, ramen noodles, or baked potato

Salad (filling/satisfying)
--taco (meat, cheese, chips)
--chicken-Caesar
--shrimp (add to house salad)
--Greek (olives, bell peppers, cucumber, feta cheese)
Kristine’s Recipes

Dinner

Shrimp Bisque
Ingredients:
- Package of low fat cream cheese
- Can of Cream of mushroom
- Can of Cream of Potato
- Can of Rotel Tomatoes (drained for less spicy)
- Can of corn (drained)
- Thawed package of small deveined shrimp, no tails

Instructions:
- Put all in a pot and simmer for about 30 minutes
- Stir every once in a while

Spicy Ranch Chicken Pasta
Ingredients:
- Whole wheat noodles
- Chicken
- Tomatoes
- Spicy ranch dressing

Instructions:
- Cook pasta. Drain pasta. Add diced tomatoes. Add diced chicken (can either cook and dice raw chicken or buy pre-packaged or frozen).

- Can eat both hot and cold. Can eat for several Days