

Cheeseburger Lettuce Wraps

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 MINUTES.

Cook ground turkey and diced onions in a large non-stick pan over medium-high heat. Stir and break up the turkey while it's cooking. When turkey is almost completely cooked through, (about 5-10 minutes), add the sauce and seasonings to the pan. (Add mayonnaise and stevia here if desired. The mayo will make the meat a bit more moist, and the stevia will give it a slightly sweet/salty taste!) Stir and continue to cook until the ground turkey is completely cooked (when it is no longer pink, about 10-15 minutes total). Remove from heat. Sprinkle grated cheddar over meat evenly while meat is still warm. Stir cheese into meat if desired.

To make the lettuce wraps, Cut off the stem (or base) of the lettuce head, and cut in half long ways. Peel off individual leaves, and wash and pat dry. Scoop 1/2 cup meat into lettuce wraps and serve with tomatoes, pickles, and ketchup and mustard if desired! Enjoy!

Ingredients

For the Cheeseburger Meat Filling:

- 1.2 lb. Extra lean ground turkey, or extra lean ground beef
- 1 Medium white onion, diced
- 3 tbsp. Ketchup (I used no sugar added ketchup)
- 2 tbsp. Mustard
- 1/2 tsp. Seasoned salt
- 1/4 tsp. Pepper
- 1/2 tsp. Garlic powder

Wraps/Toppings:

- 1 Head of lettuce
- 1/2 cup Shredded 2% cheddar cheese
- 1 Medium tomato, diced
- 2 Dill Pickles, diced (optional)

Breakdown

- 6** Lettuce Wraps (with 1/2 cup filling)
- 120** Calories per Serving (2 lettuce wraps with 1/2 cup filling each)
- 4 g** Fat per Serving
- 3 g** Carbohydrate per Serving
- 0.6 g** Fiber per Serving
- 0.5 g** Sugar per Serving
- 16 g** Protein per Serving

*All calories are per serving

Honey Soy Parmesan Grilled Chicken

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 MINUTES.

Combine all of the ingredients for the marinade in a small bowl, and stir to mix. Pour marinade into a heavy resealable bag. Add chicken breasts to the Ziploc bag, and zip shut. Move chicken around in bag until all of the chicken breasts are evenly coated in the marinade. Refrigerate chicken in Ziploc bag for at least 1-2 hours, or overnight for best results. (*Don't marinate for longer than 24 hours*).

When ready to grill chicken, remove chicken from Ziploc bag, and discard leftover marinade. Cook chicken on an outdoor grill (or on a grill pan or non-stick skillet) over medium high heat until chicken is fully cooked and no longer pink in the middle (takes about 10-15 minutes). Immediately after removing the chicken from the grill, sprinkle parmesan cheese evenly over cooked chicken breasts, (it will melt onto the chicken, making for a slightly sweet, slightly salty sauce coating the grilled chicken! YUM!) Enjoy warm!

Ingredients

1 lb.	Boneless skinless chicken breasts (about 3-4 breasts)
1/4 cup	Parmesan cheese, grated
For Honey-Soy Marinade:	
Juice	Of one large orange
2 tbsp.	Soy Sauce (I like low sodium)
1/4 cup	Honey
2 tsp.	Garlic, chopped (or 1 tsp. garlic powder)
2 tsp.	Dried minced onion (or 1 tsp. onion powder)
2 pkts	Stevia (or sweetener of choice)

Breakdown

4	Servings
191	Calories per Chicken Breast
3 g	Fat per Chicken Breast
10 g	Carbohydrate per Chicken Breast
0.2 g	Fiber per Chicken Breast
9 g	Sugar per Chicken Breast
30 g	Protein per Chicken Breast

*All calories are per serving

Cheesy Summer Squash & Chicken Bake

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 45-60 MINUTES.

Preheat oven to 425 degrees. Spray a 9×13 casserole dish with non-stick cooking spray.

Wash squash and cut into 1/4 inch thick slices. Cut each slice in half, (to resemble a half circle), and in half again, (so each circle is cut into four pieces).

Spray a large non-stick skillet over medium high heat. Sautee the squash for about 2-3 minutes, or until slightly softened. (This will help dry up the squash a bit, preventing a watery casserole!)

In a large bowl, combine the squash with the rest of the ingredients until well combined.

Spread squash mixture evenly in prepared baking pan.

Place in oven and cook for about 40-45 minutes until cheese is lightly golden brown. Enjoy warm!

Ingredients

3	Medium-large summer squash
1	Egg white
1	Cup chicken breast, cooked and diced into small pieces
1 1/4 cup	Plain low fat Greek yogurt
1/2 tsp.	Chopped garlic or 1/4 tsp. garlic powder
1/2 tsp.	Onion powder
1/8 tsp.	Pepper
1/2 tsp.	Salt
1 pkt	Stevia or sweetener of choice (optional)
1/2	Small onion (I used a Vidalia sweet onion)
1/4 cup	Grated parmesan cheese

Cheese Topping

1/4 cup	Shredded mozzarella (or any other light cheese of choice)
1/8 cup	Grated parmesan cheese
Optional:	Sprinkle of dried parsley

Breakdown

6	1 Cup Servings
120	Calories per Serving
3 g	Fat per Serving
5 g	Carbohydrate per Serving
1 g	Fiber per Serving
3 g	Sugar per Serving
18 g	Protein per Serving

*All calories are per serving

Low Calorie Cauliflower Pizza Crust

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 50-60 MINUTES.

Preheat oven to 425 degrees. Line a baking sheet with parchment paper or foil. Spray with non-stick cooking spray.

Wash cauliflower, and cut in half, (you could save the rest for another recipe, or double this recipe and use the entire cauliflower!) Break cauliflower into segments, and place in food processor. Pulse until it reaches a rice-like texture. Place cauliflower in microwave safe bowl and microwave for 8 minutes. (Don't add water or cover).

Remove cauliflower from microwave and add the cheese and seasoning. Once cauliflower has cooled down, add egg, and stir until everything is well combined.

Scoop 1/3 of cauliflower mixture up (I used a measuring cup, which came out to about 1/2 cup per crust). Scoop cauliflower onto prepared baking sheet, using a spatula to help form crust into a small circle on the pan, (it should look like the size of a thin burger, about 1/4 in thick). Repeat the process for the other two pizza crusts.

Place crusts in the oven and bake for 30 minutes. Remove from the oven, top with sauce and toppings of choice, and return pan to the oven for another 5-10 minutes, or until cheese is melted. Remove from the oven and serve warm! Enjoy!

Ingredients

2 cups	Cauliflower (about 1/2 head of cauliflower)
1/8 cup	Egg whites
1/4 cup	Shredded mozzarella cheese (or other low fat shredded cheese)
1/4 cup	Parmesan cheese
1/2 tsp.	Dried oregano seasoning ¹
1/2 tsp.	Dried basil seasoning ¹
1/4 tsp.	Garlic powder
1/8 tsp.	Salt

Optional Toppings: Additional sauce, low fat cheese, and veggies for topping

¹ *Instead of adding the basil and oregano seasonings separately, you could also use 1 tsp. Italian seasoning.*

Breakdown

3	Personal Pizza Crusts
88	Calories per Crust
4 g	Carbohydrate per Pizza
2 g	Fiber per Pizza
10 g	Protein per Pizza
5 g	Fat per Pizza

Chicken Parmesan Meatballs

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30-40 MINUTES.

Preheat the oven to 400 degrees. Line a baking sheet with foil, (for easy clean up), and spray with cooking spray.

In a medium bowl, combine ground meat, egg whites, breadcrumbs (or oats), spices, and Parmesan cheese. Mix ingredients together using hands or a large spoon, (be careful not to over-mix, or meatballs will become tough.) Form golf-ball size meatballs, and place on pan.

Place baking sheet in the preheated oven for 20 minutes (or until meatballs are starting to become lightly golden brown.) Remove the pan from the oven and top each meatball with about 1 tbsp. of spaghetti sauce. Sprinkle mozzarella cheese over meatballs. Place the baking sheet back in the oven and bake an additional 5-10 minutes, or until cheese is melted.

Remove the meatballs from the oven and allow to rest for 5-10 minutes before serving. Serve with high fiber pasta, or spaghetti squash if desired!

Ingredients

- 1 lb. Lean ground chicken (or lean ground turkey)
- 1/4 cup Egg whites (or 1 large egg)
- 1/4 cup Whole wheat Italian breadcrumbs or old fashioned oats ¹
- 1/2 cup Parmesan cheese, grated
- 1 tsp. Dried basil
- 1 tsp. Dried oregano
- 1/2 tsp. Garlic powder
- 1 tsp. Dried onion flakes (or 1/2 tsp. onion powder)
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- 1/2 cup Spaghetti sauce ²

Optional: 1/2 cup shredded mozzarella cheese, 1/2 tsp. red pepper flakes (will add a bit of spice)

¹ Use gluten free oats if gluten sensitive.

² I used a tomato basil sauce with 60 calories per 1/2 cup

Breakdown

- 15 Meatballs (nutritional values based on 1 meatball)
- 63 Calories each (75 calories with mozzarella)
- 3 g Fat
- 2 g Carbohydrates
- 0.5 g Fiber
- 0.5 g Sugar
- 6 g Protein

Teriyaki Chicken Lettuce Wraps

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 25-30 MINUTES.

Heat a large skillet or wok with a generous amount of cooking spray. Chop chicken breasts into thin strips (or cubes depending on what you prefer), and place in warm pan along with the onions. Pour 2 tbsp.

Teriyaki sauce, 1 tbsp. soy sauce, and garlic powder onto the chicken. If you like, add additional seasonings to the chopped chicken (I added some pepper, and 1 packet of stevia). Stir until chicken is evenly coated with sauce.

Cook the chicken for about 4-6 minutes or so, turning it frequently for even cooking. *(Note: During this step I usually add about 1/4 to 1/2 cup water a little at a time to the pan to help the chicken cook through, and keep it moist...Also the time will vary on how long to cook the chicken, but I suggest 'eyeballing it' and cooking it until the chicken is lightly browned on the outside, and there is no pink on the inside, onions should start to get translucent at this point).* Take chicken and onions out of the pan when it is fully cooked, and set it aside. Add the frozen vegetables, water chestnuts, and the rest of the Teriyaki sauce to the pan, (you may add a bit more seasoning here too if desired!) Cook veggies for about 3 to 5 minutes, or until completely de-thawed and cooked through. Turn off the heat.

Put the chicken back in the pan with the veggies, mixing until everything is well combined. Divide mixture into four even servings. Scoop the hot chicken and veggie stir fry onto lettuce wraps and garnish with sesame seeds if desired. Enjoy!

Ingredients

1 lb.	Chicken breasts, cut into thin strips or cubes
1/2	Medium white onion, cut into thin strips
1	Can sliced water chestnuts, drained
1	Large bag frozen Asian style vegetable mix
1/4 tsp.	Garlic powder
1/4 cup	Teriyaki sauce (low sugar variety)
1 tbsp.	Soy sauce (low sodium variety)
1	Head of lettuce, cored, quartered, and peeled into individual leaves
Optional:	Sesame seeds for garnishing

Breakdown

4	Servings
160	Calories per Serving

Greek-Style Feta Burgers

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 20-25 MINUTES.

Preheat grill or broiler. Coat grill or broiler pan with cooking spray.
In a medium bowl, mix together ground chicken, oregano, garlic powder, feta, and spinach until well combined; divide mixture into four balls and then press them gently into 4 patties.
Grill or broil patties until burgers are no longer pink inside (or they reach an internal temperature of 165 degrees) about 7 to 8 minutes per side. Serve each burger on a bun with choice of toppings!

Ingredients

- 1 lb. Lean ground chicken OR lean ground turkey breast
- 1/2 cup Crumbled feta cheese
- 1/2 cup Frozen chopped spinach, thawed and squeezed dry
- 1 tsp. Dried oregano (or dried Italian seasoning)
- 1/4 tsp. Garlic powder
- 4 Light hamburger buns OR 4 Large pieces of lettuce for lettuce wraps
- Optional: Roasted red peppers, red onion rings, tomato slices

Breakdown

- 4 Servings
- 170 Calories (For 1 Burger with Lettuce Wrap)

*All calories are per serving