

Crockpot Chicken Taco Chili

Yield: 10 servings (serving size: 1 cup)

Ingredients

- 1 small onion, chopped
- 1 (15.5 oz) can black beans, no salt added
- 1 (15.5 oz) can kidney beans, no salt added
- 1 (8 oz) can tomato sauce, no salt added
- 10 oz package frozen corn kernels
- 2 (10 oz) cans diced tomatoes w/chilies
- 1 packet reduced sodium taco seasoning or homemade (see below)
- 1 tbsp cumin
- 1 tbsp chili powder
- 24 oz (3-4) boneless skinless chicken breasts
- 4 oz can chopped green chili peppers, chopped
- 1/4 cup chopped fresh cilantro



To make your own taco seasoning, omit the packet, cumin and chili powder above and use below instead:

- 1 1/2 tablespoons cumin
- 1 1/2 tablespoons chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper

Preparation

1. Combine beans, onion, chili peppers, corn, tomato sauce, diced tomato, cumin, chili powder and taco seasoning in a slow cooker and mix well. Nestle the chicken in, cover and cook on LOW for 10 hours or on HIGH for 6 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in. Top with fresh cilantro.

Nutritional Information: Amount per serving

- | | | |
|--------------------------|---------------------|---------------------|
| • Calories: 209 | • Protein 23g | • Fiber: 7g |
| • Calories from fat: 13% | • Carbohydrate: 26g | • Cholesterol: 50mg |
| • Fat: 3g | • Sugar: 4g | • Sodium: 750mg |
| • Saturated fat: 0g | | |

Traditional Hummus

This Middle Eastern dip is traditionally made with chickpeas, tahini, lemon juice, and olive oil; it lends itself to several variations. Prepare and refrigerate it a day ahead; let it stand at room temperature for 30 minutes before serving. Garnish with a lemon wedge and fresh parsley sprig, and serve with Spicy Baked Pita Chips.

Yield: 3 1/4 cups (serving size: 2 tablespoons)

Ingredients

- 2 (15.5-ounce) cans no-salt-added chickpeas (garbanzo beans), rinsed and drained
- 2 garlic cloves, crushed
- 1/2 cup water
- 1/4 cup tahini (sesame seed paste)
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
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Preparation

1. Place beans and garlic in a food processor; pulse 5 times or until chopped. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.

Nutritional Information: Amount per serving

- Calories: 44
- Calories from fat: 51%
- Fat: 2.5g
- Saturated fat: 0.3g
- Monounsaturated Fat: 1.2g
- Polyunsaturated fat: 0.7g
- Protein 1.5g
- Carbohydrate: 4.4g
- Fiber: 0.9g
- Cholesterol: 0.0mg
- Sodium: 74mg
- Calcium: 12mg

Alternate Flavors:

Feta-Baked Hummus: Combine Traditional Hummus, 1/2 cup (2 ounces) crumbled reduced-fat feta cheese, 1/4 cup chopped fresh parsley, and 1/2 teaspoon ground cumin. Transfer mixture to an 8-inch square baking dish coated with cooking spray. Sprinkle with 1/2 cup (2 ounces) crumbled reduced-fat feta cheese. Bake at 400° for 25 minutes or until lightly browned. Garnish with parsley sprigs. Yield: 4 cups (serving size: about 2 tablespoons).

CALORIES 44 (51% from fat); FAT 2.5g (sat 0.6g, mono 1g, poly 0.6g); PROTEIN 2g; CARB 3.8g; FIBER 0.8g; CHOL 1mg; IRON 0.3mg; SODIUM 109mg; CALC 21mg.

White Bean and Roasted Garlic Hummus: Since this variation calls for roasted garlic, you can just omit the raw crushed garlic cloves from the Traditional Hummus. Remove white papery skin from 2 whole garlic heads (do not peel or separate the cloves). Wrap each head separately in foil. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Place garlic pulp, Traditional Hummus, and 1 (15-ounce) can rinsed and drained cannellini beans (or other white beans) in a food processor; pulse 5 times or until chopped. Add 1/4 cup water; process until smooth, scraping down sides as needed. Stir in 3/4 teaspoon chopped fresh rosemary. Yield: 5 cups (serving size: about 2 1/2 tablespoons).

CALORIES 45 (40% from fat); FAT 2g (sat 0.3g, mono 1g, poly 0.6g); PROTEIN 1.8g; CARB 5.3g; FIBER 1.2g; CHOL 0mg; IRON 0.4mg; SODIUM 81mg; CALC 16mg.

Spicy Red Pepper Hummus: Cut 2 red bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and cut into strips. Combine bell peppers, 2 teaspoons chile paste with garlic (such as sambal oelek), 1/2 teaspoon paprika, and 1/8 teaspoon ground red pepper in a food processor; pulse until smooth. Transfer pepper mixture to a serving bowl; stir in Traditional Hummus. Yield: 4 cups (serving size: about 2 tablespoons).

CALORIES 39 (46% from fat); FAT 2g (sat 0.3g, mono 1g, poly 0.6g); PROTEIN 1.4g; CARB 4.3g; FIBER 1g; CHOL 0mg; IRON 0.3mg; SODIUM 74mg; CALC 11mg.

Laura Zapalowski,
Cooking Light
November 2008

Quick Breakfast Burritos

Yield: 4 servings (serving size: 1 burrito)

Ingredients

Pico de gallo:

1 1/2 cups chopped tomato (about 1 large)
1/2 cup chopped green onions
1/2 cup chopped fresh cilantro
2 teaspoons fresh lemon juice
1/8 teaspoon salt
1/8 teaspoon black pepper
Dash of crushed red pepper

Burritos:

1/4 teaspoon chopped fresh oregano
1/8 teaspoon salt
1/8 teaspoon black pepper
4 eggs, lightly beaten
Dash of ground red pepper
Cooking spray
1/4 cup chopped onion
1 (2-ounce) can diced green chiles
4 (6-inch) corn tortillas
1/2 cup (2 ounces) shredded colby-Jack cheese



Heather Demeritte,
Scottsdale, Arizona,
Cooking Light
August 2009

Preparation

1. To prepare pico de gallo, combine first 7 ingredients in a small bowl.
2. To prepare the burritos, combine chopped fresh oregano and the next 4 ingredients (through the ground red pepper) in a small bowl, stirring well with a whisk.
3. Heat a large nonstick skillet over medium heat. Coat the pan with cooking spray. Add egg mixture, 1/4 cup onion, and green chiles to the pan. Cook for 3 minutes or until eggs are set, stirring frequently. Remove pan from heat; stir egg mixture well.
4. Heat the corn tortillas according to package directions. Divide the egg mixture evenly among tortillas. Top each serving with 2 tablespoons shredded cheese and about 1/3 cup pico de gallo.

Nutritional Information: Amount per serving

- Calories: 197
- Calories from fat: 49%
- Fat: 10.8g
- Saturated fat: 4.5g
- Monounsaturated Fat: 3.5g
- Polyunsaturated fat: 1.2g
- Protein: 12.7g
- Carbohydrate: 14.3g
- Fiber: 2.4g
- Cholesterol: 258mg
- Sodium: 372mg
- Calcium: 140mg

Veggie Packed Meatloaf

Yield: Serves 6

(serving size: 1 slice and about 2 1/2 tablespoons sauce)

Ingredients

3 large red bell peppers
8 ounces presliced cremini mushrooms
1 tablespoon olive oil
1 cup chopped red onion
4 garlic cloves, minced
3/4 cup unsalted chickpeas (garbanzo beans), rinsed and drained
3/4 cup frozen green peas, thawed
1/4 cup chopped fresh basil, divided
5/8 teaspoon kosher salt, divided
1/2 cup chopped walnuts, toasted
1/4 cup uncooked bulgur
2 tablespoons 1% low-fat milk
2 teaspoons Dijon mustard
1/2 teaspoon freshly ground black pepper
8 ounces 90% lean ground beef
3 ounces grated Parmigiano-Reggiano cheese (about 3/4 cup)
1 large egg, lightly beaten
Cooking spray
1 tablespoon balsamic vinegar



Preparation

1. Preheat broiler to high.
2. Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Wrap peppers in foil, sealing edges. Let stand 10 minutes. Peel. Finely chop 2 pepper halves; place in a large bowl. Set aside remaining 4 pepper halves.
3. Reduce oven temperature to 375°.
4. Place mushrooms in a food processor; pulse 10 times or until finely chopped.
5. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 6 minutes or until tender. Add garlic; sauté 1 minute, stirring constantly. Add mushrooms; sauté 10 minutes or until liquid almost evaporates, stirring occasionally. Cool 5 minutes. Add mushroom mixture to chopped bell peppers.

6. Place chickpeas and peas in food processor (do not clean from mushrooms); pulse 10 times or until finely chopped. Add pea mixture to mushroom mixture. Add 2 tablespoons basil, 1/2 teaspoon salt, walnuts, and next 7 ingredients (through egg); gently mix until well combined. Spoon mixture into a 9 x 5-inch loaf pan coated with cooking spray. Bake at 375° for 40 minutes or until a thermometer registers 155°. Let stand 10 minutes. Cut loaf into 6 slices. Sprinkle with remaining 2 tablespoons basil.

7. Combine remaining 4 bell pepper halves, vinegar, and remaining 1/8 teaspoon salt in a blender or food processor; process until smooth. Serve sauce with meat loaf.

Nutritional Information: Amount per serving

- Calories: 338
- Calories from fat: 49%
- Fat: 18.4g
- Saturated fat: 5.3g
- Monounsaturated Fat: 5.8g
- Polyunsaturated fat: 5.6g
- Protein 21g
- Carbohydrate: 24g
- Fiber: 6g
- Cholesterol: 68mg
- Sodium: 563mg
- Calcium: 223mg

Sidney Fry, MS, RD,
Cooking Light
September 2015

Turkey Sausage, Kale and White Bean Soup



Yield: Serves 4
(serving size: 2 cups)

Ingredients

- 1.25 lb homemade turkey sausage meat
- 2 tsp olive oil
- 1 clove garlic, minced
- 1/2 bunch kale - rinsed, leaves removed from the ribs & rough chopped
- 1 cup Cannellini or Northern beans, no salt added - drained and rinsed
- 4 cups fat free, low sodium chicken stock
- 2 cups water
- 1 small pinch dried red pepper flakes (optional)
- salt and freshly ground pepper to taste

Preparation

Heat oil over medium-high heat in a medium sized pot. **Add** sausage meat **breaking it up** with a spatula or wooden spoon into large chunks. When completely cooked, **add** garlic and **saute** for 2 - 3 minutes (careful not to let the garlic burn). **Add** the water, stock, beans and red pepper flakes (if using) and stir thoroughly. **Simmer** on low for 10 minutes, covered. **Throw** in kale and allow to **simmer** for another 10 minutes covered. **Adjust** salt and pepper to taste. **Divide** into four bowls and **serve** hot.

Nutritional Information: Amount per serving

- Calories: 321
- Calories from fat: 36%
- Fat: 13.0g
- Protein 33g
- Carbohydrate: 15.1g
- Fiber: 5.1g
- Sodium: 221mg
- Sugar 1.2g

Adapted from
SkinnyTaste.com
Jan 30, 2010

Shrimp Scampi Zoodles for Two

Yield: Serves 2

(serving size: 6 shrimp, 1 zucchini)

Ingredients

- 2 medium zucchini, about 8 oz each
- 1/2 tbsp unsalted butter
- 2 tsp extra virgin olive oil, divided
- 4 minced garlic cloves, divided
- 12 large peeled and deveined shrimp (about 6.5 oz)
- kosher salt, to taste
- freshly ground black pepper
- 1 tbsp chopped fresh parsley leaves
- 1/2 tsp fresh grated lemon zest
- 3 tbsp freshly squeezed lemon juice (from 1 lemon)
- 1/8 tsp hot red pepper flakes



Preparation

Use a mandolin fitted with a julienne blade or a spiralizer to cut the zucchini into noodles. Cut the strips into 6 to 8-inch strips.

In a large nonstick pan, melt the butter and 1 teaspoon olive oil over medium heat. Add the garlic and sauté for 1 minute. Add the shrimp, kosher salt, and the pepper and sauté until the shrimp have just turned pink, about 5 minutes, stirring often. Set aside.

Add the remaining oil and garlic to the skillet, cook 30 seconds then add the zucchini noodles, kosher salt and pepper. Cook 2 minutes, stirring.

Remove from the heat, add the shrimp, parsley, lemon zest, lemon juice, and red pepper flakes. Toss well to combine and serve immediately.

Nutritional Information: Amount per serving

- Calories: 161
- Calories from fat: %
- Fat: 8g
- Protein 11g
- Carbohydrate: 13g
- Cholesterol: 72mg
- Fiber: 4g
- Sodium: 76mg
- Sugar 4g

Adapted from
SkinnyTaste.com
Jan 3, 2015

Petite Crust-less Quiche

Yield: Serves 6
(serving size: 2 quiche)

Ingredients

- olive oil spray
- 1 tbsp olive oil
- 1/2 medium onion, diced
- 1/3 cup chopped bell pepper
- 2 garlic cloves, crushed
- 1 medium tomato, diced
- 6 oz turkey kielbasa, diced
- 2 cups baby spinach
- 5 large whole eggs, beaten
- 4 large egg whites
- 1/3 cup fat free milk (or milk of choice)
- 1/3 cup all-purpose flour*
- 1/2 tsp salt
- 1/8 tsp black pepper
- 3 oz shredded cheddar cheese



Preparation

Preheat oven to 350°F. Spray a nonstick muffin pan with olive oil spray.

Heat the oil in a large non-stick skillet over medium heat. Sauté onions and salt for 5 minutes, until soft, add bell peppers, garlic, tomato, kielbasa sauté for another 5 to 7 minutes. Add spinach and cook until wilted, about 1 minute. Set aside.

Meanwhile, in a large bowl, whisk the eggs, egg whites, milk, flour, salt and pepper until smooth. Add the cheese and cooked kielbasa mixture to the bowl and mix well.

Pour into the prepared muffin pan and bake for 28 to 30 minutes, or until firm.

Nutritional Information: Amount per serving

- Calories: 217
- Protein 18g
- Fiber: 1g
- Calories from fat: 46 %
- Carbohydrate: 12g
- Sodium: 552mg
- Fat: 11g
- Cholesterol: 170mg
- Sugar 2g

Adapted from
SkinnyTaste.com
Feb 24, 2015

Roasted Chickpea Snack

Yield: Serves 3
(serving size: 1/3 cup)

Ingredients

- 15 oz can chickpeas, drained
- olive oil spray
- 1/8 tsp kosher salt
- 1/4 tsp chili pepper powder
- 1/4 tsp ground cumin
- 1/4 tsp paprika
- 1/4 tsp ground coriander
- 1/4 tsp curry powder
- 1/4 tsp garlic powder



Preparation

Preheat oven to 375°F. Drain chickpeas in a colander and let them dry completely. Pat dry with a paper towel if needed, I usually leave them on the counter an hour to make sure they are very dry.

Arrange on a baking sheet in a single layer and roast for about 35 to 45 minutes, shaking the pan every ten minutes. All ovens are different so make sure they don't burn. They will be golden brown and crunchy on the inside when done, not moist.

In a medium bowl, combine all the spices. Remove chickpeas from oven when done and spray with olive oil. Immediately toss with spices while hot. Eat at room temperature.

Nutritional Information: Amount per serving

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|-------------------------|---------------------|----------------|
| • Calories: 144 | • Protein 8g | • Fiber: 6g |
| • Calories from fat: 6% | • Carbohydrate: 26g | • Sodium: 84mg |
| • Fat: 1g | • Cholesterol: 0mg | • Sugar 1g |

Adapted from
SkinnyTaste.com
June 16, 2008

Baked Spaghetti Squash and Cheese



Yield: 7 servings (serving size: 1 cup)

Ingredients

- 5 1/2 cups cooked spaghetti squash (from about 2 small)
- 1 tbsp butter
- 1 tbsp olive oil
- 1/4 cup minced onion
- 1/4 cup flour (use 2 tbsp corn starch for gf)
- 2 cups skim milk
- 1 cup fat free chicken broth (vegetable broth for vegetarian)
- 8 oz Sargento 2% reduced fat mild cheddar
- salt and pepper, to taste
- 4 cups (about 4 oz) baby spinach
- 1/8 cup grated parmesan

Preparation

Preheat the oven to 375°F.

Cut the squash in half lengthwise; remove and discard seeds. Place squash on a baking sheet. Bake until tender, about 1 hour. Separate the strands of squash with a fork and place in a medium bowl; discard shells. Maintain the oven temperature.

Heat butter and oil in a large saucepan over medium heat. Add onions and cook about 2 minutes. Stir in flour. Reduce heat to low and cook, stirring continually 3 - 4 minutes.

Add milk and chicken broth and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick, about 2 minutes stirring; season with salt and pepper.

Once it becomes thick, remove from heat, add cheddar cheese and mix well until cheese is melted. Adjust salt and pepper to taste, add cooked spaghetti squash and baby spinach, pour into a baking dish and sprinkle parmesan cheese on top. Bake until bubbly and golden 25 to 30 minutes.

Nutritional Information: Amount per serving

- Calories: 165
- Calories from fat: 44%
- Fat: 8g
- Protein 10g
- Carbohydrate: 16g
- Fiber 2g
- Sugar: 6.5g
- Sodium: 278mg (without salt)

Adapted from
SkinnyTaste.com
September 23, 2013

Just like "Wendy's" Chili Recipe

Yield: 9 servings (serving size: 1 cup)



Ingredients

- 1lb ground meat – 95% lean ground beef, ground turkey breast or ground chicken breast
- 1 package dry onion soup mix
- 1-14.5oz can no-salt-added stewed tomatoes, chopped
- 1-8oz can no-salt-added tomato sauce
- 1-6oz can no-salt-added tomato paste
- 1-15.5oz can no-salt-added red kidney beans
- 1-15.5oz can no-salt-added white cannellini beans
- 1tbsp cumin
- 1tbsp chili powder
- 1 large sweet white onion, chopped
- ½ jalapeno, diced

Preparation

- Place oil in pan over stovetop and sauté onions until tender.
- Add ground meat, stirring occasionally until meat is fully cooked through.
- Add soup mix, stewed tomatoes, tomato sauce, tomato paste, cumin, chili powder and jalapeno.
- Bring to a boil and then cover/simmer for 30 minutes.
- Add beans and simmer for another 10 minutes.
- Serve warm. Top with reduced-fat shredded cheese, non-fat plain Greek yogurt or avocado for additional flavor.

Nutritional Information: Amount per serving

- | | | |
|--------------------------|---------------------|-----------------|
| • Calories: 225 | • Protein 19g | • Sodium: 380mg |
| • Calories from fat: 19% | • Carbohydrate: 28g | • Calcium: 95mg |
| • Fat: 4.8g | • Fiber: 5g | |
| • Saturated fat: 1.5g | • Cholesterol: 30mg | |

Veggie Lasagna Stuffed Portobello Mushrooms

Yield: 4 servings (serving size: 1 mushroom cap)

Ingredients

- 1 teaspoon olive oil
- 2 loose cups baby spinach, chopped
- 3 cloves chopped garlic
- 1/3 cup chopped onion
- 1/3 cup chopped red bell pepper
- kosher salt
- 3/4 cup part skim ricotta
- 1/2 cup grated parmesan cheese
- 1 large egg
- 4 large basil leaves, chopped
- 4 large portobello mushroom caps
- 1/2 cup marinara sauce
- 1/2 cup part skim shredded mozzarella



Preparation

Preheat the oven to 400F. Spray a baking sheet with oil. Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with 1/8 tsp salt and fresh pepper.

Heat a large nonstick saute pan over medium heat, add oil, onion, garlic and red pepper and season with 1/8 tsp salt. Cook until soft, 3 to 4 minutes. Add the baby spinach and saute until wilted, about 1 minute.

In a medium bowl add the ricotta, parmesan cheese and egg, mix well. Add the cooked vegetables and basil and mix. Stuff the mushrooms with ricotta mixture and top each with 2 tbsp marinara, 2 tbsp mozzarella.

Bake in the oven for 20 to 25 minutes. Garnish with basil and enjoy!

Nutritional Information: Amount per serving

- Calories: 236
- Calories from fat: 50%
- Fat: 13g
- Protein 20g
- Carbohydrate: 13g
- Fiber 2.5g
- Cholesterol: 83mg
- Sodium: 522mg

Adapted from
SkinnyTaste.com
Aug 23, 2015

Broccoli & Cheese Mini Egg Omelets

Yield: 4 servings (serving size: 2 omelets)

Ingredients

- 4 cups broccoli florets
- 4 whole large eggs
- 1 cup egg whites
- 1/4 cup reduced fat shredded cheddar (Sargento)
- 1/4 cup good grated cheese like pecorino romano
- 1 tsp olive oil
- salt and fresh pepper
- cooking spray



Preparation

Preheat oven to 350°. Steam broccoli with a little water for about 6-7 minutes.

When broccoli is cooked, crumble into smaller pieces and add olive oil, salt and pepper. Mix well. Spray a standard size non-stick cupcake tin with cooking spray and spoon broccoli mixture evenly into 9 tins.

In a medium bowl, beat egg whites, eggs, grated cheese, salt and pepper. Pour into the greased tins over broccoli until a little more than 3/4 full. Top with grated cheddar and bake in the oven until cooked, about 20 minutes. Serve immediately. Wrap any leftovers in plastic wrap and store in the refrigerator to enjoy during the week.

Each omelet is loaded with broccoli and cheese, but you can use any combination of vegetables you like (spinach, mushrooms, peppers, onions, etc.)

I usually like to combine egg whites with whole eggs, but if you rather use egg whites, that is fine too. Leftovers can be heated up and enjoyed throughout the week - pop them in the microwave for one minute and they taste as good as when first made.

Nutritional Information: Amount per serving

- Calories: 167
- Calories from fat: 46%
- Fat: 8.5g
- Protein 18g
- Carbohydrate: 5g
- Fiber 2.5g
- Cholesterol: 170mg
- Sodium: 317mg

Adapted from
SkinnyTaste.com
April 21, 2013