



Vegetables and Side Dishes

Grilled Mozzarella, Eggplant and Sun Dried Tomato

Serves 2 (Snack)

Ingredients:

- 4 oz hard cheese (low fat), grated
- 1 ½ C eggplant, cut into round slices
- 1 tsp garlic, minced
- ⅓ C sun dried tomatoes, chopped
- 1 Tbsp sage, chopped
- Fresh chopped basil

Instructions:

1. Coat both sides of eggplant with olive oil. Brush both sides with minced garlic.
2. Place eggplant on an oven tray under preheated grill and cook for two minutes or until golden brown (each side). Then lay eggplant rounds into shallow casserole dish and sprinkle each round with sage, sun dried tomatoes and cheese.
3. Return to grill and cook for two minutes or until golden brown. Garnish with fresh chopped basil.

Calories per serving: 231

Protein: 19g

Carbohydrates: 19g

Total Fat: 14g

Quiche Delight

Serves 2

Ingredients:

- 4 eggs
- 1 finely sliced medium onion
- ½ C zucchini, grated
- ½ C broccoli, finely chopped
- 3 Tbsp hard cheese (low fat), grated

Instructions:

1. Combine all ingredients together and spoon into quiche dish. Bake in moderate oven for 25 minutes until quiche is set.

Calories per serving: 209

Protein: 17g

Carbohydrates: 8g

Total Fat: 12g

Cauliflower Mash Potatoes

Serves 2-4

Ingredients:

- 1 Large head of cauliflower
- 3 Tbsp. milk
- 1 Tbsp. butter
- 2 Tbsp. light sour cream
- 1/4 tsp. garlic salt
- Freshly ground black pepper
- snipped chives

Instructions:

1. Separate the cauliflower into florists and chop the core finely
2. Bring about 1 cup of water to a simmer in a pot, add the cauliflower. Cover & turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender.
3. Drain and discard all of the water (the drier the cauliflower is, the better) and add the milk, butter, sour cream, salt and pepper.
4. Mash with a masher until it looks like "mash potatoes".
5. Top with chives.

Calories per serving: 135

Protein: 3g

Carbohydrates: 10g

Net Carb: 9g

Total Fat: 6g

Arugula and Pear Salad with Blue Cheese Dressing

Serves 2 (Vegetable Side Dish)

Ingredients:

- 2 handfuls baby arugula leaves
- 1 handful thinly sliced pear, skin on
- 3 Tbsp white wine vinegar
- 1 Tbsp extra virgin olive oil
- 2 tsp Dijon mustard
- 1 Tbsp lemon juice
- 1 Tbsp blue cheese
- Pinch of salt
- Pinch of pepper

Instructions:

1. To make dressing blend the last seven ingredients or whisk together thoroughly.
2. In a large bowl, place arugula leaves, pear and half the dressing and combine lightly.
3. Transfer to a serving dish and drizzle over more dressing if required.
4. *Add a palm-size portion of chicken to your salad to make it a full meal.

Calories per serving (no chicken): 183

Protein: 3g

Carbohydrates: 19g
Total Fat: 9g
*Calories per serving with chicken: 272

Protein: 19g
Carbohydrates: 19g
Total Fat: 11g

360 Lettuce Wraps

Serves 4

Ingredients:

- 2 palm-size portions of minced pork or ground turkey
- 1 C sliced water chestnuts, drained
- 1 Tbsp sliced ginger
- 1 Tbsp chili sauce
- 1 minced clove garlic
- 1 Tbsp tamari or soy sauce
- 1 C chopped broccoli
- 1 C chopped zucchini
- ½ C chopped onion
- ½ C chopped mushrooms
- Butter Lettuce

Instructions:

1. Sauté ginger and garlic lightly before browning pork or turkey. Add sauces with water chestnuts and vegetables and simmer for five minutes. Spoon mix into lettuce cups for serving.

Calories per serving: 148-158

Protein: 17g

Carbohydrates: 5g

Total Fat: 7g

Soy and Garlic Kebabs

1 Kebab for Snack. 3 Kebabs for dinner

Make these one night for dinner and bring extra the next day for snack

Ingredients:

- 1 palm-size portion of chicken breast, cut into cubes
- 1 ½ handfuls onion and green peppers, cut into wedges
- 1 ½ handfuls cherry tomatoes
- 2 Tbsp garlic, crushed
- Chili paste (optional)
- 3 Tbsp soy sauce
- Pinch salt
- Cracked black pepper
- Wooden skewers

Instructions:

1. Soak wooden skewers in water for ½ hour so they do not burn.
2. Pierce the chicken and vegetables on to the skewers. Mix garlic, soy and seasoning in a small bowl and brush kebabs with mixture.
3. Cook, in pan, BBQ or under grill until chicken is cooked through.

Calories per serving: 317

Protein: 44g

Carbohydrates: 24g

Total Fat: 5g

Spinach and Chicken Stuffed Mushrooms

Serves 2 (Snack)

Ingredients:

- 1 handful spinach
- 1 palm-size portion of chicken breast
*Finely diced
- 4 medium mushrooms
- 1 tsp olive oil
- 1 clove garlic minced
- 1 tsp oregano
- 1 tsp lemon juice
- 3 Tbsp parmesan, grated

Instructions:

1. Preheat oven to 375°F and grease tray. Wash spinach and place in a lightly oiled saucepan (no water added) on a moderate heat until spinach wilts. Drain and cool spinach and squeeze out excess liquid.
2. Chop stems off mushrooms and keep. Put oil in sauce pan and add garlic, herbs, chicken and mushroom stems and cook until golden.
3. Mix in spinach and cook for 1 minute. Stir in lemon juice and remove from heat.
4. Fill mushroom caps with mixture and sprinkle with cheese. Place in oven for 10 to 15 minutes or until cheese has melted.

Calories per serving: 160

Protein: 23g

Carbohydrates: 4g

Total Fat: 11g

Tuna-Cheese Celery Sticks

Serves 2 (Snack)

Ingredients:

- ¼ C cottage cheese (low fat)
- ½ C tuna, in spring water
- 2 large celery sticks
- 3 tsp almond meal
- 1 Tbsp chives
- 1 Tbsp parsley

Instructions:

1. Trim celery sticks. Mix cheese with strained tuna, parsley and chives.
2. Fill cavity of celery sticks with mixture. Sprinkle almond meal on top and press into filling.
3. Cut sticks into small lengths and serve.

Calories per serving: 113

Protein: 20g

Carbohydrates: 2g

Fat: 4g

Cauliflower Rice

Serves 2 (Vegetable Side Dish)

Ingredients:

- 3 C cauliflower, grated (1 head)
- 1 Tbsp coconut oil

Instructions:

1. Grate the cauliflower using the medium sized holes of a grater. Grate the core too. Lay on paper towel and squeeze out as much water as you can with your hands. This may not be necessary for some cauliflower as they vary in degree of wetness.
2. Add the grated cauliflower to a heated and oiled wok or pan and fry until its tender-crisp, about 5 to 8 minutes. The length of time will depend on the cauliflower.
3. Use as you would rice. The variations are endless.

Calories per serving: 135

Protein: 8g

Carbohydrates: 22g

Net Carbs: 11g

Fat: 7g

Veggie “Chips”

Serves 3 (Vegetable Side Dish)

Ingredients:

- 3 handfuls eggplant, cut into ¼ inch slices
- 3 handfuls zucchinis, cut diagonally into ¼ inch slices
- 2 handfuls fennel, peeled, halved and cut into ¼ inch slices
- 1 ½ handfuls green beans, snapped and halved
- 2 Tbsp olive oil
- 2 tsp tamari (wheat free soy sauce)

Instructions:

1. Cut eggplant first. As some larger eggplants may be bitter, toss slices with 1 teaspoon salt, then let them sit while preparing other vegetables, to draw out bitter liquid. Rinse off briny liquid and pat slices dry.
2. Place equal sized, dry vegetable slices in large mixing bowl. Pour oil and tamari over vegetable slices, tossing to coat evenly.

3. Place coated slices in a food dehydrator or on a lightly greased tray. Dehydrate at 45 degrees for 4 to 8 hours or at lowest setting of oven for 3 to 4 hours, until vegetables are dried and crunchy, leathery or chewy-crunchy.
 4. Cool and serve as a snack or with soup.
- *Note: You can use any combination of vegetables e.g. cauliflower, celery, green beans.

Calories per serving: 148

Protein: 3g

Carbohydrates: 15g

Fat: 10g

Eggplant Dish

Serves 2

Ingredients:

- 1 clove garlic, crushed
- 1 tsp. cumin
- 1 tsp. smoked paprika
- 1 Cup parsley
- 2 eggplants, peeled and thinly sliced

Instructions:

1. Preheat the oven to 350.
2. Mix garlic, parsley, and spices in a small bowl.
3. Peel and thinly slice the eggplant. Then place the eggplant in the bowl with the mixture. Coat each side evenly. Then place the coated eggplant in a baking dish.
4. Place the eggplant in oven and bake for 20 minutes.

Calories per serving: 142

Protein: 10g

Carbohydrates: 60g

Total Fat: 3g

Cauliflower Pizza Crust

Serves 4

Ingredients:

- 1 cup cooked frozen cauliflower, riced or minced.
- 1 large egg
- 1 cup shredded cheddar cheese
- 1/2 tsp fennel seeds
- 1 tsp oregano
- 2 tsp. dried parsley.

Instructions:

1. Beat egg add cauliflower and shredded cheese into medium bowl.
2. Mix, then press into a greased pizza pan then sprinkle with the spices.
3. Bake at 450 degrees for 12-15 minutes.

4. If you double the recipe cook for 15-20 minutes.

Calories per serving 143

Protein: 9.5g

Carbohydrates: 2.6

Fiber: 1.5g

Protein: 9.5g

Cauliflower Pizza with Artichokes

Serves 4

Ingredients:

- 14 oz. shredded cheese
- 1 1/4 pounds grated cauliflower
- 8 eggs
- 2 teaspoons salt

Toppings

- 1 cup tomato sauce
- 7 oz. shredded cheese
- 4 tbsp. dried oregano or dried basil
- 8 1/2 oz. mozzarella cheese
- 4-8 canned artichokes, cut into wedges
- 4 garlic cloves, thinly sliced (optional)

Instructions:

1. Preheat the oven to 350°F. Grate the cauliflower in a food processor or with a grater. Place in a bowl, add shredded cheese and eggs and stir together well.
2. Spread out thinly on a baking sheet lined with parchment paper, using a spatula, 11 inches in diameter. Bake for about 20 minutes or until it has turned a nice color, but no more than that.
3. Remove from oven. Spread the tomato sauce and add the cheese on top. Top with artichokes and optional garlic. Sprinkle oregano/basil on top.
4. Raise the temperature to 420°F and bake the pizza for 5-10 minutes more.