

**Kids are
Sweet
Enough
without
Sugar**

Property of _____



This cookbook is dedicated to Girl Scouts of the United States for allowing me to pursue the creation of this cookbook, to my father for inspiring the book, to my mother for supporting me in everyway with this project.





Remember, this book is your own. Make the recipes you'll like! If you don't like an ingredient, switch it for something you think tastes delicious. Just keep in mind that it will change the amount of carbohydrates and sugars. As long as you stay on top of those, you can create the perfect meal for you, family, and friends!





SAFETY FIRST!

Hey guys! Cooking is a lot of fun, but you have to remember to be careful. The kitchen can be very dangerous. Make sure you have your mom, dad, grandma, anyone who is an adult help you out. They can be your Sous Chef, the second chef! Have them help you when you're using sharp knives, the stove, the oven, or any other time you think you will need help.



Remember, have fun and be safe!





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BREAKFAST



Apple Cinnamon Sammies

Using low sugar preserves keeps the carbs low!

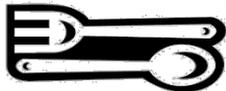


Directions

1. Using a butter knife, carefully slice the apple and set aside.
2. Toast bread.
3. Spread 1 tablespoon cream cheese on half of the slices of toasted bread, top with apple slices and sprinkle with cinnamon.
4. Spread 1 tablespoon of preserves on the remaining slices. Place these slices on the apple slices.

Ingredients:

- 8 slices whole grain cinnamon bread
- 1/4 cup reduced-fat cream cheese
- 1/4 cup low sugar raspberry jam/preserves
- 1/8 teaspoon ground cinnamon
- 1 granny smith apple



Gather these supplies before you get started.

- Cutting Board
- Butter Knife
- Toaster

Nutrition Information

Serving Size: One sandwich

Servings per recipe: 4

Calories: 214

Total Fat: 4g

Saturated Fat: 2g

Cholesterol: 8mg

Sodium: 253mg

Carbohydrates: 40g

Fiber: 3g

Protein: 5g

Dietary Exchanges: 1/2 fat, 2 1/2 starch, 1 meat

English Muffin with a Kick

Canadian Bacon makes this lower fat and international!

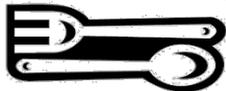


Directions

1. Using a butter knife, chop your green onion and Canadian bacon. Separate egg whites from the yolks.
2. Beat egg whites, egg, and pepper in a microwave safe bowl. Stir in Canadian bacon and green onion.
3. Put English muffins in the toaster.
4. Microwave bowl of egg mixture on high for 3 minutes, stopping to stir eggs halfway through. Remove from microwave and add cheese.
5. Divide eggs between English muffins and serve.

Ingredients:

- 4 Egg Whites
- 1 Egg
- 1/4 teaspoon or 1/8 teaspoon of salt
- 3 slices of chopped Canadian bacon
- 1 sliced green onion
- Black pepper
- 1/3 cup shredded reduced fat cheddar cheese
- 4 multigrain or whole grain English split.
- 2 slices of reduced fat cheddar Swiss cheese—YOU decide!



Gather these supplies before you get started.

Cutting Board

Butter Knife

Microwave Safe Bowl

Nutrition Information

Serving Size: One sandwich

Servings per recipe: 4

Calories: 212

Total Fat: 3g

Saturated Fat: 1g

Cholesterol: 57mg

Sodium: 536mg

Carbohydrates: 16g

Fiber: 3g

Protein: 36g

Dietary Exchanges: 5 meat, 1 starch, 3 fat

Oats and Apple Boats

Apples are a great, low sugar addition to any meal!

You'll need a Sous Chef for this one.

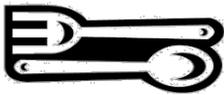


Directions

1. With your sous chef, dice your apples.
2. Combine the diced apples, oats, water, cottage cheese, ground cinnamon, and vanilla in a microwave safe bowl.
3. Cover the bowl with a wet towel and microwave for two minutes.
4. Let your oatmeal sit for two minutes to cool off.
5. Once it's cool, sprinkle the sugar substitute over the oats, stir, and enjoy a delicious breakfast.

Ingredients:

- 1/2 cup of instant
- 1/2 cup diced apples
- 1 cup water
- 1/2 cup low-fat cottage cheese (1%)
- 3/4 teaspoon ground cinnamon
- 1 teaspoon vanilla
- 1 1/2 tablespoon sucralose substitute



Gather these supplies before you get started.

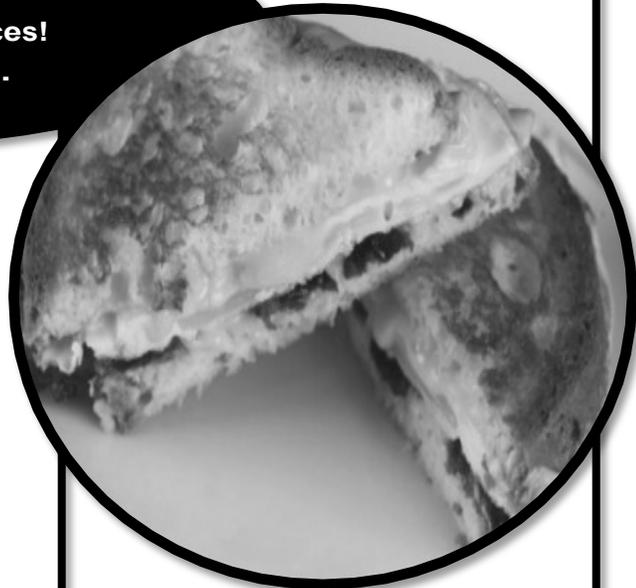
- Cutting Board
- Sharp Knife (SC)
- Spoon

Nutrition

Information
Serving Size: 1/2 Recipe
Servings per recipe: 2
Calories: 142
Total Fat: 1g
Saturated Fat: 1g
Cholesterol: 2mg
Sodium: 41mg
Carbohydrates: 24g
Fiber: 2g
Protein: 9g
Dietary Exchanges: 1 fat, 1 1/2 starch, meat 1-1/2

Smashed Breakfast Sammies

Ham and eggs are great protein sources!
You'll need a Sous Chef for this one.

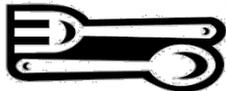


Directions

1. With the help of your sous chef, chop your green pepper, onions and ham.
 2. Coat a small skillet with non-stick cooking spray. With the help of your sous chef, heat over medium heat. Add pepper and green onions; cook and stir 4 minutes. Stir in ham.
 3. Combine egg white and black pepper in a small bowl. With the help of your sous chef pour the mixture into the pan with the veggies. Stir every few minutes until the eggs are almost cooked.
 4. Heat another skillet over medium heat. Spray one side of each bread slice with cooking spray and flip bread over. Top each piece of bread with one slice of cheese and half of the egg mixture. Top with the other bread slices.
 5. Grill sammies about 2 minutes per side, pressing sandwiches with the back of a spatula.
- or

Ingredients:

- Non-stick cooking spray
- 1/2 cup chopped green pepper
- 2 tablespoons sliced green
- 1 slice reduced fat smoked
- 1 egg white
- 1 egg
- Black pepper
- 4 slices of multigrain or whole bread
- 2 slices of reduced fat cheddar swiss cheese—YOU decide!



Gather these supplies
before you get started.

- Cutting Board
- Sharp Knife (SC)
- Whisk or Fork
- 2 Skillets or Frying pans (SC)
- Spatula

Nutrition

Information

Serving size: One

Sandwiches per recipe: 2

Calories: 245

Total Fat: 7g

Saturated Fat: 2g

Cholesterol: 115mg

Sodium: 540mg

Carbohydrates: 26g

Fiber: 5g

Protein: 20g

Dietary Exchanges: 3 meat, 2 starch,

1.5 fat

Fruity French Toast

Goodness

The fresh fruit in this recipe is a great substitute for high carb maple syrup.

You'll need a Sous Chef for this one!

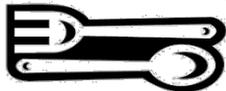


Directions

1. Using a butter knife chop your strawberries and bananas. Separate four of the egg yolks from the whites. Pour egg whites and one whole egg into a shallow bowl or pie plate. Whisk until frothy.
2. Coat a small skillet with non-stick cooking spray. With the help of your sous chef, heat over medium heat. Dip bread slices one at a time in the egg mixture, coating both sides. Cook each side until golden brown, about 4 minutes.
3. To make sweet butter spread, combine 2 teaspoons of sugar substitute, grated orange peel, cinnamon and vanilla in a small bowl. Stir.
4. To make fruit topping, combine strawberries, bananas, orange juice and 1 tablespoon of sugar substitute. Toss gently.
5. To serve, spread each piece of French toast with about 1- 1/2 teaspoons of sweet butter spread and 1/4 cup of fruit topping.

Ingredients:

- Non-stick cooking spray
- 3 egg whites and 1 egg
- 8 slices multigrain or whole wheat bread
- 1/4 cup reduced fat margarine
- 2 teaspoons sucralose sugar substitute
- 2 teaspoons grated orange peel
- 1 teaspoon ground cinnamon
- 1-1/2 cups sliced strawberries
- 1 cup sliced banana
- 1/8 cup no sugar added orange



Gather these supplies

before you get started.

Cutting Board

Butter Knife

Pie Plate or Shallow Bowl

Whisk or Fork

Nutrition Information

Serving Size: 2 slices
Servings per recipe: 4

Calories: 302

Total Fat: 12g

Saturated Fat: 3g

Cholesterol: 53mg

Sodium: 391mg

Carbohydrates: 38g

Fiber: 6g

Protein: 12g

Dietary Exchanges: 2.5 fat, 2 meat
2 fat





**Lunch
and
Dinner**



Inside-out sandwiches

Great for lunch or an afternoon snack!



Directions

1. Combine the cream cheese and mustard in a small bowl.
2. Lay 3 turkey slices down with the edges overlapping.
3. Spread 1/4 of the cream cheese spread on the turkey.
4. Lay 1 1/2 cheese slices on the turkey.
5. Place a celery stalk at the edge of the turkey, and roll the turkey around the celery.

celery

Ingredients:

- 4 small stalks of celery
- 6oz fat-free cream cheese
- 6 slices low fat cheddar cheese
- 1 tsp yellow mustard

Nutrition Information

Serving Size: 1/4 recipe

Servings per recipe: 4

Calories: 143

Total Fat: 4g

Saturated Fat: 2g

Cholesterol: 38mg

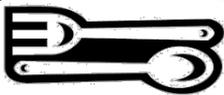
Sodium: 110mg

Carbohydrates: 3g

Fiber: 0g

Protein: 24g

Dietary Exchanges: 3 meat, 1/2 starch,
1 fat



Gather these supplies
before you get started.

Cutting board for rolling

Lemony Pepper-Parmesan Dressed Salad

Add a little cooked chicken for more protein.

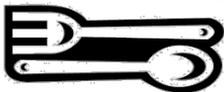
Directions

1. Wash the romaine and tear it into 1-2" pieces.
2. Use the small holes of a cheese grater to grate the yellow part of the lemon rind into a zest. Roll the lemon on the counter under your hand to make it easier to juice. Then cut the lemon in half using a butter knife. Squeeze the juice into a bowl, removing the seeds.
3. Add the mayonnaise and lemon zest to the lemon juice. Whisk the dressing and slowly add the olive oil as you whisk. Stir in the cheese and pour over prepared romaine lettuce.



Ingredients:

- 1 lemon
- 3 tablespoons of
- 1/2 cup grated Parmesan cheese
- 2 hearts of romaine lettuce



Gather these supplies before you get started.

- Blender
- Grater
- knife

Nutrition Information

Serving Size: 1/4 recipe

Servings per recipe: 4

Calories: 100

Total Fat: 4g

Saturated Fat: 2g

Cholesterol: 12mg

Sodium: 307mg

Carbohydrates: 15g

Fiber: 8g

Protein: 7g

Dietary Exchanges: 1 meat, 1 starch,
1 fat

Savvy Submarine

This Salad dressing will not only taste better than oil, but it's better for you too!
You'll need a Sous Chef for this one.

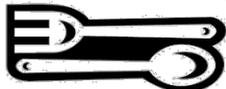
Directions

1. Slice your bell peppers and tomato.
2. With your Sous Chef, cut the French bread in half lengthwise.
3. Scoop out some of the soft bread and set it aside for later. Maybe use it for bread crumbs for another tasty treat!
4. Brush the Italian dressing on the insides of the bread.
5. Place the bell pepper slices, tomato slice, spinach, basil, Swiss cheese, and turkey on the bread.
6. Have your Sous Chef help you cut the sandwich into serving sizes, or wrap it in plastic wrap and save for later.



Ingredients:

- 2 medium red bell
- 1 medium tomato
- 1 cup spinach
- 1 loaf of French
- 1/8 cup of fat free Italian dressing
- Basil- YOU choose how much!
- 9 slices of Swiss cheese- approximately
- 9 slices of deli turkey- approximately



Gather these supplies before you get started.

- Cutting Board
- Butter Knife
- Sharp Knife

Nutrition

Information
Serving size: 1 baguette slice
Servings per recipe: 12
Calories: 101
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 10mg
Sodium: 347mg
Carbohydrates: 14g
Fiber: 1g
Protein: 6g
Dietary Exchanges: 1/2 Fat, 1
Starch, 1 meat

Tic-Tac-Tuna Pizza

This low carb meal is a fun to make and tasty to eat!

You'll need your Sous Chef for this one.



Directions

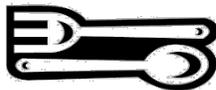
1. Preheat the oven to 425
2. Place the pizza crust on a baking sheet.
3. Combine the tuna, onion, and mayonnaise in a medium bowl.
4. Spread the mixture over the pizza crust, staying about 1 inch from the edge.
5. Bake the pizza for 10-12 minutes
6. While the pizza is baking, cut the cheese slices into strips about 1/2 inch wide and slice the tomato into 9 slices.
7. Remove the pizza from the oven.
8. Use some of these strips to make a tic-tac-toe board on the pizza.
9. Take turns with your Sous Chef playing tic-tac-toe. Use the tomatoes for O's and the rest of the strips for X's.
10. When you're done, put the rest of the tomato and cheese on the pizza, slice, and serve!

Ingredients:

- 1 pizza crust
- 5 slices American cheese
- 1 can (12ounce) tuna
- 1/2 cup onion
- 1/3 cup reduced fat
- 1 medium tomato

Nutrition

Information
Serving Size: 1 slice
Servings per recipe: 6
Calories: 138
Total Fat: 4g
Saturated Fat: 2g
Cholesterol: 28mg
Sodium: 615mg
Carbohydrates: 5g
Fiber: 1g
Protein: 20g
Dietary Exchanges: 1 1/2 fat,
1/2 starch, 3 meat



Gather these supplies before you get started.

- Baking sheet
- Cutting Board

Turkey-tastic Pizza

The veggies and ground turkey make this pizza lower in fat and calories!
You'll need a Sous Chef for this one.



Directions

1. With your Sous Chef, coat a skillet with non stick cooking spray and heat over medium heat. Brown the ground turkey until cooked all the way through. Set aside.
2. Preheat your oven to 450 degrees.
3. Place the crust on a baking sheet.
4. Combine ricotta cheese, garlic, Italian seasoning, and parmesan in a bowl. Spread this over the pizza crusts, staying about 1/2 inch away from the edges.
5. Place the ground turkey over the cheese layer.
6. Have your Sous Chef help chop the spinach and tomatoes. Then spread on top of the pizza.
7. Sprinkle the mozzarella over the spinach and tomatoes.
8. Have your Sous Chef help you put it in the oven for about 15 minutes, or until the cheese is melted.
9. Slice each pizza into 6 slices and serve.

Ingredients:

- 1/4lb lean ground turkey
- 2 pizza crusts
- 1/2 cup fat free ricotta
- 1 teaspoon crushed garlic
- 1/2 teaspoon Italian seasoning (thyme, rosemary, oregano, etc)
- 2 tablespoons shredded parmesan cheese
- 2 cups spinach
- 2 tomatoes
- 1/2 cup shredded reduced fat mozzarella
- Non stick cooking spray



Gather these supplies before you get started.

- Cutting Board
- Sharp Knife
- Skillet
- Baking Sheet
- Pizza Slicer

Nutrition

Information
Serving Size: 2 slices
Servings per recipe: 6
Calories: 210
Total Fat: 5g
Saturated Fat: <1g
Cholesterol: 76mg
Sodium: 251mg
Carbohydrates: 24g
Fiber: 5g
Protein: 21g
Dietary Exchanges: 3 meat, 1-1/2 starch, 1 fat

Turkey Pita Gobblers

Use ground turkey breast to keep this recipe lean.

You'll need a Sous Chef for this one!



Directions

1. With the help of your sous chef, chop the onion into 1/4 inch pieces.
2. Combine Worcestershire sauce, mayonnaise and pepper in a bowl. Mix well. Add onions and ground turkey and mix. Divide into portions and form into patties.
3. Spray skillet with non-stick cooking spray. Cook patties 8-10 minutes over medium-high heat. Drain fat. Add salsa, chili powder and onion; cook and stir 1 minute. Remove from skillet.
4. Split pita halves open and fill with spinach, turkey and 1/4 cup shredded low-fat cheddar.

Ingredients:

- Non-stick cooking spray
- 1 tablespoon Worcestershire sauce
- 2 tablespoons lowfat mayonnaise
- 1/8 teaspoon pepper
- 1/4 cup chopped red onion
- 1/2 cup ground ground turkey breast
- 3 whole wheat pitas cut in half
- 1/4 cup baby spinach leaves
- 1/4 cup shredded low-fat cheddar

Nutrition Information

Serving Size: 1 pita sandwich

Servings per recipe: 6

Calories: 216

Total Fat: 8g

Saturated Fat: 2g

Cholesterol: 61mg

Sodium: 342mg

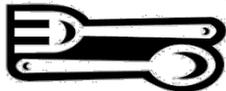
Carbohydrates: 20g

Fiber: 3g

Protein: 18g

Dietary Exchanges: 2-1/2 meat,

1-1/2 starch, 2 fat



Gather these supplies before you get started.

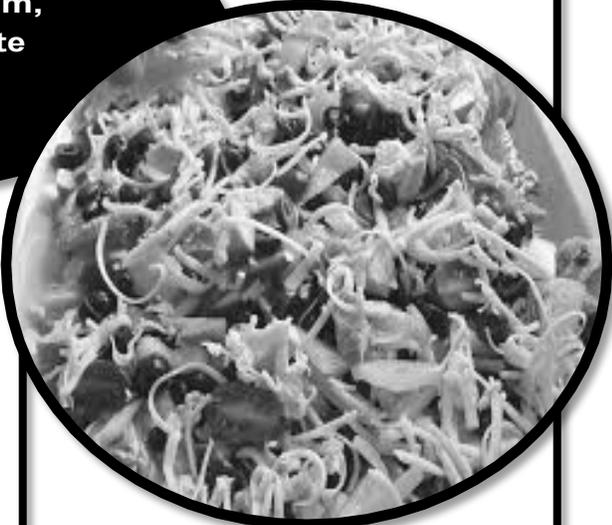
Medium Bowl

Skillet

Wooden spoon/ rubber spatula

Totally Tubular Taco

Salad
Using lean ground beef, fat-free sour cream, and low-fat cheese makes this classic taste the same, but a whole lot healthier! You'll need a Sous Chef for this one.

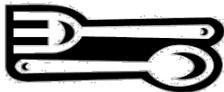


Directions

1. With a Sous Chef, spray a large skillet with non-stick cooking spray and heat the pan on medium heat.
2. Brown the beef, and drain the fat from the meat. Make sure your Sous Chef drains the fat for you.
3. Add the chili powder and the cumin to the beef and let cool.
4. While the beef cools, shred your lettuce, crush your tortilla chips, and dice your tomatoes and green onions, and chop the cilantro.
5. Layer the chips, lettuce, beef, tomatoes, green onions, and cilantro. Top it off with sour cream, salsa, and cheese, and you're good to go!

Ingredients:

- 1/2lb lean ground beef
- 1 1/2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 cup salsa
- 6 cups romaine lettuce
- 2 tomatoes
- 1/2 cup green onions
- 1/4 cup cilantro
- 1/4 crushed tortilla chips
- 1/2 cup fat-free sour cream
- 1/2 cup shredded fajita blend cheese
- non Stick cooking spray



Gather these supplies before you get started.

- Cutting Board
- Butter Knife
- Skillet

Nutrition

Information
 Serving Size: 2 cups
 Servings per recipe: 4
 Calories: 225
 Total Fat: 11g
 Saturated Fat: 5g
 Cholesterol: 46mg
 Sodium: 437mg
 Carbohydrates: 16g
 Fiber: 4g
 Protein: 18g
 Dietary Exchanges: 2 fat, 1 starch, 2 fat

Chili Con Corny

A little fat free sour cream cools the heat without adding extra fat.

You'll need a Sous Chef for this one!



Directions

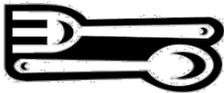
1. Preheat oven 350°F.
2. Spray skillet with non-stick cooking spray. Cook beef 6 to 8 minutes on medium-high heat, stirring until all of the meat is brown.
3. Have your Sous Chef drain fat.
4. Add salsa, chili powder and cumin; cook and stir 1 minute. Remove heat.
5. Spray 8-inch square baking pan with cooking spray. Place corn on the bottom of the pan. Spoon beef mixture over corn; cover with cheese. Bake 20 minutes. Serve with 1 tablespoons non-fat sour cream and 1/2 tablespoon cheese.

Ingredients:

- Nonstick cooking spray
- 3/4 pound 96% lean ground beef
- 1/4 cup reduced-sodium salsa
- 2 teaspoons chili powder
- 1-1/2 teaspoons ground cumin
- 2 cups frozen corn kernels
- 1/2 cup fat-free sour cream
- 1/4 cup (1 ounce) shredded reduced-fat cheddar cheese

Nutrition Information

- Serving Size: 1 cup
- Servings per recipe: 4
- Calories: 222
- Total Fat: 6g
 - Saturated Fat: 2g
- Cholesterol: 57mg
- Sodium: 259mg
- Carbohydrates: 21g
 - Fiber: 2g
- Protein: 23g
- Dietary Exchanges: 3meat, 1-1/2 starch, 1 fat

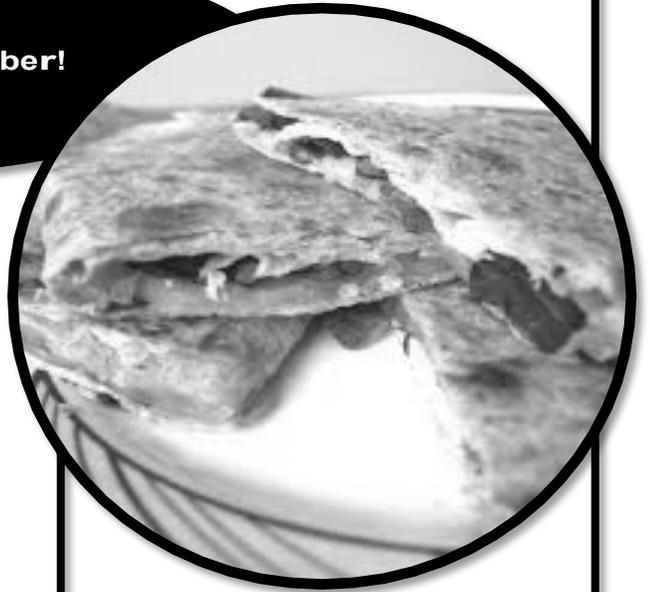


Gather these supplies before you get started.

- Skillet
- 8" Baking Pan
- Wooden spoon/ rubber spatula

Chicken Mexi-Melts

These veggies are a great increase in fiber!
You'll need a Sous Chef for this one.



Directions

1. With the help of your Sous Chef, take your chicken breasts and sprinkle them with your favorite seasonings. Mine are cumin and garlic! Bake chicken breasts at 450 degrees for 15 minutes.
2. While the chicken is still warm, have your Sous Chef shred the chicken breasts, and set aside.
3. Have your Sous Chef chop your tomatoes, green onions, and cilantro, while your chicken is baking for the salsa.
4. Combine 1-1/2 cup tomatoes, 1/2 cup of cilantro, 1/4 cup green onions, and lime juice in a medium bowl. Set aside for later.
5. Spread the rest of the tomatoes, green onions, spinach, and chicken over 5 tortillas. And sprinkle with cheese and place the last 5 tortillas on top.
6. With your Sous Chef, spray a large skillet with non-stick spray and heat one quesadilla at a time and heat until the cheese has melted.
7. Cut into quesadilla into four slices.
8. Place your tomato, green onion, and cilantro salsa on the side, and you're ready to eat!



Gather these supplies
before you get
started.

Cutting Board
Sharp Knife (SC)
Skillet or Frying pans
(SC) Spatula

Ingredients:

- 2 medium tomatoes
- 1 cup green onion
- 1/2 cup cilantro
- 1 tablespoon lime juice
- 1 cup packed spinach
- 1 cup shredded chicken breast
- 10 fat-free corn tortillas (8
- 3/4 cup shredded reduced fat cheddar cheese
- Non Stick Cooking Spray

Nutrition

Information

Serving Size: 1 quesadilla (4 wedges)

Servings per recipe: 5

Calories: 188

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 25mg

Sodium: 151mg

Carbohydrates: 24g

Fiber: 4g

Protein: 16g Dietary Exchanges: 2 meat, 2 starch, 1 fat

Refreshing Wraps

Lettuce instead of flour tortillas saves a ton of carbohydrates!

You'll need a Sous Chef for this one.

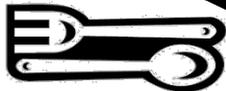


Directions

1. With your Sous Chef, preheat your oven to 350 degrees
2. Coat a baking sheet with non stick cooking spray
3. Place your chicken on the baking sheet and sprinkle the ginger, garlic, and 1 tablespoon of soy sauce over the chicken.
4. Bake the chicken for 20 minutes, or until it is cooked all the way. Set aside to cool.
5. Mince the green onion with the help of your Sous Chef.
6. Have your Sous chef help you dice the chicken.
7. Combine the chicken, snow peas, green onion, and remaining soy sauce in a bowl.
8. Spread the mixture between the lettuce leaves, roll up, and enjoy!

Ingredients:

- 2 chicken breasts
- 1/2 cup snow peas
- 2 tablespoons green
- 3 tablespoons low sodium soy
- 2 teaspoons crushed garlic
- 1/2 tsp ground ginger
- 4 large lettuce leaves
- non stick cooking spray



Gather these supplies before you get started.

- Cutting Board
- Sharp Knife
- Baking sheet
- Large bowl

Nutrition

Information

Serving Size: One lettuce

servings per recipe:

Calories: 92

Total Fat:

5g Saturated Fat:

Cholesterol:

Sodium: 441mg

Carbohydrates:

5g Fiber: 1g

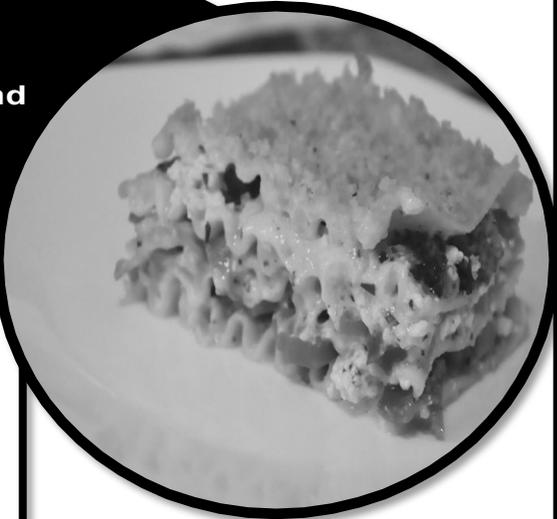
Protein: 16g

Dietary Exchanges: 2 Meat, 1/2 starch, 1 fat

Loaded Veggie Lasagna

Low fat cottage cheese, fat-free yogurt and egg whites make a creamy low-fat filling.

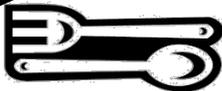
You'll need a Sous Chef for this one!



Directions

1. With the help of your sous chef, preheat oven to 375 degrees.
2. With the help of your sous chef, chop green onion and bell pepper.
3. Combine spinach, carrots, green onions and bell pepper in a large bowl.
4. Combine cottage cheese, milk, yogurt and egg whites in a food processor or blender. Cover and blend until smooth.
5. Spray 13x9-inch baking pan with non-stick cooking spray. Arrange one-third of the lasagna noodles in the bottom of the pan. Using a rubber spatula, spread half the cottage cheese mixture, half of the veggie and 3/4 cup of mozzarella. Repeat layers and with noodles. Sprinkle with the remaining mozzarella and Parmesan cheeses.
6. Cover with aluminum foil; bake 30 minutes. Remove foil continue baking for 20 minutes.

Information 10 minutes before starting.
recipe



Gather these supplies before you get started.

- Sharp Knife (SC)
- Cutting Board

Ingredients:

- Nonstick cooking spray
- 8 ounces no boil lasagna noodles
- 1 package of chopped spinach-thawed and squeezed dry.
- 1 cup shredded carrots
- 1/2 cup sliced green onion
- 1/2 cup sliced bell pepper
- 1 1/2 cups low-fat cottage cheese
- 1/2 cup skim milk
- 1/2 cup plain fat-free yogurt
- 2 cups shredded part skim mozzarella cheese
- 1/2 cup grated Parmesan cheese

Nutrition

- Serving Size: 1/8th of the
- Servings per recipe: 8
- Calories: 222
- Total Fat: 9g
- Saturated Fat: 6g
- Cholesterol: 30mg
- Sodium: 428mg
- Carbohydrates: 18g
- Fiber: 2g
- Protein: 23g
- Dietary Exchanges: 2 fat, 3 meat, 1 starch

Meatloaf Beatloaf

Combining Lean Beef and Turkey make this a much leaner meatloaf.

You'll need a Sous Chef for this one!

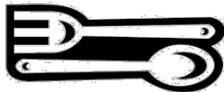
Directions

1. With the help of your sous chef, preheat the oven to 350.
2. Separate the egg and set aside. Use a grater to grate the zucchini.
3. Combine tomato paste, water, garlic, basil and oregano in a small bowl.
4. Combine, beef, turkey, bread crumbs, zucchini, egg white and 1/2 cup of tomato mixture in a large bowl. Mix lightly and divide into 8 portions. Shape portion into a ball.
5. Place each ball of meat in a muffin pan. Bake for 15 minutes. Drain fat.
6. Spread remaining tomato mixture over muffins for 10 additional minutes.



Ingredients:

- 1- 6 ounce low sodium tomato paste
- 1 teaspoon minced garlic
- 1/4 teaspoon dried basil
- 1/2 teaspoon oregano
- 3/4 pound 95% lean ground beef
- 3/4 pound 93% lean ground turkey
- 1/2 cup shredded zucchini
- 2 egg whites



Gather these supplies before you get started.

- Cheese grater
- Large Bowl
- Wooden spoon/ rubber spatula
- 8x8 Baking Pan
- Muffin tin

Nutrition Information

Serving Size: 1

Servings per recipe: 8

Calories: 90

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 35mg

Sodium: 77mg

Carbohydrates: 5g

Fiber: 1g

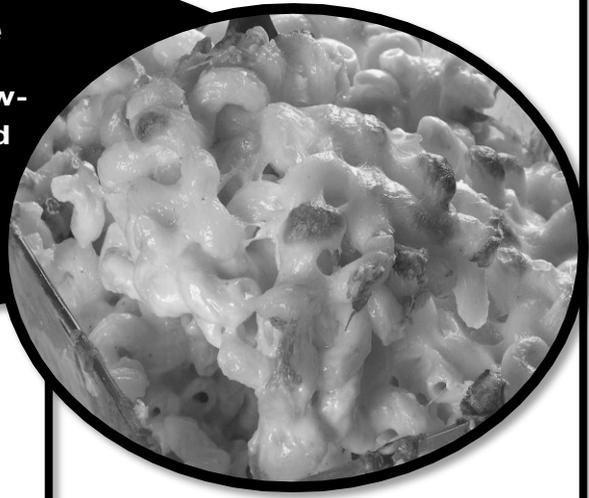
Protein: 10g

Dietary Exchanges: 1-1/2 meat,
1/2 starch, 1 fat

Mmm...Mac and Cheese

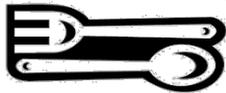
Using 1% milk, less half and half and low-fat cheeses reduces the fat usually found in mac and cheese.

You'll need a Sous Chef for this one!



Directions

1. With the help of your sous chef, preheat the oven to 375°F.
2. Coat an 8x8-inch square baking pan with spray.
3. In a saucepan, combine 2 cups milk and half-half. Bring to a light boil, lower the heat, and simmer on medium-low heat for 20 minutes.
4. While the milk is simmering, bring a pot of water to a boil. Add the elbow macaroni and cook for 45 minutes. Drain, add to a large bowl, and set aside.
5. In a medium bowl, mix the remaining 3/4 cup of milk with the cornstarch. Whisk until well combined. Add milk cornstarch mixture into the saucepan. Bring entire milk mixture to a boil on medium-high heat. Reduce the heat to medium and cook until thick for 5-7 minutes. Reduce the heat to low and simmer for 4-5 minutes.
6. Remove the pot from the stove. Whisk the dry mustard, cheeses and pepper. Add the cheese sauce to the pasta and mix well. Pour macaroni and cheese mixture into the prepared pan. Bake for 20-25 minutes.



Gather these supplies before you get started.

Sauce pan
Wooden spoon/ rubber spatula
8x8 baking pan

Ingredients:

2 3/4 cups 1% milk,
divided
1/2 cup fat free half-and-half
12 ounces elbow macaroni
3 tablespoons cornstarch
1/2 teaspoon dry mustard
1 1/2 cups finely shredded low-fat extra sharp cheddar cheese
1 tablespoon grated Parmesan cheese
1/2 teaspoon fresh ground pepper

Nutrition Information

Serving Size: 1 cup

Servings per recipe: 6

Calories: 183

Total Fat: 4g

Saturated Fat: 2g

Cholesterol: 12mg

Sodium: 270mg

Carbohydrates: 22g

Fiber: 1g

Protein: 14g

Dietary Exchanges: 1 fat, 2

meat, 1-1/2 starch

Clucker Nuggets

Baking makes these healthier than the usual chicken nuggets

You'll need a Sous Chef for this one!

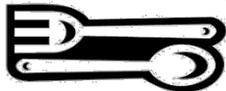


Directions

1. With the help of your sous chef, preheat the oven to 350 F. Spray a shallow baking pan with non-sticking spray.
2. Place Rice Chex in plastic bag and smash into crumbs.
3. With the help of your sous chef, cut breasts into nugget sized pieces, approximately 6 nuggets per chicken breast.
4. Place dip in a shallow bowl or pie plate. Add milk stir until smooth.
5. Pour rice chex crumbs onto a plate.
6. Dip chicken pieces in milk mixture, then roll in crumbs. Place in a single layer on the prepared pan. Bake 45-50 minutes.
7. Serve with fat-free honey mustard dressing.

Ingredients:

- 1 cup fat-free French onion
- 1/2 cup skim milk
- 1 cup Rice Chex crumbs
- 6 boneless skinless chicken breasts
- 1/2 cup fat-free honey mustard dressing



Gather these supplies before you get started.

- Sharp Knife (SC)
- Cutting Board
- Shallow Bowl

Nutrition

Information

Serving Size: 6 nuggets

Servings per recipe: 6

Calories: 190

Total Fat: 2g

Saturated Fat: <1g

Cholesterol: 69mg

Sodium: 354mg

Carbohydrates: 12g

Fiber: <1g

Protein: 28g

Dietary Exchanges: 4 meat, 1-1/2 starch, 1/2 fat

Ham and Cheesy If You Pleasey Rice

Lean ham adds healthy protein to this dish.

You'll need a Sous Chef for this one!

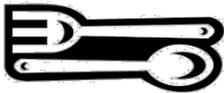


Directions

1. Cook rice according to package directions.
2. With the help of your sous chef, cut the crown off of the broccoli and divide into small pieces. Chop the ham and cheese into 1/2" squares.
3. Boil 2 cups of water and add broccoli and carrots for 3 minutes and drain. Return vegetables to sauce pan.
4. Stir in rice and heat over medium/low heat. Add ham, cheeses, margarine and pepper. Stir gently until cheese melts.

Ingredients:

- 1 cup brown rice
- 2 cups broccoli
- 1 cup shredded carrot
- 1 cup diced lean ham
- 1/2 cup chopped Swiss cheese
- 1/2 cup shredded cheddar cheese
- 1 tablespoon margarine
- 1/8 teaspoon ground pepper



Gather these supplies before you get started.

- Cutting Board
- Sharp Knife (SC)
- Sauce Pan

Nutrition Information

Serving Size: 1-1/2 cup

Servings per recipe: 4

Calories: 342

Total Fat: 11g

Saturated Fat: 5g

Cholesterol: 40mg

Sodium: 432mg

Carbohydrates: 43g

Fiber: 4g

Protein: 19g

Dietary Exchanges: 2 fat, 2-1/2 meat, 3 starch

Veggie Beef Shred

Egg whites keep the cholesterol low on this yummy dish!

You'll need a Sous Chef for this one.

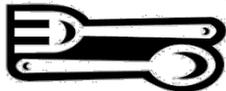


Directions

1. With the help of your sous chef, chop your green pepper, onions, carrots, celery and beef. Separate the egg yolk from the white, set aside.
2. Combine green pepper, onions, carrots, celery, potatoes, beef, egg white, rosemary and pepper in large bowl.
3. With the help of your sous chef, lightly spray a large skillet with non-stick cooking spray; heat over medium heat.
4. Add beef mixture and press down firmly to form a large cake. Cook 4 minutes or until browned on the bottom. Turn and cook an additional 4 minutes until lightly browned and heated through. Serve with salsa if desired.

Ingredients:

- 4 ounces cooked and chopped beef (thick sliced from the deli world)
- 1/4 cup chopped green pepper
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup shredded carrots
- 1 cup shredded potatoes
- 1 egg white
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon black pepper
- Non-stick cooking spray
- 1/2 cup salsa
- 2 slices of reduced fat cheddar Swiss cheese—YOU decide!



Gather these supplies before you get started.

- Cutting Board
- Sharp Knife (SC)
- Large bowl

Nutrition Information

Serving Size: Half of recipe

Servings per recipe: 2

Calories: 197

Total Fat: 5g
Saturated Fat: 2g

Cholesterol: 36mg

Sodium: 471mg

Carbohydrates: 23g

Fiber: 4g

Protein: 17g

Dietary Exchanges: 1 fat, 1-1/2 starch, 2-1/2 meat





**SIDE DISHES
AND
SNACKS**



Celery Fishy Boats

A yummy, crunchy snack!

Directions

1. Using a butter knife, slice a small strip off the bottom of each celery stalk so that it sits flat and cut the cheddar into 1 inch strips.
2. Fill the celery with whipped cream cheese.
3. Cut the celery into 3 pieces.
4. Stick 5 or 6 carrot matchsticks and 4 goldfish crackers into the cream cheese.

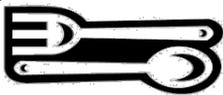


Ingredients:

- 4 stalks of celery
- 2 slices of low fat cheddar cheese
- 1/2 cup whipped cream
- 1/4 cup carrot matchsticks
- 1/2 cup goldfish crackers

Nutrition Information

- Serving Size: 3 pieces
- Servings per recipe: 4
- Calories: 92
- Total Fat: 5g
 - Saturated Fat: 2g
- Cholesterol: 10mg
- Sodium: 168mg
- Carbohydrates: 8g
 - Fiber: 1g
- Protein: 5g
- Dietary Exchanges: 1 meat,
1/2 starch, 1 fat



Gather these supplies
before you get started.

Butter Knife

Greek Cheesy Dip with Veggies and Flatbread

You'll need a Sous Chef for this one.

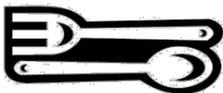


Directions

1. Put the cheese, milk and spices in a food processor or blender. Blend until smooth.
2. Slice your cucumber, bell pepper and pita bread into bite sized pieces. This can be done using a butter knife. If you choose a sharper knife, ask your chef to assist you.
3. Place the dip in a bowl in the center of a plate and arrange vegetables and pita bread on the plate.

Ingredients:

- 3/4 pound feta cheese, crumbled
- 1/2 cup skim milk
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 11 sliced cucumber
- 1 small red bell pepper
- 1 package of pita



Gather these supplies before you get started.

- Butter Knife
- Small Bowl
- Wooden spoon
- Food Processor

Nutrition Information

Serving Size: 1/6th of recipe

Servings per recipe: 6

Calories: 113

Total Fat: 6g

Saturated Fat: 4g

Cholesterol: 23mg

Sodium: 348mg

Carbohydrates: 10g

Fiber: 2g

Protein: 6g

Dietary Exchanges: 1 meat, 1 starch, 1 fat

Crunchy Melony

Parfait
This salad dressing will not only taste better than oil, but it's better for you too!
You'll need a Sous Chef for this one.

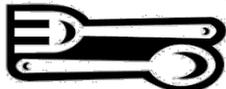
Directions

1. Have your Sous Chef help you cube watermelon.
2. Layer the watermelon and yogurt in four different cups/bowls
3. Sprinkle granola on top and serve



Ingredients:

- 2 cups cubed watermelon
- 3 cups low -fat vanilla yogurt
- 1/2 cup granola



Gather these supplies before you get started.

Cutting Board
Sharp Knife

Nutrition

Information

Serving Size: 1/4
Servings per recipe: 4
Calories: 217
Total Fat: 4g
Saturated Fat: 2g
Cholesterol: 9mg
Sodium: 124mg
Carbohydrates: 35g
Fiber: 1g
Protein: 11g
Dietary Exchanges: 1 fat, 1-1/2 meat,
2 starch

Caesar veggie dips

This makes a great fun side dish for chicken, burgers or sammies!

You'll need a Sous Chef for this one.

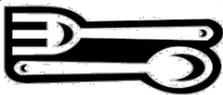


Directions

1. Arrange veggies on a platter in a fun design.
2. Pour dressing into a small bowl and stir in yogurt.
3. Serve as an after-school snack or side dish with a meal.

Ingredients:

- 12 broccoli heads
- 12 grape tomatoes
- 12 mini carrot sticks
- Various sizes of celery sticks
- 1/2 medium sliced zucchini
- 1 heart of romaine lettuce
- 1/2 cup fat-free Caesar dressing
- 1 cup low-fat yogurt



Gather these supplies before you get started.

- Butter Knife
- Small Bowl
- Wooden spoon

Nutrition Information

Serving Size: 1/6th of recipe
Servings per recipe: 6

Calories: 89

Total Fat: 2g

Saturated Fat: 1g

Cholesterol: 3mg

Sodium: 299mg

Carbohydrates: 15g

Fiber: 3g

Protein: 5g

Dietary Exchanges: 1 meat, 1 starch, 1 fat

Antipasto Bites Salad

Low-fat cheese and lean meats make this a great high protein meal!

You'll need a Sous Chef for this one.

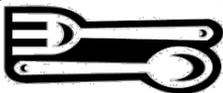


Directions

1. Make the dressing by whisking the oil and vinegar together in a small bowl until combined. Add pepper and whisk again.
2. Prepare cheeses, pepper and meats by slicing into bite size pieces using a butter knife. Combine cheeses, red pepper, artichoke hearts, meat, olives, tomatoes, lettuce and basil on a shallow plate. Pour dressing on top.

Ingredients:

- 1 tablespoon balsamic vinegar
- 2 teaspoons extra virgin olive oil
- 1/4 pound low-fat provolone
- 1/2 pound small mozzarella
- 1 small red pepper
- 1 can low-sodium artichoke hearts
- 12 slices turkey pepperoni
- 1/4 pound salami
- 1/2 cup black or green olives
- 1/2 pint grape tomatoes
- 1 heart of romaine lettuce
- 1/4 cup basil leaves



Gather these supplies before you get started.

- Butter Knife
- Small Bowl
- Wooden spoon

Nutrition Information

Serving Size: 1/6th of recipe

Servings per recipe: 6

Calories: 486

Total Fat: 31g

Saturated Fat: 13g

Cholesterol: 133mg

Sodium: 128mg

Carbohydrates: 11g

Fiber: 3g

Protein: 41g

Dietary Exchanges: 6 meat, 1 starch, 6 fat

Cheesy Beans

Parmesan is low in fat and makes these plain greens taste out of this world!
You'll need a Sous Chef for this one.

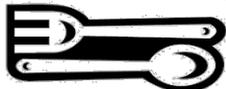


Directions

1. Cut the ends off your green beans using a ~~butter~~ ^{knife}
2. Have your Sous Chef help you boil 1 quart of ~~water~~ ⁱⁿ a large saucepan.
3. Add the green beans to the water, and boil for 3 minutes.
4. With the help of your Sous Chef, remove the ~~pot~~ ^{from} heat and drain.
5. Heat the margarine in a large skillet on ~~medium~~ ^{heat}.
6. Add the green beans to the skillet, and ~~sprinkle~~ ^{with} cheese and garlic salt.
7. ~~Let them~~ ^{Let the} cook for 5 minutes, stirring every now and ~~salt~~ ^{then}.
8. Remove from heat and serve them hot. You ~~can~~ ^{even} sprinkle on any left over cheese!

Ingredients:

- 1 pound of green beans
- 2 tablespoons of reduced fat margarine
- 1/4 cup of grated parmesan
- 1 teaspoon of garlic



Gather these supplies before you get started.

- Cutting Board
- Butter Knife
- Skillet or Frying pan (SC)
- Spatula

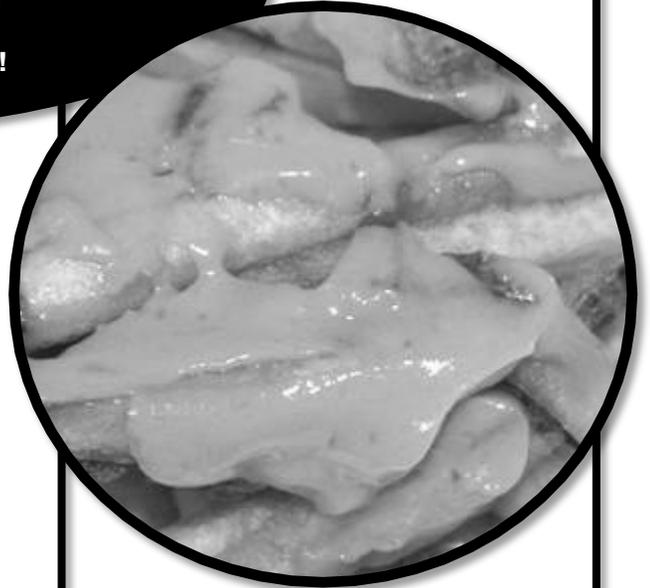
Nutrition

~~Information~~ ^{Serving size:} 2/3 cup
Servings per recipe: 6
Calories: 66
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 4mg
Sodium: 492mg
Carbohydrates: 6g
Fiber: 3g
Protein: 3g
Dietary Exchanges: 1 fat, 1/2 starch, 1/2 meat

Cheesy Fries

Using low-fat milk and cheese keeps the fat low in this cheesy goodness recipe!

You'll need a sous chef for this one!



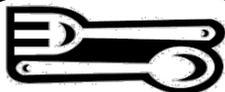
Directions

1. Preheat oven to 375 degrees.
2. With the help of your sous chef, arrange the frozen French fries on a baking sheet. Place in oven and bake for 12 minutes.
3. With the help of your sous chef, place a saucepan on the stove and turn stove to medium.
4. Add margarine and melt. Add the flour and stir. Cook margarine and flour for about a minute. This is used to thicken a sauce.
5. Use a whisk as you pour the milk into the margarine flour mixture. Cook until it gets thicker.
6. Use a wooden spoon to stir in the cheese until it melts. Remove from heat and add three squirts of ketchup. Pour the cheese sauce over the fries or serve on the side if you'd rather dip.

Ingredients:

- 1 bag frozen French fries
- 2 tablespoons of margarine
- 2 tablespoons flour
- 1-1/2 cups skim milk
- 3 squirts of ketchup

Information



Gather these supplies before you get started.

- Baking sheet
- Sauce pan
- Whisk
- Wooden spoon

Nutrition

Serving Size: 1/6th of recipe

Servings per recipe: 6

Calories: 131

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 1mg

Sodium: 84mg

Carbohydrates: 18g

Fiber: 1g

Protein: 3g

Dietary Exchanges: 1/2 meat, 1 starch, 1 fat





**DESSERTS
AND
DRINKS**



Fruity Wigglers

A light summer's treat that is low in carbs!

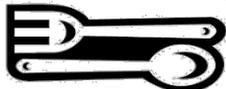
Directions

1. Microwave the water for 5 minutes in a large microwave safe bowl.
2. While the water is in the microwave, drain the can of pineapples, peel and mash your bananas, and the tops off your strawberries (if fresh) or frost your strawberries (if frozen).
3. Stir the Jell-O powder into the hot water until the powder dissolves.
4. Add the fruit to the Jell-O and stir until everything is well combined.
5. Put in an 8 in pan, and refrigerate to cool for about 4 hours.
6. Cut into 12 squares.
7. Top with whipped topping and eat!



Ingredients:

- 2 cups water
- 1 sugar free strawberry Jell-O
- 1 lb strawberries(fresh or frozen)
- 3 bananas
- 1 can (16 oz) crushed pineapple
- Sugar free whipped topping



Gather these supplies before you get started.

- Large bowl
- Can opener
- Rubber Spatula
- Butter Knife
- Cutting Board

Nutrition

Information

Serving size: 1/12

Servings per recipe: 12

Calories: 69

Total Fat: 1g

Saturated Fat: 1g

Cholesterol: <1mg

Sodium: 7mg

Carbohydrates: 16g

Fiber: 2g

Protein: 1g

Dietary Exchanges: 1/2 fat, 1 starch,

1/2 meat

Chocolate Peanut Butter Bites

The peanut butter and rice cereal reduce fats and taste great!

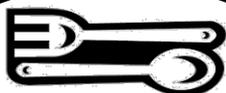


Directions

1. Place the peanut butter in a small microwave bowl and microwave on high for 10 seconds.
2. Stir in the sugar substitute until smooth.
3. Stir in rice cereal and mix well.
4. Line a large plate with wax paper, and shape peanut butter balls into 1 inch balls and freeze for 10 minutes.
5. Spread cocoa on a small plate, and roll the balls in the cocoa and return to the large plate.
6. Place the chocolate chips in a small sealable bag and microwave for 10 seconds. Repeat until the chocolate is melted.
7. Cut the tip off the bag and push the chocolate towards the hole

Ingredients:

- 1/2 cup reduced fat peanut
- 3 tablespoons sucralose sugar substitute
- 1 cup rice cereal
- 3 tablespoons unsweetened cocoa powder
- 1/4 cup semisweet chocolate chips.



Gather these supplies before you get started.

- Microwave Safe Bowl
- Sealable Bag
- Wax Paper

Nutrition Information

Serving Size: 4 truffles
Servings per recipe: 5
Calories: 162
Total Fat: 7g
Saturated Fat: 2g
Cholesterol: 38mg
Sodium: 1107mg
Carbohydrates: 3g
Fiber: <1g
Protein: 24g
Dietary Exchanges: 1-1/2 fat,
1/2 starch, 3.5 meat

Uncle Sam's Cheesecake Cups

This sweet snack is tasty, and low in carbs thanks to the cream cheese and sour cream!



Directions

1. Line muffin trays with cupcake liners.
2. Combine graham cracker crumbs, 2 tablespoons of sugar substitute, and margarine in a medium bowl. Mix well.
3. Put one tablespoon of graham cracker mixture in each cupcake liner. Then cool in the refrigerator.
4. Beat cream cheese, remaining sugar substitute, and sour cream in a medium bowl until smooth.
5. Beat in 1/2 cup of whipped topping and vanilla extract. Then fold in the rest of the whipped topping.
6. Pour in the cream cheese filling over the graham cracker crust.
7. Cut the tops off the strawberries, and then cut them in half.
8. Place the strawberries and the blueberries on the cheesecake cup. Make a fun design!
9. Place the cheesecake cups in the refrigerator and cool for about 2 hours.
10. Serve when set.

Ingredients:

- 1/4 cup graham cracker
- 1/3 cup and 2 tablespoons sugar substitute
- 4 tablespoons reduced fat margarine
- 8 ounces reduced fat cream
- 8 ounces fat free cream
- 1/2 cup reduced fat sour
- 1 cup reduced fat whipped
- 6 medium strawberries
- 1 cup blueberries
- 1/4 teaspoon vanilla extract



Gather these supplies before you get started.

- Cutting Board
- Butter Knife
- Muffin tin
- Cupcake liner

Nutrition

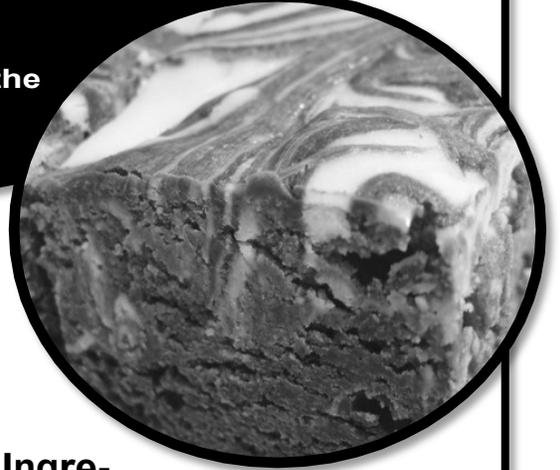
Information
Serving size: 1 cup
Servings per recipe: 12
Calories: 139
Total Fat: 8g
Saturated Fat: 3g
Cholesterol: 15mg
Sodium: 325mg
Carbohydrates: 12g
Fiber: 1g
Protein: 6g
Dietary Exchanges: 2 fat, 1 starch, 1 meat

Chocolate and Clouds Brownies

Keep the same delicious flavor, and save calories with reduced fat cream cheese!

You'll need a Sous Chef for this one.

Don't follow the recipe on the box, just use the mix!

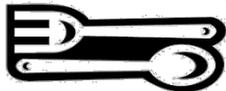


Directions

1. Preheat oven to 350 degrees, and coat a 13x9 inch baking pan with nonstick cooking spray.
2. Combine brownie mix and water in a large bowl and stir until blended. Spread the brownie batter into the pan.
3. Beat the cream cheese, egg, sugar substitute, milk, and vanilla in a medium bowl.
4. Dollop cream cheese mixture onto the brownie batter.
5. Run a butter knife through the cream cheese to swirl it into the brownie batter.
6. Bake for 30-35 minutes.
7. Cool completely and serve.

Ingredients:

- 1 package brownie mix
- 2/3 cup water
- 1 package 8 oz reduced fat cheese
- 1 egg
- 5 teaspoons sucralose sugar substitute
- 1 tablespoon skim milk
- 1/2 teaspoon vanilla
- Nonstick cooking spray



Gather these supplies before you get started.

Baking Pan
Butter Knife
Sharp Knife

Nutrition

Information

Serving Size: 1 brownie

Servings per recipe: 16

Calories: 136

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 13mg

Sodium: 182mg

Carbohydrates: 22g

Fiber: <1g

Protein: 4g

Dietary Exchanges: 1 fat, 1-1/2 starch,
1/2 meat

Fruit Smoothies

Smoothies are great for breakfast or an afternoon snack!

You'll need a Sous Chef for this one!

Directions

1. Pick a smoothie with your favorite fruits.
2. Place ingredients into a blender and blend on high until smooth.

Peach Melba: 1 cup frozen sliced peaches and 1 cup frozen raspberries

Berry-licious Smoothies: 2 cups frozen mixed berries

Strawberry Banana Smoothies: 1 small ripe banana and 1 cup frozen strawberries

Tropical Orange Freeze Smoothies: 1/4 cup frozen orange juice concentrate, 1/4 cup coconut milk, 1/4 cup fresh pineapple chunks

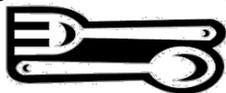


Ingredients:

Fruit of choice from

1 cup skim milk

2 cups low-fat vanilla yogurt



Gather these supplies before you get started.

Blender

Nutrition Information

Serving Size: 1/3 recipe

Servings per recipe: 3

Calories: 128, 138, 140, 160

Total Fat: 1g, 1g, 1g,

6g Saturated Fat: 1g, 1g, 1g, 5g

Cholesterol: 6mg, 6mg, 6mg,

6mg Sodium: 89mg, 90mg, 90mg, 93mg

Carbohydrates: 23g, 26g, 27g, 21g

Fiber: 3g, 1g, 2g, 1g

Protein: 7g, 7g, 7g, 7g

Dietary Exchanges: 1 protein and 9 starch

1 protein and 9 starch

1 protein and 9 starch

1 protein, 11 starch, 1 fat

I MADE THIS!



RECIPE	WHO TRIED IT? Friends or Family	DID THEY LIKE IT? Yummm or YUCK!	MAKE IT AGAIN? YES or NO WAY!

I MADE THIS!



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Talk Like A Chef!

Bake: Cook in an oven.

Beat: Stir or mix ingredients.

Blend: Mix ingredients in a blender, mixer or food processor to make a smooth mixture.

Boil: Heat a liquid over high heat until it bubbles.

Broil: Cook or brown food in an oven under very high heat.

Chill: Cool an ingredient in the refrigerator.

Chop: Cut an ingredient into smaller pieces.

Cream: Beat butter and sugar together, using a wooden spoon, mixer or food processor.

Drain: Pour off extra liquid using a colander or strainer.

Drizzle: Slowly pour liquid or sauce over food.

Dry Fry: Cook ingredients in a skillet without adding oil.

Fold In: Mix one ingredient into another gently to prevent losing air.

Fry: Cook in oil in a pan on a stovetop.

Grate: Rub food up and down a grater to make shreds.

Grease: Lightly coat a baking sheet, cake pan or dish using oil or butter to prevent sticking.

Juice: Extract liquid from an ingredient using a squeezer or juicer.

Marinade: A mixture of oil, herbs, spices and other flavorings used to enhance food before cooking.

Mash: crush food to produce a smooth result.

Melt: Turn a solid into a liquid using heat.

Peel: Remove the skin from food using a peeler or small knife.

Puree: Blend or liquidize a food into a pulp.

Rinse: Place food under a cold running water tap.

Roll Out: Flatten a food into a smooth, even layer using a rolling pin.

Roughly chop: Cut an ingredient into pieces using varying sizes.

Season: Add flavor to food using salt and pepper.

Sift: Put an ingredient through a strainer to remove lumps and add air.

Simmer: Cook food gently in a pan over low heat.

Slice: Cut a food into thick or thin pieces.

Stir: Mix ingredients together to combine them into one mixture.

Whisk: Quickly stir or mix an ingredient or mixture using a fork or a whisk to add air



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