

RECIPIES as of 11/06

Slow Cooker Turkey Breast Stuffed with Wild Rice



recipe tip

Wild in the Water

Wild rice, native to North America, is actually a grass from a botanical view. It grows in shallow lakes and streams where it picks up selenium, a mineral that helps in the metabolism of vitamin E.

Success

Frozen turkey breasts usually come with a netting on them to help keep them together. When cutting pockets in step 1, cut crosswise through the netting. Go ahead and cook with the netting on, then remove before carving the turkey.

Partner a turkey breast with just five other ingredients. You'll have a fix-and-forget-it delicious main course.

Prep Time:20 min

Start to Finish:8 hr 20 min

makes:10 servings

Ingredients

- 4 cups cooked wild rice
- 3/4 cup finely chopped onion (1 large)
- 1/2 cup sweetened dried cranberries
- 1/3 cup slivered almonds
- 2 medium cooking apples, peeled or unpeeled, coarsely chopped (2 cups)
- 1 boneless whole turkey breast (4 to 5 lb), thawed if frozen

Directions

1. In large bowl, mix all ingredients except turkey. Cut turkey into slices at 1-inch intervals about three-fourths of the way through, forming deep pockets.
2. In 3- to 4-quart slow cooker, place turkey. Stuff pockets with wild rice mixture. Place remaining rice mixture around edge of slow cooker.
3. Cover; cook on Low heat setting 8 to 9 hours or until juice of turkey is clear when center of thickest part is cut (170°F). Thermometer inserted in center of stuffing should read 165°F.

Nutritional Information

1 Serving: Calories 310 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 120mg; Sodium 300mg; Total Carbohydrate 24g (Dietary Fiber 3g, Sugars 8g); Protein 46g % **Daily Value***: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 15% **Exchanges:** 1 Starch; 1/2 Other Carbohydrate; 0 Vegetable; 6 Very Lean Meat **Carbohydrate Choices:** 1 1/2 **MyPyramid Servings:** 1 oz-equivalents Grains, 5 oz-equivalents Meat & Beans

*% Daily Values are based on a 2,000 calorie diet.

Crock Pot Pizza

Nutrition Facts: Calories 305; Fat 9g; Protein 21g; Carbohydrate 35g; Sodium 866mg; Calcium 209g; Fiber 4g

Yield: Serves 6

Ingredients

- 8 oz. extra lean ground beef or turkey
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup sliced mushrooms, drained
- 1 3/4 cups tomato sauce
- 1 tsp. Italian seasoning
- 1 tsp. Splenda
- 3 cups cooked noodles, rinsed and drained (style of choice)
- 1/4 cup shredded Cheddar cheese
- 1/4 cup shredded mozzarella cheese
- 1/4 cup shredded parmesan cheese
- Olive oil cooking spray

Instructions

1. In a large skillet, sprayed with olive oil cooking spray, brown meat, onion and green pepper
2. Stir in mushrooms, tomato sauce, Italian seasoning and Splenda
3. Pour mixture into a Crock Pot sprayed with cooking spray
4. Spread noodles over meat mixture
5. Sprinkle with Parmesan cheese
6. Layer Cheddar and mozzarella cheeses evenly over the top
7. Cover and cook on low for 6-8 hours

CROCK POT PINEAPPLE CHICKEN

Nutrition Facts: Calories 194; Fat 2g; Protein 28g; Carbohydrate 16g; Fiber 1g; Cholesterol 68g; Sodium 483mg

Yield: Serves 6

Ingredients

- 6 skinless chicken breast halves, split
- Dash of pepper
- Paprika, to taste
- 1- 20 oz. can pineapple tidbits in juice
- 2 Tbs. Dijon mustard
- 2 Tbs. soy sauce
- 1 clove garlic minced

Instructions

1. Arrange chicken in bottom of Crock Pot
2. Sprinkle with pepper and paprika
3. In a small bowl, combine drained pineapple tidbits, mustard and soy sauce
4. Pour over chicken
5. Add minced garlic
6. Cover and cook on LOW for 7 to 9 hours or on HIGH for 3 to 4 hrs

Crock Pot Chili Mac

[Nutrition Facts](#) per Serving: 325 Calories, 9.3g Fat, 57.9mg Cholesterol, 521mg Sodium, 39g Carbs, 5.9g Fiber, 11.4g Sugar, 22.9g Protein

Yield: Serves 8

Ingredients

- 16 oz. extra lean ground turkey or beef
- 1 cup chopped onion
- 1- 16 oz. can tomatoes, coarsely chopped and undrained
- 1 can [Healthy](#) Request Tomato Soup
- 1 cup reduced-sodium tomato juice
- 2 tsp. chili seasoning
- 1- 8 oz. can red kidney beans, rinsed and drained
- 1 cup whole grain elbow macaroni
- Cooking spray

Instructions

1. In a large skillet coated with cooking spray, brown meat
2. Meanwhile, in a Crock Pot container coated with cooking spray, combine onion, undrained tomatoes, tomato soup, tomato juice and chili seasoning
3. Stir in kidney beans and uncooked macaroni
4. Add browned meat
5. Mix well to combine
6. Cover and cook on low for 6 to 8 hours

Crock Pot Chicken Picante

[Nutrition Facts](#): Calories 99; Fat 1.5g; Fiber 0g; Sodium 61mg; Carbohydrate 0.1g; Protein 20g

Yield: Serves 2

Ingredients

- 12 oz. skinless, boneless chicken breast
- 1 small jar Picante sauce, or favorite salsa

Instructions

1. In Crock Pot, place chicken
2. Cover with salsa
3. Cook on low for 8 hours

Pulled BBQ Chicken (CROCK POT RECIPE)

This shredded BBQ chicken is FANTASTIC over salads, piled onto light buns, stuffed inside high-fiber tortillas with (rinsed) cole slaw, or eaten all by itself.

Ingredients:

- 1 1/2 lb. raw boneless skinless lean chicken breasts, halved
- 1 cup canned tomato sauce
- 1/2 cup ketchup
- 2 tbsp. plus 2 tsp. brown sugar (not packed)
- 2 tbsp. plus 2 tsp. cider vinegar
- 2 tsp. garlic powder
- Optional: red pepper flakes, to taste

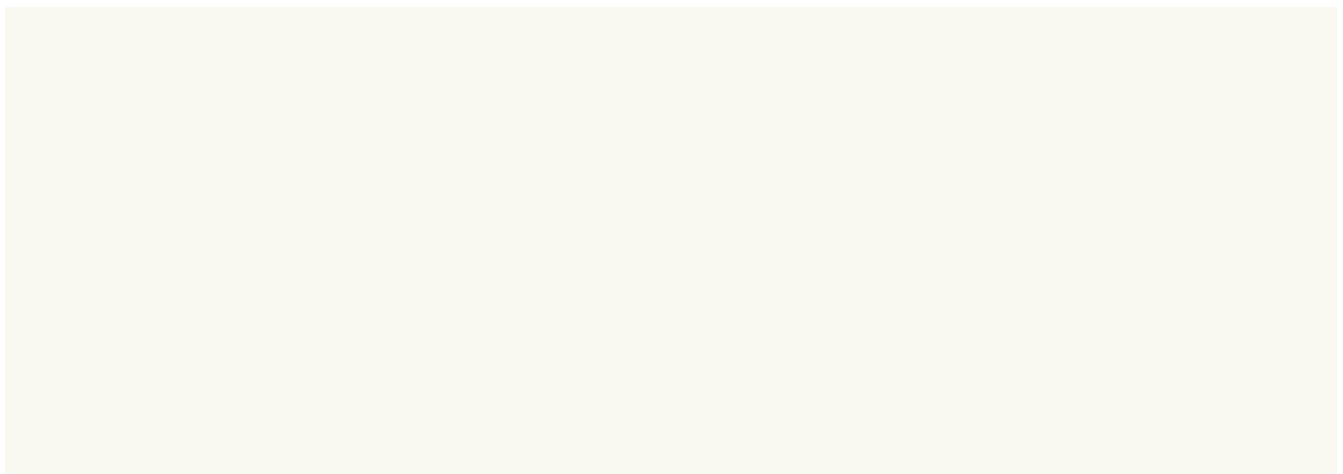
Directions:

1. Place all ingredients except the chicken in the crock pot.
2. Stir until mixed.
3. Add chicken and coat well with the sauce.
4. Cover and cook on high for 3 - 4 hours OR on low for 7 - 8 hours, until chicken is fully cooked.
5. Remove all the chicken and place it in a bowl. Shred each piece using two forks -- one to hold the chicken in place and the other to scrape across the meat and shred it.
6. Return the shredded chicken to the crock pot, and mix well with the sauce.
7. Season to taste with red pepper flakes.

Makes 7 servings (1/2 cup each).

Per serving:

149 calories, 23 grams protein, 1g fat, 10g carbs, <0.5g fiber, 462mg sodium, 9g sugars



Crock Pot Honey Dijon Pork

Nutrition Facts: Calories 250; Fat 10g; Saturated Fat 4g; Cholesterol 85mg; Sodium 180mg; Carbohydrate 9g; Fiber 1g; **Protein** 31g

Yield: Serves 6-8

Ingredients

- 1/2 cup chopped onion
- 2 apples, peeled and sliced
- 1 Tbs. honey
- 1 Tbs. Dijon mustard
- 1/2 tsp. coriander seed, crushed
- 1/4 tsp. salt
- 1 (2 to 2 1/2 pound) rolled boneless pork roast
- 1 Tbs. cornstarch
- 2 Tbs. water

Instructions

1. In 4- to 6-quart Crock Pot, combine onion and apples
2. In small bowl, combine honey, mustard, coriander and salt, then mix well
3. Spread on all sides of pork roast
4. Place roast over onions and apples
5. Cover, cook on low for 7-8 hours
6. Remove roast from Crock Pot and place on serving platter
7. Cover with foil
8. In small saucepan, combine cornstarch and water, blending well
9. Add apple mixture and juices from Crock Pot; mix well
10. Cook over medium heat until mixture boils, stirring occasionally
11. Cut roast into slices
12. Serve with sauce

Country Crockpot Chicken

This is a simple one-pot chicken and vegetable meal that takes minutes to prepare, and can be left cooking away for hours while you're at work or running all-day errands.

Prep Time: 10 minutes

Cook Time: 8 hours

Ingredients:

- 1 pound small white potatoes, halved
- 8 ounces baby carrots (half a 16-ounce bag)
- 1 medium onion, sliced
- 2 large ribs celery, sliced
- 8 ounces sliced mushrooms
- 1 1/4 pounds skinless, boneless chicken breasts, cut into pieces
- 2 tsp dried mixed herbs
- 1 14.5 ounce can crushed tomatoes
- 1/2 cup fat-free, low-sodium chicken broth

Preparation:

Coat the inside of a 4-5 quart crockpot with nonstick cooking spray. Place vegetables in base of crockpot. Sprinkle with dried herbs. Add chicken pieces, then finish with canned tomatoes and broth. Cook on low for 6-8 hours, until vegetables are tender and chicken is cooked.

If you want to thicken the juices, make a cornstarch slurry of 2 tablespoons of cornstarch to 1/4 cup of broth or water and stir in half an hour before the end.

Serves 6.

Per Serving: Calories 224, Calories from Fat 18, Total Fat 2g (sat 0.3g), Cholesterol 55mg, Sodium 194mg, Carbohydrate 25.5g, Fiber 5.2g, Protein 26g

CHICKEN TACO

Ingredients:

- 1 1/2 Tbsp. fresh lemon juice
- 1 1/2 Tbsp. fresh orange juice
- 1/4 tsp. ground cumin
- 1/8 tsp. hot chili powder
- 1/8 tsp. minced garlic
- 1 Tbsp. chopped fresh cilantro
- 1 Tbsp. fat free sour cream
- 2 cups (about 12 oz.) cooked, coarsely chopped chicken breast
- 8 (6-inch) corn tortillas or [Garden of Eatin' Taco Shells](#)
- 1 cup drained and rinsed canned black beans
- 1/2 cup bottled salsa
- 1 cup shredded lettuce
- 1/2 cup shredded reduced fat 4-cheese Mexican blend cheese
- 1/2 cup diced avocado

Instructions:

1. Using a whisk, mix lemon juice, orange juice, cumin, chili powder, garlic, cilantro, and sour cream in a small bowl. Toss with chicken. Set aside.
2. Heat the tortillas or [Garden of Eatin' Taco Shells](#).
3. Spoon 1/4 cup of the chicken mixture into each tortilla or taco. Top each with 2 Tbsp. drained and rinsed black beans, 1 Tbsp. salsa, 2 Tbsp. lettuce, 1 Tbsp. shredded cheese, and 1 Tbsp. diced avocado.

Makes 8 servings. Serving Size = 1 taco.

Per serving: Approximately 215 calories, 15 grams protein, 6 grams fat, 21 grams carbohydrate, 2 grams sugar, 4 grams fiber

Chicken Parm

Ingredients:

- 1 Tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- salt and pepper to taste
- 4 boneless, skinless chicken breasts, approximately 4 oz. each
- 22 oz. jar marinara or spaghetti sauce
- 1/4 cup Parmesan or Romano cheese, grated (or a mixture of both)
- 4, 1 ounce slices part skim mozzarella cheese

Preheat oven to 350 degrees.

1. Heat 1 Tablespoon olive oil in a frying pan.
2. Meanwhile, sprinkle garlic powder, Italian seasonings, and salt and pepper over chicken.
3. Add chicken to pan and brown on both sides until cooked almost all the way through. Be careful not to let it burn!
4. Remove chicken from pan and place in a non stick casserole dish.
5. Cover with marinara sauce and sprinkle with grated Parmesan or Romano cheese.
6. Place one slice (1oz) of part-skim mozzarella cheese on top of each chicken breast.
7. Bake uncovered for 30 minutes, or until sauce bubbles.

Serve with fresh veggies and a salad.

Makes 8 servings Per Serving: 158 calories, 13 grams protein, 8 grams total fat, 2 grams saturated fat, 9 grams carbohydrate, 1 gram fiber, 3 grams sugar (note: sugar content will vary based on marinara or spaghetti sauce), 458 mg sodium

CRANBERRY AND ONION CROCK POT ROAST

Ingredients

one 3-4 pound beef bottom round roast trimmed
1/2 can whole berry cranberry sauce
1/2 Cup red wine
1 packet dry onion soup mix
1 large onion sliced

Directions

slice onion into thick rings and place in bottom of crock pot. mix together cranberry sauce, wine and soup mix in bowl and set aside. Heat a heavy bottomed pan with some olive oil and sear the meat on all sides. Place meat on top of onion in crock pot. Spoon mixture over meat and onions be sure to cover meat. Cook on low to med low 9-10 hours. Can make a gravy out of juices after done cooking. Not included in calorie calculation. Calculation based on 4 oz serving of meat.

Number of Servings: 16

Calories: 178.1, Total Fat: 5.4 g, Cholesterol: 66.9 mg, Sodium: 107.0 mg, Total Carbs: 4.6 g, Protein: 25.0 g

Chicken Parm

Juicy-on-the-inside, crunchy-on-the-outside chicken breast complete with melt-y cheese and warm tomato sauce?!? Now that's the kind of meal we'd gladly sink our teeth into on a daily basis if it weren't so notoriously high in fat and calories! Fortunately for everyone, HG's tackled the task of whipping up a crazy-good guilt-free version of this classic chicken dish. And there's been a line of hungry neighbors outside the HG kitchen ever since...

Ingredients:

5 oz. boneless skinless chicken breast (raw)
1/3 cup Fiber One cereal
1/4 cup Egg Beaters, Original**
3/4 tsp. reduced fat grated parmesan cheese
1 oz. (approx. 1/4 cup) shredded fat-free mozzarella cheese
1/3 cup canned tomato sauce
Optional: garlic powder, basil, oregano, salt and pepper

Directions:

Preheat oven to 375 degrees. Using a blender or food processor, grind Fiber One cereal to a breadcrumb-like consistency. Add parmesan to crumbs (if desired, season crumbs with optional spices, as well). Place crumbs in one small dish and Egg Beaters in another. Next, pound your chicken so it's a bit flattened. Coat raw chicken on both sides with Egg Beaters, and then coat with crumb mixture. Place chicken on a baking pan sprayed with nonstick spray. Spray a light mist of nonstick spray on top of chicken and place in oven. Cook for 10 minutes, and then turn chicken over. Add another light mist of nonstick spray and cook for an additional 10 - 12 minutes (or until chicken is fully cooked and coating looks crispy). Meanwhile, if desired, mix tomato sauce with your seasonings of choice. Remove chicken from oven, top with sauce and then cheese, and return chicken to oven until cheese is melted. Enjoy! Serves 1.

Serving Size: 1 chicken breast (entire recipe)

Calories: 295

Fat: 3.5g

Sodium: 890mg

Carbs: 27g

Fiber: 11g

Sugars: 3.5g

Protein: 46.5g

Chicken Marinara (CROCKPOT RECIPE)

- 1 1/2 pounds skinless chicken breasts or thighs
 - 1 small jar (26-28 ounces) reduced sodium marinara sauce
 - Fresh tomatoes, onions, mushrooms (optional)
1. Combine all ingredients in crockpot.
 2. Cook on low heat for 6-7 hours.
 3. Add fresh vegetables, if desired, and cook for 30 minutes more.

Makes 6 servings.

Per serving:

270 calories, 35 grams protein, 3 grams fat, 25 grams carbohydrate, 440 mg sodium, 2 grams fiber

FRENCH DIP (CROCKPOT RECIPE)

This is a really yummy & easy french dip recipe. Serve it with rolls and the sauce on the side. It is high in sodium

Ingredients

3 lbs chuck roast

1 (10 3/4 ounce) can French onion soup

1 (10 3/4 ounce) can beef consomme

1 (10 3/4 ounce) can condensed beef broth

1 teaspoon beef bouillon granules

Directions

Combine all ingredients in the crock pot. Do not dilute the soups!

Cook on low for 8 hours. Shred the meat and serve on rolls with the sauce on the side. I like to remove the sauce from the crock pot and reduce it a little in a sauce pan.

Servings Per Recipe: 7

Amount Per Serving — Calories: 175.0 ; Total Fat: 4.6 g ; Cholesterol: 50.3 mg ; Sodium: 1,034.3 mg ; Total Carbs: 3.7 g ; Dietary Fiber: 0.4 g ; Protein: 29.8 g

**Please
Cheese
Me**

Our mac 'n cheese doesn't need to be a fluorescent shade of orange to stand up to the competition. It tastes AMAZING, and it's as simple as A-B-C, 1-2-3, Do-Re-Mi. (P.S. The cheesy cauliflower works perfectly here -- trust us!)

Ingredients:

1 package [Green Giant Family Size Cauliflower & Three Cheese Sauce](#) (freezer aisle)
2 cups uncooked [Ronzoni Healthy Harvest Whole Wheat Blend Rotini Pasta](#) (or another whole-wheat or whole-wheat-blend pasta)
3 wedges [The Laughing Cow Light Original Swiss cheese](#)
Optional: salt and black pepper, to taste

Directions:

Prepare pasta according to the instructions on the box, and then drain well and set aside. While pasta is cooking, place contents of the cauliflower & sauce package in a large microwave-safe bowl. Cover and microwave for 12 - 16 minutes, until sauce has melted and cauliflower is hot.

Once the bowl is cool enough to handle, remove it from the microwave and add cooked pasta. Set aside. Unwrap cheese wedges and place in a small microwave-safe dish. Microwave for 30 seconds. Stir until smooth, and then add to the bowl.

Mix thoroughly, ensuring that the Laughing Cow cheese is evenly distributed and the pasta and cauliflower are coated in cheese sauce. If you like, season to taste with salt and pepper. Enjoy!

MAKES 4 SERVINGS

**Serving Size: 1 cup, Calories: 202 Fat: 4.5g ,Sodium: 825mg Carbs: 36g Fiber: 5g
Sugars: 6g , Protein: 8.5g**

Slow Cooker White Chicken Chili (CROCK POT RECIPE)

Ingredients

2 Cups onion, chopped
4 Cloves of garlic, minced
2 Jalapeño peppers, minced
8 Ounces canned chopped green chiles, drained
2 tsp. powdered cumin
1 tsp. dried oregano
1/4 tsp. cayenne pepper
1 tsp. salt
3 Cups chicken broth
1 1/3 Cups cooked white kidney beans (navy beans), rinsed, drained (approx. 1 can)
16 Ounces chicken breast (approx. 4 cups)
1/2 Cup chopped fresh cilantro

Directions

Diced onions and jalapeño peppers. Put into crock pot. Add canned green chiles, cumin, oregano, cayenne pepper, salt, chicken broth, and kidney beans. Place frozen chicken breasts on top of the chili.

Cover and cook in the slow cooker for approximately 6 hours.

Remove the chicken and shred with a fork. Return the chicken to the chili. Add the chopped cilantro and stir.

Options:

You can add 1 Cup of shredded Monterey Jack Cheese when you add the cilantro.

Makes 8 (1 Cup) servings

Amount Per Serving

Calories: 158.4 ; Total Fat: 2.1 g ; Cholesterol: 33.8 mg ; Sodium: 955.6 mg ; Total Carbs: 13.8 g
Dietary Fiber: 4.3 g ; Protein: 20.5 g

Sweet and Sour Meatballs over Rice (CROCK POT RECIPE)

Ingredients

1 lb ground turkey
1 large egg
1 tsp salt
1/4 tsp black pepper
1 T dried minced onion
4T cornstarch (divided)
1 T olive oil
3 T cider vinegar
1 can (15 oz.) pineapple chunks in juice
1/2 C sugar
1 T soy sauce
1 large green bell pepper cut into pieces
hot cooked rice (not included in nutrition facts)

Directions

In a bowl, combine ground turkey, egg, 1 T cornstarch, salt pepper and onion. Shape into 1 1/2 inch meatballs. In a large skillet, lightly brown meatballs in oil. Drain fat from skillet. Transfer meatballs to any size crock pot. Stir together in a small bowl, vinegar, sugar, soy sauce, remaining cornstarch, and green pepper. Pour over meatballs. Cover and cook on Low 6-8 hours or on High 2-4 hours. In the last 30 minutes of cooking stir in the can of pineapple. Serve over hot cooked rice.

Serves 5

Amount Per Serving

Calories: 234.9 Total Fat: 10.1 g ; Cholesterol: 106.5 mg ; Sodium: 733.1 mg; Total Carbs: 16.9 g
Dietary Fiber: 0.9 g ; Protein: 19.2 g

Gina's Crock Pot Shredded Beef {Machaca}

Ingredients

2 lbs London Broil - or other inexpensive well trimmed cut of beef.
1 cup onions diced
2 cup tomatoes chopped
1 cup bell pepper chopped
1/2 cup Serrano Peppers diced
1 Ancho Peper diced
3 Pasilla Peppers diced
1 cup Beef Broth - I use low sodium/reduced fat

Directions

Prep your veggies. I use my Food Processor to dice my veggies, or you can do by hand.

In your crockpot put the veggies, then the London Broil, then pour in the Beef Broth. Set your Crock Pot to 6 - 8 hours. If you will be leaving you crock pot on longer, add an extra 1/2 to 3/4 cut water.

When cooking is done, shred the beef with 2 forks, or I just trasfer to my Kitchen Aid Stand Mixer and mix for a minute. Stir the beef up with the remaining veggies and broth.

Makes 10 3-oz. servings.

Serving Suggestion: Make soft tacos w/ low carb flour torillas 8in. add 1oz 2% shredded cheese, 1 Tbls. Guacamole, shredded romaine, sprinkle diced tomato, green onion, and cilantro for a wonderfully filling taco. [not in nutritional information - but adds approx 150-175 calories. Very filling. Good source of vitamins and protein.

Amount Per Serving —Calories: 141.6 ; Total Fat: 4.6 g ; Total Carbs: 6.9 g; Dietary Fiber:2.0 g ; Protein:18.1 g

Slow Cooker Healthy Potato Soup (CROCK POT RECIPE)

Ingredients

6 large potatoes, cubed
3 large carrots, sliced
3 stalks celery, chopped
2 onions, chopped
4 chicken bouillon cubes
6 cups of water
1 can nonfat evaporated milk
shredded cheddar cheese (optional, not in calculation)

Directions

Combine all vegetables, bouillon, and water. in large crock pot. Cook on low for 8 - 10 hours, or high 3 -4. Add evaporated milk, stir till heated through, and serve. May serve with shredded cheddar cheese.

Number of Servings: 15

Amount Per Serving — Calories: 148.4 ; Total Fat: 0.4 g ; Total Carbs: 31.9 g; Fiber: 4.2 g ; Protein: 5.2 g

Chicken Cacciatore Slow Cooker (CROCK POT RECIPE)

Ingredients

1 lb. chicken breasts
2 medium zucchini, cut up into 1 inch pieces
1 medium onion cut up into wedges
1 jar (26 oz) spaghetti sauce
6 oz. box of rotini pasta

Directions

Place the first three ingredients into a slow cooker. Pour in the sauce. Cook for 8 hours on low, or 4 hours on high.

Prepare the pasta as per the box directions. Serve one cup of chicken mixture over 1 half cup of pasta.

Number of Servings: 12

Amount Per Serving — Calories: 222.7 ; Total Fat: 2.2 g; Total Carbs: 27.5 g; Dietary Fiber: 3.7 g ;Protein:23.7 g

Slow Cooker Buffalo Chicken (CROCK POT RECIPE)

Ingredients

4 frozen skinless, boneless chicken breast halves
1 (17.5 fluid ounce) bottle buffalo wing sauce, divided
1/2 (1 ounce) package dry ranch salad dressing mix
1 tablespoon butter

Directions

Place the frozen chicken breasts into a slow cooker, and pour in wing sauce, butter, and the ranch dressing mix. Cover, and cook on Low for 7 to 8 hours.

Shred chicken & cook for 10-20 minutes in the sauce to allow the chicken to soak up the seasoning.

Number of Servings: 6

Amount Per Serving —Calories: 140.7, Total Fat: 2.5 g, Total Carbs: 2.5 g; Protein: 11.0 g

Crockpot Mexican Chicken (for a family of 4-6)

*5 boneless/skinless chicken breasts
1 package of FF cream cheese
1 jar of salsa
1 package of taco seasoning
1 can Chili Beans*

***Put some salsa at the bottom of the crockpot, put 2 breasts down and sprinkle the taco seasoning on them (repeat for the rest of the layers of chicken). Soften the cream cheese and stir it with the remaining salsa and pour over the chicken. Then put the Chili beans on top. Cook on HIGH for 3-4 hours (for an 8 hour day, cook on low).*

Slow Cooker Lemon Garlic Chicken (CROCK POT RECIPE)

Cook Time: 8 hrs

Ingredients:

1 pound boneless, skinless chicken breasts, lightly pounded (3 to 4 ounces meat per person)

Kosher salt

Freshly ground black pepper

8 cloves garlic, smashed

1 cup wild rice blend

1/4 cup fresh squeezed lemon juice

2 1/4 cups water

10 fresh parsley sprigs

Directions:

Season the chicken breasts generously with salt and pepper. Place the chicken breasts in the bottom of a slow cooker. Add the garlic and rice. Add the lemon juice to the water and stir. Pour this mixture over the rice and chicken. Stir once to coat. Place the lid on the slow cooker and set on low for 8 hours. To plate, place a serving of the rice on each plate and top with 1 chicken breast. Garnish with fresh parsley sprigs

One Serving= 2 oz. (1/4 cup) chicken, 2 oz. (1/4 cup) Rice

Slow Cooker Chicken w/ Italian cream cheese sauce (CROCK POT RECIPE)

2 lbs. boneless chicken tenders (not cooked)

1/4 c Buffalo Chicken Wing Sauce

1/2 c Italian dressing (Light or FF)

1 green bell pepper (sliced)

1 small onion (sliced)

1/2 tbsp seasoned salt (optional)

1 block of FF cream cheese

Put everything into the crock pot EXCEPT for the cream cheese. Cook on LOW for 6-8 hours. ADD the cream cheese and cook on HIGH for 30-45 more minutes stirring every 15 minutes.

Salsa Chicken (CROCK POT RECIPE)

1lb Chicken Breast

8oz (1/2 jar) your favorite salsa

1 can of White Beans

1/2 cup Cheddar Cheese

Cut chicken breasts into cubes and place in slow cooker. Cover chicken with salsa. Cook 6-7 hours on low heat. 30 mins before serving add beans and cheese. Stir and break up chicken breasts.

Easy Slow Cooker Stuffed Peppers (CROCK POT RECIPE)

1 box Spanish rice mix
1 pound ground turkey or ground beef
2 stalks celery, diced
1 medium onion, chopped
1 large egg, beaten
4 bell peppers
1 large can whole tomatoes, undrained
1 can condensed tomato soup
1 cup water
1/2 teaspoon ground black pepper

Cut bell peppers in half lengthwise. Remove seeds and core. Remove the seasoning packet from the Spanish rice mix and save to use later in the recipe.

Combine ground turkey or beef, rice mix, celery, onion, beaten egg and black pepper in a large bowl. Mix well. Divide into 8 equal portions. Fill each half of pepper with a single portion of the meat mixture.

Pour can of whole tomatoes into the slow cooker. Arrange filled bell pepper halves on top of tomatoes.

Combine tomato soup, rice mix seasoning and water in another bowl. Pour soup mixture gently over peppers. Cover.

Cook on LOW setting for 8 to 9 hours.

Tip: If you plan to allow this recipe to cook while you are away at work, prepare and refrigerate the meat mixture the night before. Fill the peppers and add the remaining ingredients in the morning.

Marsha Goodemoot's Slow-Cooker Turkey Chili (CROCK POT RECIPE)

284 calories, 5 grams of fat

Serves: 6 [Edit](#)

Total Time: 3 hr 35 min

Prep Time: 5 min

Cook Time: 3 hr 30 min

Ingredients

- 1 pound(s) (ground) turkey, 93 percent fat-free
- 1 1/4 teaspoon(s) chili powder
- 1 teaspoon(s) (minced) garlic
- 1 small onion, diced
- 1/2 (green) bell pepper, diced
- 1 can(s) (28-oz) diced tomatoes
- 1 can(s) kidney beans 🍲, drained and rinsed
- 1 can(s) (15-oz) chili beans
- 1 tablespoon(s) (reduced-fat) sour cream 🍲

Directions

1. Spray skillet with nonstick spray.
2. Over medium heat, add turkey. Break up with wooden spoon; cook until browned.
3. Transfer turkey to an 8-quart slow cooker. Add all other ingredients except sour cream; cook on low for 6 to 8 hours.
4. Serve with a dollop of reduced-fat sour cream.

Red-cooked Chicken with Stir Fry Veggies (CROCK POT RECIPE)

Ingredients

- 1/2 cup(s) dry sherry
- 1/3 cup(s) soy sauce
- 1/4 cup(s) packed brown sugar 🍯
- 2 tablespoon(s) grated peeled fresh ginger
- 1 teaspoon(s) Chinese five-spice powder
- 3 clove(s) garlic, crushed with press
- 1 bunch(es) green onions, cut into 2-inch pieces (white and green parts separated)
- 3 pound(s) bone-in skinless chicken thighs
- 1 bag(s) (16-ounce) fresh veggies for stir-fry (snow peas, carrots, broccoli 🍷, red pepper, etc.)

Directions

1. In 5- to 6-quart slow cooker, combine sherry, soy sauce, sugar, ginger, five-spice powder, garlic, and white parts of green onions. (Coarsely chop remaining green parts; wrap and refrigerate until serving time.) Add chicken thighs and coat with sherry mixture. Cover slow cooker with lid and cook as manufacturer directs, on low 8 hours or on high 4 hours.
2. Just before serving, place vegetables 🍷 in microwave-safe medium bowl and cook in microwave as label directs.
3. With tongs, transfer chicken to deep platter. Stir vegetables into slow cooker. Spoon vegetable 🍷 mixture around chicken. Sprinkle with green onions.

Nutritional Info: 355 Calories per serving; Fat: 8g; Protein: 43g

CHEESEBURGER BITES (CROCK POT RECIPE)

Ingredients

1 lb lean (at least 80%) ground beef
2 tablespoons ketchup
2 teaspoons instant minced onion
1 teaspoon yellow mustard
8 oz American cheese loaf, cut into 2-inch cubes (2 cups)
24 miniature burger buns, split

Toppings, as Desired

Dill pickle chips
Sliced plum (Roma) tomatoes
Shredded lettuce
Additional ketchup and mustard

Preparation

In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in 2 tablespoons ketchup, the onion and 1 teaspoon mustard.

Spray 3 1/2- to 4-quart slow cooker with cooking spray. Into slow cooker, spoon beef mixture. Top with cheese.

Cover; cook on Low heat setting 3 to 4 hours.

Just before serving, stir beef mixture. Spoon 1 rounded tablespoon mixture into each bun. Serve with desired toppings.

1 Appetizer (without Toppings): Calories 140; Total Fat 6g (Saturated Fat 3g; Trans Fat 0g); Cholesterol 20mg; Sodium 290mg; Total Carbohydrate 13g (Dietary Fiber 0g). Exchanges: 1 Starch, 1/2 Medium-Fat Meat, 1/2 Fat. Carbohydrate Choices: 1

CROCKPOT GARLIC CHICKEN

4 skinned chicken breast halves
1 teaspoon salt
2 teaspoons paprika
2 teaspoons lemon pepper
1 large onion, sliced
10 cloves garlic (about 1 medium), unpeeled

Mix together salt, pepper and paprika. Rub all over meat side of chicken breast. Place onion in slow cooker. Place chicken breast side up on onion. Place garlic on chicken.
Cover and cook on low in slow cooker for about 6 hours or until juices run clear.

Serves 4.

Fry It, You'll Like It...

This new swap for fried rice is getting rave reviews... from US! We packed it with veggies, fluffy Egg Beaters, and good hearty brown rice. The flavor is ALL there... the only thing missing is the oil!

Ingredients:

2 cups cooked brown rice, fridge temperature
2 cups frozen diced carrots and peas
1 cup chopped bean sprouts
1 cup chopped mushrooms
3/4 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
1/4 cup chopped scallions
One packet (about 1 oz.) fried rice seasoning mix (like the kind by Kikkoman or [Sun-Bird](#))
1 tbsp. light or low-sodium soy sauce
1/8 tsp. garlic powder
1/8 tsp. ground ginger
salt and pepper, to taste

Directions:

In a small dish, combine seasoning mix, garlic powder, and ground ginger with soy sauce and 3 tbsp. warm water. Using a fork or whisk, stir until seasoning mix has dissolved. Set aside.

Spray a wok or very large pan with nonstick spray, and bring it to medium heat on the stove. Add egg substitute and scramble until cooked, using a spatula to break it up into bite-sized pieces. Remove scrambled bits from the wok or pan and set aside.

Add mushrooms and frozen vegetables to the wok or pan, and cook and stir until mushrooms have softened and all veggies are hot. Remove veggies and set aside with the egg-y bits.

Remove your wok or pan from heat, re-spray with nonstick spray, and bring to high heat on the stove. Add rice and seasoning mixture, and stir to combine. Add bean sprouts, scallions and the previously cooked veggies and scrambled eggs, and mix thoroughly to integrate. Cook and stir until entire mixture is hot, there is no liquid left in the pan, and rice is just beginning to crisp. Season to taste with salt and pepper.

Scoop into bowls and serve! (Chopsticks not required.)

MAKES 5 SERVINGS

Serving Size: 1 cup, Calories: 167

Sugars: 4g

Protein: 8.5g

Royally Delicious

Good things come in small packages. These amazing little burgers are even cooked on a bed of onions, just like the White Castle originals. Woohoo!!

Ingredients:

4 oz. raw extra-lean ground beef
2 slices light bread (40 - 45 calories each with at least 2g fiber per slice)
1/3 cup chopped onion
4 hamburger dill pickle chips
1/8 tsp. salt
1/8 tsp. onion powder
1/8 tsp. garlic powder
1/8 tsp. black pepper
Optional condiments: ketchup and mustard

Directions:

Combine beef and seasonings in a small bowl, and knead mixture by hand until integrated. Divide seasoned beef evenly into four balls. Flatten and form each ball into a square patty on a plate. Using a knife, make four small slits on the top of each patty. Place in the freezer for 5 minutes.

Bring a pan sprayed with nonstick spray to medium-high heat on the stove. Spread onion out on the pan. Place the patties on top of the onion, slit-side down, and cover the pan. Cook for 3 - 4 minutes (no flipping necessary), or until cooked through.

Meanwhile, cut each slice of bread into four squares, for a total of eight pieces. (If you like, slightly toast bread first.) Feel free to spread ketchup and/or mustard onto four pieces. Set aside.

Once patties are cooked through, scoop each one along with the onion beneath it onto one piece of bread. Top each with a pickle chip and then another bread piece (or the other way around, if you want to be fancy!). Let cool slightly, and then slide 'em into your mouth!

MAKES 1 SERVING

Serving Size: 4 sliders (entire recipe)

Calories: 254

Fat: 5.5g

Sodium: 924mg

Carbs: 26g

Fiber: 6g

Sugars: 5.5g

Protein: 29g

Wrapper's Delight

Who needs a late-night drive-thru run when you can make this low-cal version of a Taco Bell favorite at home? Roll up your sleeves, chica, and get busy!

Ingredients:

1 [large La Tortilla Factory Smart & Delicious Low Carb/High Fiber tortilla](#)

3 baked corn tortilla chips (like [Guiltless Gourmet's Yellow Corn Tortilla Chips](#))

1/4 cup drained 98% fat-free chunk white chicken breast (previously packed in water)

1/4 cup shredded fat-free cheddar cheese

1/4 cup shredded lettuce

One-third plum tomato, diced

1 tbsp. fat-free sour cream

1/2 tsp. dry taco seasoning mix

2 dashes cayenne pepper, or more to taste

Directions:

Using a fork or knife, break up the chicken so there are no large chunks. In a small microwave-safe bowl, combine chicken, cheese, taco seasoning mix, and cayenne pepper, and mix well. If you like, season to taste with extra cayenne pepper. Microwave for 30 seconds, or until cheese begins to melt. Set aside.

Warm the tortilla in the microwave for 10 seconds (making it easier to fold without ripping), and then lay it out on a flat surface. Place the chicken mixture in the center of the tortilla. Flatten the mixture into a circle, keeping it about 2 inches from the outer edge of the tortilla. Next, layer the tortilla chips on top of the chicken mixture. Evenly top with sour cream, lettuce, and tomato.

FOLDING INSTRUCTIONS: Starting at the bottom of the tortilla, fold edge up a few inches to the tortilla's center. Then, going around the edge of the tortilla, repeatedly fold, overlapping sections to meet in the center for a total of about six folds, until filling is completely enclosed. (Trust us, it's easy!)

Bring a pan sprayed with nonstick spray to medium heat, and carefully place the folded tortilla in the center of the pan with the folded side down. Heat for 4 - 5 minutes, until the tortilla is browned. Carefully flip it with a spatula, and heat for another 30 - 60 seconds. Now chew it up!

MAKES 1 SERVING

Serving Size: 1 Crunchtastic Supreme (entire recipe)

Calories: 210 , Fat: 4.5g, Sodium: 882mg, Carbs: 27.5g

Fiber: 13g, Sugars: 2.5g, Protein: 26g

This Spud's for You!

We know that every now and then, you just need a potato -- and a cheesy AWESOME one at that. We're here for you, baby...

Ingredients:

1 medium (8-oz.) baking potato
1 slice fat-free American cheese
2 tbsp. fat-free liquid non-dairy creamer (like [Coffee-mate Fat Free Original](#))
Salt, paprika, and parsley, to taste

Directions:

Preheat oven to 375 degrees.

Puncture potato in several places with a fork. Peel off and discard the skin from the top part of the potato. Cook potato in the microwave for 6 - 8 minutes.

Once potato is cool enough to handle, scoop out the insides, leaving behind an empty potato shell. Set shell aside.

Place potato pulp in a small dish, and then add cheese, creamer, and a little salt. Mash it all together until the cheese melts, leaving you with a creamy, cheesy mashed potato mixture.

Place potato mixture back into the potato shell, and sprinkle with paprika and parsley.

Place potato in a baking dish sprayed lightly with nonstick spray, and bake in the oven for 20 - 30 minutes, until top is nice and brown.

MAKES 1 SERVING

Serving Size: 1 potato

Calories: 226

Fat: 0.5g

Sodium: 335mg

Carbs: 46g

Fiber: 5g

Sugars: 4g

Protein: 9g

POTATO SALAD

Fun!

Wanna hear the coolest part about this recipe? There are NO potatoes in it!!! After all, the best part of potato salad isn't even the potatoes... it's the perfectly seasoned creamy goodness those spuds are hanging out in! This swap is so good, you'll fool EVERYONE... but don't feel obligated to let your guests in on our little no-tato secret. Shhhhhhhhhhhh...

Ingredients:

1 large head cauliflower, roughly chopped
6 hard-boiled egg whites, chilled and chopped
1/2 envelope ranch dressing/dip mix
1 1/2 cups fat-free mayonnaise
1/2 cup fat-free sour cream
3 tbsp. Hellmann's/Best Foods Dijonnaise
2 tbsp. fat-free non-dairy liquid creamer (like the one by Coffee-mate)
1 cup diced red onion
2 celery stalks, diced
1/4 cup chopped chives
3 tbsp. seasoned rice vinegar
2 tbsp. chopped dill
2 tbsp. chopped parsley
1/4 tsp. salt
Optional garnish: paprika

Directions:

Place cauliflower in a large microwave-safe bowl, and pour 1/3 cup water over it. Cover and microwave for 6 - 8 minutes (until cauliflower is soft). Meanwhile, in a medium bowl, mix together the ranch mix, mayo, sour cream, Dijonnaise and salt. Set aside. Once cool enough to handle, drain any excess water from the cooked cauliflower. Lightly mash just 2 cups of the cauliflower, and then place in a blender. Add creamer and puree or pulse until blended. (Don't worry if it isn't completely smooth.) Pour mayo mixture into the blender and mix until blended and creamy. Chop the rest of the cauliflower into small half-inch pieces. Place these cauliflower pieces in a large bowl, and add the onion, celery and vinegar. Toss and let sit for 5 minutes. Pour the blender mixture over the vegetables and mix well. Add the chopped egg whites, chives, dill and parsley, and fold them in. Chill for several hours. If you like, sprinkle with paprika just before serving. P.S. This stuff tastes EVEN BETTER the day after it's prepared! MAKES 10 SERVINGS

Serving Size: 2/3 cup (1/10th of recipe)

Calories: 89

Fat: 1.25g

Sodium: 710mg

Carbs: 16.5g

Fiber: 2.5g

Sugars: 7g

Protein: 4.5g

PIZZA

Pepp Rally!

Personal-sized pizza rocks. Load it up with pepperoni, and it rocks more! But even the stuff found in the "diet" section of the freezer aisle is fairly high in fat. So, with a little swappy swap action at home, you can have your (pizza) pie and eat it, too. Our version has all the pizzazz of regular pepperoni-topped pizza without the crazy amounts of fat and calories. Check it out...

Ingredients:

1/4 cup [Fiber One bran cereal \(original\)](#)

1/4 cup regular oats (not instant)

1/4 cup fat-free liquid egg substitute ([like Egg Beaters Original](#))

1/3 cup shredded fat-free mozzarella cheese

1/4 cup canned tomato sauce with Italian seasonings (like [Hunt's Tomatoes Sauce with Basil, Garlic & Oregano](#))

6 slices turkey pepperoni ([like the kind by Hormel](#))

1/2 tsp. garlic powder

Optional toppings: salt, pepper, oregano, additional garlic powder, onion powder, red pepper flakes, etc.

Directions:

Preheat oven to 400 degrees. Place Fiber One and oats in a blender, and grind until a breadcrumb-like consistency is reached. In a small bowl, combine the "breadcrumb" mixture, egg substitute and garlic powder. Mix well. Bring a pan sprayed with nonstick spray to medium heat. Spoon mixture into the pan and smooth into a circular shape (larger for a thin crust, smaller for a thick crust). Raise heat to medium-high. Spray a spatula on both sides with nonstick spray. Allow crust to cook until the bottom is slightly browned (about 2 minutes), and then gently flip with the spatula. Once both sides are slightly browned, remove crust from the pan, and place it on a plate to cool. Pour sauce evenly onto the oat/cereal crust, leaving a border of about half an inch. Next, evenly top sauce with the cheese, followed by the pepperoni. Place pizza directly on the oven rack, and cook for 10 minutes. If you like, season your pizza with the optional ingredients. Cut into quarters for 4 times the fun! MAKES 1 SERVING

Serving Size: 1 personal-sized pie (entire recipe)

Calories: 241

Fat: 3.5g

Sodium: 1,146mg

Carbs: 33.5g

Fiber: 9.5g

Sugars: 3g

Protein: 24g

CHEESEBURGER

**Chili
Cheese,
Please!**

You want a guilt-free chili cheeseburger?

Ingredients:

- 1 small hamburger bun (light, if available)
- 1 [Boca Meatless Burger, Original](#)
- 1 slice fat-free American cheese
- 2 tbsp. low-fat veggie chili (like one by Boca, [Amy's](#) or [Health Valley](#))
- 4 pickle slices/chips
- 2 tomato slices
- 1 onion slice
- 1 tbsp. mustard

Directions:

Split bun in half and toast lightly. Layer pickles, tomato, and onion on the bottom half of the bun. Cook Boca patty according to the instructions on the box (either in a pan with nonstick spray, or in the microwave). Place burger over the veggies on the bun's bottom half. Prepare chili according to package directions. Top the burger with the chili and then the cheese slice. Slap the mustard onto the top half of the bun. Plop the bun top over the cheese and chili patty. Now, the most important step of all... Enjoy! MAKES 1 SERVING

Serving Size: 1 burger (entire recipe)

Calories: 273

Fat: 3g

Sodium: 1,330mg

Carbs: 40g

Fiber: 8g

Sugars: 8g

Protein: 25g

TACO SALAD

Taco-tastic!

Taco salads have been around since the '60s. And they seem to be getting greasier and more calorie-packed as the decades pass. Not to worry -- HG is here with a version that has a mere FRACTION of the calories and fat of your typical taco salad. Here's the scoop...

Ingredients:

3 cups chopped romaine lettuce
1/2 package [Boca Meatless Chili](#) (or about 2/3 cup of another low-fat veggie chili**)
1/4 cup chopped tomato
1/4 cup shredded fat-free cheddar cheese
2 tbsp. fat-free sour cream
1 tbsp. chopped or sliced black olives
6 [Guiltless Gourmet Tortilla Chips](#) (any flavor -- or any other baked tortilla chips**), crushed

Directions:

Prepare chili as directed on package. Place lettuce in a big bowl. Top with tomatoes, chili and cheese. Then add the olives and sour cream. Finish off with the crushed tortilla chips, and enjoy! MAKES 1 SERVING

Serving Size: 1 salad (entire recipe)

Calories: 230

Fat: 3.5g

Sodium: 794mg

Carbs: 31g

Fiber: 10g

Sugars: 7g

Protein: 23g

Brownie

Brownie Points!

Armed with our trusty can of pumpkin and a few more slick tricks, we set out to create a guilt-free version of the double whammy that is the cheesecake brownie. And we achieved success in under 6 hours (not record time, but impressive nonetheless). Read on for the fudgy 411!

Ingredients:

One box [Pillsbury Moist Supreme Reduced Sugar Cake Mix, Devil's Food](#)

One 15-oz. can pure pumpkin

6 oz. fat-free cream cheese, room temperature

1/4 cup Splenda No Calorie Sweetener (granulated)

1 tsp. Coffee-mate Fat Free or Sugar Free French Vanilla powdered creamer, dissolved in 2 tbs. warm water

1/4 tsp. vanilla extract

Directions:

Preheat oven to 400 degrees. In a large mixing bowl, combine cake mix and pumpkin. Stir until completely blended (the mixture will remain very thick). Spread batter into a large baking pan (about 9" X 13") sprayed with nonstick spray, and set aside. Combine softened cream cheese with Splenda, Coffee-mate mixture, and vanilla extract. Using a whisk, mix vigorously until completely blended, smooth and lump-free. Spoon cheesecake mixture over the brownie batter, and use a knife to swirl it in. (Don't worry if your swirl isn't perfect -- your brownies will taste delicious no matter what!) Place pan in the oven, and bake for 20 - 25 minutes. Allow to cool, and then cut into 16 pieces. MAKES 16 SERVINGS

Serving Size: 1 brownie

Calories: 133

Fat: 2g

Sodium: 312mg

Carbs: 29g

Fiber: 1.5g

Sugars: 8g

Protein: 3g

Mozzarella sticks

Before creating these cheesy faux fried hunks of heaven, we had totally given up on the whole mozzarella sticks thing. Total bar food... completely greasy and horrible for you. Not anymore, thanks to (you guessed it!) a box of Fiber One and our trusty blender. Check out this super swap and prepare to be wowed (and filled with cheese!)

Ingredients:

2 light mozzarella sticks (50-60 calories and 2.5g fat per stick)
1/4 cup Fiber One bran cereal (original)
2 tbsp. fat-free liquid egg substitute
salt, pepper & Italian seasonings; to taste
Optional: low-fat marinara sauce (for dipping)

Directions:

Preheat oven to 375 degrees. In a food processor or blender, grind Fiber One to a breadcrumb-like consistency. Place crumbs in a small plastic container with a lid. Season crumbs with as much salt, pepper and Italian seasonings as you like. Set aside. Cut cheese sticks in half, so that you have 4 sticks. Place sticks in a small bowl, and pour egg substitute over the top of the sticks. Swirl egg substitute around so that it thoroughly coats the sticks. One by one, transfer sticks to the container with the crumbs. Cover container, and give it a shake to coat the sticks in the crumbs. Carefully return sticks to the dish with the egg substitute, and coat them again. Next put sticks back in the crumbs container, cover, and shake once more to coat (try doing this two at a time the second time around). Place sticks on a baking dish sprayed lightly with nonstick spray. Spritz the tops of the sticks with a quick mist of the spray. Place dish in the oven, and bake for 10 minutes (or until the first sign of cheese oozing out). If desired, serve with warm marinara sauce. Best when eaten immediately, while cheese is hot and gooey!

Serving Size: 4 pieces

Calories: 155

Fat: 5.5g

Sodium: 500mg

Carbs: 13.5g

Fiber: 7g

Sugars: 0g

Protein: 19g

Dream Pie Oreo Invasion

Ooooooh, we're good. Not to brag, but we've come up with an Oreo cream pie SO guilt-free you could practically eat the entire thing for the same amount of calories as (and WAY less fat than) a single slice of those other CRAZY Oreo pies. We're not saying you should eat the whole thing, mind you (so don't bombard us with emails about that) -- one slice is all you need to kick your Oreo pie craving to the curb. Go for it, you little cookie fiend!

Ingredients:

4 packs 100 Calorie Packs Oreo Thin Crisps
3 cups light vanilla soymilk
1/2 a small (4-serving) pkg. JELL-O Sugar Free Fat Free Cook & Serve pudding mix;
Vanilla
1 envelope unflavored Knox Gelatin
2 cups thawed Cool Whip Free
2 tbsp. sugar-free chocolate syrup

Directions:

Stir pudding mix into soymilk in a medium-large saucepan. Stirring constantly, bring to a full boil. In a large mixing bowl, combine soymilk mixture with gelatin and whisk continuously for at least 5 minutes (until gelatin is completely dissolved). Place dish in the fridge for about 45 - 60 minutes, until chilled and partially set. Meanwhile, take 1 and 1/2 packs of the cookies and process in a blender or food processor until reduced to fine crumbs (or place them in a sealable plastic bag and crush through the bag with a rolling pin; less clean up!). Place crumbs in a 9" pie dish, and use your hands to spread crumbs along the bottom to cover. Take remaining 1/2 pack of cookies along with 3rd pack and break into pieces; set aside. Once mixture in fridge is ready, stir in 1 and 1/2 cups of the Cool Whip (a wire whisk works wonders) until thoroughly mixed. Next gently stir cookie pieces into the mix. Carefully pour mixture into pie dish and spread evenly on top of crumbs. Return to fridge until set (3 hours or overnight). Once ready to serve, break 4th pack of cookies into small pieces. Spread 1/2 cup Cool Whip over pie and sprinkle cookie pieces on top. Drizzle with chocolate syrup and prepare to get cookies 'n cream crazy! Serves 8!

Serving Size: 1 slice

Calories: 115

Fat: 1.75g

Sodium: 175mg

Carbs: 20.5g

Fiber: 0.5g

Sugars: 8.5g

Protein: 3.75g

Hot dogs

Hog Heaven!

This is one of our most fun swaps ever. These flaky-licious hot dog treats taste almost exactly like the real ones. Juicy franks are wrapped in decadent dough and oven-baked for the flaky, buttery taste of the authentic hors d'oeuvre we all know and love! Go for it...

Ingredients:

1 fat-free (or nearly fat-free) hot dog (like the ones by Oscar Mayer, Hebrew National and Ball Park)

1 portion Pillsbury Reduced Fat Crescent roll dough

Directions:

Preheat oven to 375 degrees. Cut hot dog into 4 even pieces. Stretch or roll out the triangle-shaped dough slightly, to make it a larger triangle. Cut dough into 4 long, narrow triangles. Beginning at the base of each triangle, roll a piece of the hot dog up in the dough until the point of each triangle wraps around the center. Place dogs on an ungreased baking pan and cook for about 12 minutes (until dough appears slightly browned and crispy). Enjoy!

Serving Size: 4 pieces (entire recipe)

Calories: 135

Fat: 5g

Sodium: 645mg

Carbs: 15g

Fiber: 0g

Sugars: 3g

Protein: 7.5g

Chicken Pot Pie

Pot Luck

Oh, chicken pot pie -- we thought we'd never get to spend quality time together again. You with your crazy-fatty crust and gooey, creamy innards. Us with our calorie-conscious ways. We were wrong again! One of our lovely and talented subscribers inspired us to create this super-simple CPP swap (thanks, Margaret). Don't be chicken -- check it out!

Ingredients:

8 oz. raw boneless skinless chicken breast; cut into bite-sized pieces
3 cups C&W Ultimate Petite Mixed Vegetables (or any other frozen mixed vegetables)
1 can (10.75 oz.) Campbell's Condensed Soup, 98% Fat Free Cream of Celery
3 servings Pillsbury Reduced Fat Crescent Rolls (unprepared)

Directions:

Preheat oven to 350 degrees. Saute chicken pieces for several minutes in a pan spritzed with nonstick cooking spray, until chicken is light brown/cooked but still tender; set aside. Heat frozen veggies in microwave according to package. Mix chicken, vegetables and soup together and put in a 9" round baking dish sprayed with nonstick cooking spray. Place dish in oven and bake for about 30 minutes or until hot and bubbly (stir about halfway through). While dish is cooking, unroll 3 crescent rolls. Combine pieces together with hands to make one large ball of dough. With a rolling pin, roll dough out into a circle to cover top of dish. Add dough to the top of the dish and cook for an additional 15 - 20 minutes or until top is golden brown. Serves 4.

Serving Size: 1/4th pie (approx. 7 oz.)

Calories: 210

Fat: 6g

Sodium: 800mg

Carbs: 24g

Fiber: 2.5g

Sugars: 6g

Protein: 16.5g

Blueberry Pancakes

It's no secret that HG LOVES breakfast (it IS the most important meal of the day -- that's NOT a rumor). But don't think for one second we're gonna be satisfied with some lame-o boring b-fast. Nuh-uh. We want pancakes. With blueberries! STAT! Check out our simple recipe... An oat-y take on p-cakes makes 'em hearty, filling, and delicious!

Ingredients:

1/3 cup regular oats (not instant or steel cut)
1/4 cup blueberries
3 tbsp. egg whites
1 tbsp. nonfat milk
1 tbsp. fat-free cottage cheese
1/8 tsp. vanilla extract
1 tbsp. flour
1 no-calorie sweetener packet
2 tbsp. water
pinch salt

Directions:

Combine all ingredients except for the blueberries and stir until well mixed. Gently fold in blueberries. In a skillet sprayed with nonstick spray, drop batter into pan to form 3 pancakes (or 1 big pancake). Once pancakes begin to look solid (about 3 minutes), gently flip (if possible, re-spritz the pan with nonstick spray as you flip 'em to prevent sticking). Cook for approximately 3 additional minutes, or until both sides are lightly browned and insides are cooked through. Now plate those suckers and enjoy. Serves 1. (Pssst...we like 'em drizzled with sugar-free maple syrup!)

Serving Size: Entire recipe

Calories: 201

Fat: 2g

Sodium: 295mg

Carbs: 32g

Fiber: 4g

Sugars: 6g

Protein: 13g

Fettucine Alfredo

Good Cluck!

A heaping bowl of our creamy pasta with chicken has less than one-fifth the amount of calories in Macaroni Grill's ridiculous version. And ours will also save you more than 90 fat grams. Yes, NINETY! Check it out:

Ingredients:

1 package House Foods Tofu Shirataki noodles, Fettuccine Shape**

1 wedge The Laughing Cow cheese, Light Original Swiss

2 tsp. fat-free sour cream

2 tsp. reduced fat grated parmesan cheese

5 oz. skinless chicken breast; grilled with nonstick spray only

Optional: salt, pepper, and paprika

Directions:

Drain and rinse noodles well. Dry noodles thoroughly (use paper towels to soak up as much moisture as possible) and use a knife to slice them up a bit. Next, top noodles with both cheeses and fat-free sour cream, then microwave for one minute. Stir and microwave for one additional minute. Slice up chicken breast and add to pasta. For added zing, season to taste with salt, pepper, and paprika. Enjoy!

Serving Size: Entire recipe

Calories: 259

Fat: 5.75g

Sodium: 472mg

Carbs: 11g

Fiber: 4g

Sugars: 1g

Protein: 39g

Onion Rings

These delicious, baked, oniony treats are a dead ringer (c'mon, what did you expect?) for the fast food version. Ok, we lied -- they're much better! Instead of sucking down a greasy, oily, caloriefest of a side dish, chew a few of these crispy & crunchy circles of love (er, onions), courtesy of HG. They couldn't be easier to prepare...or more delicious!

Ingredients:

1 large onion

1/4 cup original Egg Beaters**

1/2 cup crushed Fiber One

Directions:

Preheat oven to 375 degrees. Cut edges off onion, and remove outer layer. Cut onion into 1/2 inch wide slices, and separate into rings. Next, fill a small bowl (just large enough for onion rings to fit in) with Egg Beaters. Using a blender or food processor, grind Fiber One cereal to a breadcrumb-like consistency. Pour crumbs onto a small dish. One by one, coat each ring in egg and then crumbs (give each ring a shake after the egg bath). Place on an oven-safe baking dish sprayed with nonstick spray. Cook for 20-25 minutes, flipping rings over about halfway through. Serves one!

Serving Size: 15 rings; one recipe

Calories: 153

Fat: 1g

Sodium: 225mg

Carbs: 41g

Fiber: 16g

Sugars: 7g

Protein: 9g

Chicken Patty Sandwich

Slim Chickens

Don't Be Chicken Sandwich!!! With less than half the calories and a quarter the fat of its horrendously greasy competitor, this sandwich is a guaranteed winner. What's the secret? This chick-wich stays light on its feet with a crispy golden veggie patty that'll have everyone fooled. That means no chickens were harmed in the making of this sandwich. And it packs a one-two punch with fat-free mayo and reduced-calorie buns of steel (ok, maybe they're not actually made of steel, but buns of flour didn't sound as impressive). Don't be chicken...whip one of these babies up ASAP!

Ingredients:

- 1 Wonder Light Hamburger Bun (or another light bun)
- 1 [Morningstar Farms Chik Patty, Original](#)
- 1 tbsp. fat-free mayonnaise
- 1 thick slice of tomato
- 1 large lettuce leaf

Directions:

Split hamburger bun in half and toast. Microwave Chik Patty for one minute on each side. Place patty on bottom half of bun and spread on your mayo. Add tomato and lettuce, and cover with your toasty bun top!

Serving Size: 1 sandwich

Calories: 250

Fat: 7.5g

Sodium: 865mg

Carbs: 38g

Fiber: 7g

Sugars: 3.5g

Protein: 13.5g

Potato Skins

Don't you miss the days of shoving hot, cheesy, AWESOME potato skins in your face? Good news, people. They're baaa-aaak! Thanks to your close, personal pal HG, you can chew these formerly evil snacks, sans guilt!

Ingredients:

3 medium-sized potatoes
1/2 cup shredded fat-free cheddar cheese
2 tbsp. Betty Crocker Bac-Os Bits
1/4 cup chopped chives (optional)

Directions:

Preheat oven to 375 degrees. Prep potatoes by washing & drying to remove dirt and piercing them several times with a fork to prevent bursting while cooking. Place potatoes on a microwave-safe plate. Microwave for 4 minutes. Turn potatoes over and return to microwave for 4 more minutes. Allow to cool for a few minutes. Cut potatoes in half lengthwise. Using a fork, gently scrape out the bulk of the flesh. Place potato skins on a baking dish spritzed with nonstick spray. Cook for 8-10 minutes, depending on how crispy you like your potato skins. Evenly distribute cheese and bacon bits onto potato skins. Turn off oven, but return skins to the oven until the cheese has melted (for crispy crunchy cheese, leave the oven on). Remove and top with chives. Cut skins in half. Serve with fat-free sour cream and/or salsa. Makes 3 servings.

Serving Size: 4 pieces

Calories: 146

Fat: <1g

Sodium: 281mg

Carbs: 25g

Fiber: 4g

Sugars: 1.3g

Protein: 10g

Burger

When it comes to burgers, forget The King. After all, who needs HIM when you've got the Burger Queen (that would be HG, of course!) ready to hook you up with a diet-friendly recipe for BK's famous (and fatty) Whopper? This easy-to-throw-together meal tastes great, and has just a fraction of the fat and calories of the original. So ditch that stupid 760 calorie burger blunder, and try one of these instead:

Ingredients:

- Wonder Light (or other light) Hamburger Bun
- Boca Burger Patty, Original Vegan
- 1 slice Kraft Singles Fat Free Cheese
- 1 Tbsp. Miracle Whip Light
- 3 pickle slices
- tomato slice
- lettuce
- onion slice
- 1 Tbsp. ketchup

Directions:

Cook Boca Burger as per instructions on box. Toast bun (optional). Lay burger on the bun's bottom half, followed by the cheese, tomato, onion, and lettuce. On the top half, slap on the mayo, ketchup, and pickles. Put two halves together and enjoy!

Serving Size: 1 burger

Calories: 240

Fat: 3g

Sodium: 1360mg

Carbs: 34g

Fiber: 8g

Sugars: 9g

Protein: 21g

Taco- tastic!

Taco salads have been around since the 60s. And they seem to be getting greasier and more calorie-packed as the years go on. But don't worry, HG has concocted an AWESOME recipe for a guilt-free version of this Mexican fave. This lighter take on the taco salad is incredibly delicious, and amazingly low in calories and fat. Check it out...

Ingredients:

2 cups romaine lettuce, chopped
1/2 package (4.5 oz) Boca Chili
1/4 tomato, diced
1 oz. Kraft Fat Free Shredded Cheddar Cheese
2 Tbsp. Knudsen's Light Sour Cream
1/4 cup chunky salsa
2 black olives, chopped or sliced
6 Guiltless Gourmet Tortilla Chips (any flavor), crushed

Directions:

Prepare Boca Chili as directed on package. Place lettuce in big bowl. Top with tomatoes. Add chili and cheese. Top with olives, salsa and sour cream. Then finish off with crushed tortilla chips and enjoy! Serves 1.

Serving Size: 1 recipe

Calories: 270

Fat: 6g

Sodium: 1,395mg

Carbs: 38g

Fiber: 9g

Sugars: 9g

Protein: 22g

Corn Dogs



Morningstar Farms Corn Dogs

TOP DOG

Celebrate Pigs in a Blanket day (April 24th) by biting a dog! A Morningstar Farms Corn Dog that is. Thought it was impossible to enjoy a delicious battered item and still fit (comfortably) into your skinny jeans? Au contraire! You can indulge, guilt-free, thanks to these superstars on a stick. With approximately 70% less fat than their beefy corn dog counterparts these sweet, crunchy veggie pups are perfect for lunch, dinner or as a satisfying snack. Who says you can't teach an old dog new tricks?

Nutritional Information:

Serving Size: 1 Corn Dog

Calories: 150

Fat: 4g

Carbs: 22g

Fiber: 3g

Protein: 7g

Pizza! Pizza! Egg Mug



PER SERVING (entire recipe): 134 calories, 3.75g fat, 796mg sodium, 5g carbs, 0.5g fiber, 3g sugars, 18g protein -- *POINTS®* value 3*

We tried this with mozzarella, too, but The Laughing Cow won out and had the last laugh...

Ingredients:

2 tbsp. canned crushed tomatoes
1/8 tsp. Italian seasoning
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
1 wedge [The Laughing Cow Light Original Swiss cheese](#)
6 slices turkey pepperoni (like [the kind by Hormel](#)), chopped
1/2 tsp. reduced-fat Parmesan-style grated topping

Directions:

Season crushed tomatoes with Italian seasoning and set aside.

Spray a large microwave-safe mug lightly with nonstick spray. Add egg substitute and cheese wedge, breaking the cheese wedge into pieces as you add it. Microwave for 1 minute.

Stir gently, and then microwave for another 30 seconds.

Mix in seasoned tomatoes and pepperoni. Microwave for another 30 seconds, until scramble is just set.

Stir lightly, and then sprinkle with grated topping. Allow to cool a bit, and then ENJOY!

MAKES 1 SERVING

HG Alternative! If you don't feel like opening a can of tomatoes for just 2 tbsp., you can use some jarred low-fat pizza sauce instead!

California Love Mug

PER SERVING (entire recipe): 140 calories, 5g fat, 506mg sodium, 7g carbs, 2g fiber, 3g sugars, 16.5g protein -- POINTS® value 3*

*Avocado rocks...
Along with veggies 'n eggs --
Swirled with creamy Swiss!
- haiku by Hungry Girl*



Ingredients:

1/2 cup chopped fresh spinach
1/2 cup sliced mushrooms
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
2 tbsp. diced tomatoes
1 wedge [The Laughing Cow Light Original Swiss cheese](#)
2 tbsp. diced avocado

Directions:

Spray a large microwave-safe mug lightly with nonstick spray. Add spinach and mushrooms, and microwave for 1 - 2 minutes, until softened.

Blot any excess moisture from the veggies. Add egg substitute, tomatoes, and cheese wedge, breaking the cheese wedge into pieces as you add it. Microwave for 1 minute.

Stir gently, and then microwave for an additional 45 - 60 seconds, until scramble is just set.

Lightly stir, and allow to cool slightly. Top with avocado and eat up!

MAKES 1 SERVING

It's All Greek to Me Egg Mug



PER SERVING (entire recipe): 117 calories, 2g fat, 459mg sodium, 8g carbs, 1g fiber, 3g sugars, 16g protein -- POINTS® value 2*

We thought about calling it "My Big Fat Greek Egg Mug," but egg mugs are surprisingly sensitive. (Sheesh!)

Ingredients:

1/2 cup chopped fresh spinach
1/4 cup chopped red onion
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
2 tbsp. diced tomatoes
2 tbsp. crumbled reduced-fat feta cheese
1/2 tbsp. chopped fresh basil

Directions:

Spray a large microwave-safe mug with nonstick spray. Add spinach and onion, and microwave for 1 - 2 minutes, until softened.

Blot any excess liquid from veggies. Add egg substitute and microwave for 1 minute.

Stir gently. Add all other ingredients and lightly stir. Return to microwave for 45 - 60 seconds, until scramble is just set.

Gently stir, and then allow to cool slightly. Dig in!

MAKES 1 SERVING

Egg Mug Awareness: A Must-Read Guide

Some tips and tricks for your egg mug fix...

1. Don't worry if the contents of your mug expand and rise to crazy-high heights while in the microwave. This is okay and expected. They'll calm down after you're done nuking them.
 2. Our egg mug recipes are 100000% guilt-free. Sometimes we eat two at a time. Sometimes we pair one with a lovely Fuji. Just sayin'...
 3. On the go? Wrap your microwave-made scramble in a [high-fiber tortilla](#) or stuff it inside a [Sandwich Thin](#).
Mmmmm!!!
 4. Brush up on Hungry Girl history. Check out our original egg mug email -- packed with SIX MORE nukeable scrambles -- by [clicking here!](#)
-



Saucy Chick BBQ Nachos



PER SERVING (1/5th of recipe, about 14 loaded nachos): 229 calories, 3g fat, 875mg sodium, 26g carbs, 1.25g fiber, 7g sugars, 21g protein -- POINTS® value 5*

Who says BBQ-inspired items are a.) just for summer months, and b.) too fattening to enjoy? CRAZY LOONS, that's who. Check out our no-guilt, BBQ chicken nachos, perfectly suitable for all seasons. Mmmmm!

Ingredients:

4 oz. (about 70) baked tortilla chips (like the kind by [Guiltless Gourmet](#) or [Baked! Tostitos Scoops!](#))
One 9.75-oz. (or 10-oz.) can 98% fat-free chunk white chicken breast in water, drained and flaked
1/2 cup BBQ sauce (with about 45 calories per 2-tbsp. serving), divided
1 cup shredded fat-free cheddar cheese
2 tbsp. chopped scallions
Optional topping: fat-free sour cream

Directions:

Preheat oven to 350 degrees.

Spread out tortilla chips on a large ovenproof platter or baking sheet sprayed with nonstick spray.

In a small bowl, combine chicken and 1/4 cup BBQ sauce. Mix well, and then spoon mixture evenly over the chips.

Top evenly with cheese. Drizzle remaining 1/4 cup BBQ sauce over the chips.

Bake in the oven for 8 - 10 minutes, until cheese and BBQ sauce are hot.

Sprinkle scallions over nachos. If you like, top or serve with sour cream. Enjoy!!!

MAKES 5 SERVINGS

Recipes: Crock Pot Ranch Chicken

FatSecret.com




by [jaynie](#) 

Crock Pot Ranch Chicken

An easy, one step meal that cooks itself.

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Servings:

4

Meal Type:

Main Dishes

Rating:



fatsecret members overall
average rating

Ingredients

- [4 breasts, bone and skin removed chicken breasts](#)
- [8 tbsps garlic and herb marinade](#)
- [2 tbsps dry ranch dressing mix](#)
- [1/4 cup water](#)

Directions

1. Pour water in bottom of crockpot.
2. Add frozen chicken breasts.
3. Combine marinade, ranch dressing mix and pour over top of chicken.
4. Cook on low for 8 hours. Serve.

Nutritional information

Servings: 4

Amount Per Serving

% of daily value

Calories

318 cal

15.9%

Total Fat

7.34 g

Protein

55.28 g

Slow Cooker Pepper Steak



Prep Time:20 Min **Cook Time:** 4 Hrs 10 Min **Ready In:** 4 Hrs 30 Min

Original Recipe Yield 6 servings

Ingredients

- 2 pounds beef sirloin, cut into 2 inch strips
- garlic powder to taste
- 3 tablespoons vegetable oil
- 1 cube beef bouillon
- 1/4 cup hot water
- 1 tablespoon cornstarch
- 1/2 cup chopped onion
- 2 large green bell peppers, roughly chopped
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 3 tablespoons soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt

Directions

1. Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker.
2. Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt.
3. Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.

Nutritional Information

Servings Per Recipe: 6

Amount Per Serving

-
- Calories: 302 **Total Fat:** 15.8g **Protein:** 28.2g
-

Chicken Delicious (Crock Pot Recipe)



Original Recipe Yield 12 servings

Ingredients

- 10 skinless, boneless chicken breast halves
- 1 teaspoon fresh lemon juice
- salt and pepper to taste
- 1/8 teaspoon celery salt
- 1 teaspoon paprika
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of celery soup
- 1/3 cup dry sherry
- 1/4 cup grated Parmesan cheese

Directions

1. Rinse the chicken breasts and pat dry. Season with the lemon juice, salt, pepper, celery salt and paprika to taste. Place in a slow cooker.
2. In a medium size bowl mix the mushroom and celery soups with the sherry/wine. Pour mixture over the chicken breasts and sprinkle with grated Parmesan cheese.
3. Cook on LOW setting for 8 to 10 hours, OR on HIGH setting for 4 to 5 hours.

Nutritional Information

Servings Per Recipe: 12

Amount Per Serving

-
- Calories: 154 **Total Fat:** 5.1g **Protein:** 20.5g
-

Karen's Slow Cooker Pizza Chicken



Original Recipe Yield 4 to 6 servings

Ingredients

- 4 skinless, boneless chicken breast halves - cut into bite size pieces
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, sliced
- 1 (10.75 ounce) can condensed tomato soup
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 tablespoons tomato paste
- 1/2 cup water
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 bay leaf
- salt and pepper to taste

Directions

1. Place chicken, onion, bell pepper and celery in a slow cooker. In a medium bowl combine the tomato soup, cream of mushroom soup, tomato paste, water, parsley, oregano, basil, salt and pepper. Mix well and pour mixture over chicken and vegetables in slow cooker. Stir to coat and add bay leaf.
2. Cook on Low setting for 8 hours, until chicken and vegetables are tender.

Nutritional Information

Servings Per Recipe: 5

Amount Per Serving

-
- Calories: 226, **Total Fat:** 6g **Protein:** 25g
-

Salisbury Steak

Ingredients:

1 pound ground meat of your choice
1/3 cup dry breadcrumbs
1/2 teaspoon salt
1/4 teaspoon pepper
1 egg
1 large onion, sliced
1 can (10 1/2 ounces) condensed beef broth
1 can (4 ounces) mushrooms, drained
2 tablespoons cold water
2 teaspoons cornstarch

Directions

Mix ground beef, breadcrumbs, salt, pepper and egg: shape into 4 oval patties, each about 3/4 inch thick. Cook patties in 10-inch skillet over medium heat, turning occasionally until brown, about 10 minutes. Drain excess fat from skillet. Add onion, broth and mushrooms. Heat to boiling: reduce heat. Cover and simmer about 10 minutes.

Remove patties to a plate, tent with foil to keep warm. Heat onion mixture to boiling. In a small bowl whisk together water and cornstarch. Stir into onion mixture whisking to prevent lumps. Bring to a boil and continue whisking for 1 minute as mixture thickens. Serve sauce over meat patties.

Per serving using extra lean ground beef: 321 calories, 27 grams protein, 21 grams fat (8 saturated), 6 grams carbohydrate and 1 gram dietary fiber.

Per serving using lean ground pork: 354 calories, 24 grams protein, 25 grams fat (9 saturated), 6 grams carbohydrate and 1 gram dietary fiber.

Per serving using ground turkey: 225 calories, 25 grams protein, 11 grams fat (3 saturated), 6 grams carbohydrate and 1 gram dietary fiber.

Bacon Cheeseburger Quiche 🥳

This low-carb dish is great for any meal and perfect for reheating. If you are looking for a healthier way to eat a cheeseburger, here is the answer.

Ingredients:

1 lb very lean hamburger, or ground turkey
1 small onion, chopped
4 slices crisp cooked turkey bacon, chopped in bits
3 eggs
1/2 cup lite or olive oil mayonnaise
1/2 cup half and half
8 oz low cal. shredded cheddar or low cal. Swiss cheese
Garlic powder to taste, optional
White pepper

Directions:

Brown hamburger in skillet with onion. Remove and mix in bowl with bacon pieces, breaking up any larger clumps with a fork or pastry mixer to a fine mix. Drain well of grease and press into a deep dish pie pan then set aside. Preheat oven to 350 degrees. Combine remaining ingredients in mixer bowl and whip well. Pour mixture over beef crust and bake 40-45 minutes, or until top is browned and set. Cool 15-20 minutes before slicing. This can be packaged in plastic bags or containers for meals quickly microwaveable over the next 3-5 days. Does not freeze well.
Number of Servings: 6

Buffalo Chicken Salad

Ingredients:

1 can shredded chicken breast
Buffalo wing sauce to your liking
2 tbsp Marie's Low Fat Blue Cheese Dressing
2 tbsp light cream cheese.

Directions:

Mix all ingredients but the cream cheese. Put it in the microwave with the cream cheese on the top so it melts into it. I put it in for 1 minute. Serve with baked tortilla chips.

