

## **Breakfast**

**Lower-Fat French Toast**

## **Lunch**

**Ham, Spinach, and Tomato Wraps**

## **4<sup>th</sup> of July Cookout**

### **Salad**

**Marinated Coleslaw**

### **Entrée**

**Four Seasons Vegetable Burgers**

### **Side Dish**

**Grilled Corn on the Cob with Chipotle and Lime Juice**

### **Dessert**

**Strawberry Sundae**

## Lower-Fat French Toast

This recipe serves: 4

**Preparation time:** 5 minutes

**Cooking time:** 10 minutes

### Ingredients

¼ cup egg substitute  
1 ½ cups skim milk  
¼ cup sugar  
½ tsp. ground cinnamon  
¼ tsp. nutmeg  
2 tsp. vanilla extract  
peanut oil, as needed  
8 slices bread, slightly stale

### Cooking Instructions

1. Whisk together the egg substitute, milk, sugar, cinnamon, nutmeg, and vanilla until thoroughly mixed. (This can be done ahead and refrigerated over night.)
2. Heat a well-greased griddle or large frying pan with peanut oil until hot but not smoking.
3. Soak the bread slices in the egg mixture until moistened. Place the soaked slices on the griddle. Discard any excess egg mixture.
4. When the bottoms are golden brown, flip with a spatula and brown the other side. Keep them in a warm oven until ready to serve.

### Nutrition Facts

<b>Serving Size</b> 2 slices French toast	
Amount Per Serving	
<b>Calories</b>	260
<b>Total Fat</b>	3 g
<b>Saturated Fat</b>	1 g
<b>Protein</b>	10 g
<b>Total Carbohydrate</b>	47 g
<b>Dietary Fiber</b>	2 g
<b>Sodium</b>	396 mg
<b>Percent Calories from Fat</b>	10%
<b>Percent Calories from Protein</b>	15%
<b>Percent Calories from Carbohydrate</b>	73%

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# Ham, Spinach, and Tomato Wraps

This recipe serves: 4

**Preparation time:** 15 minutes

## Ingredients

½ cup cream cheese, low-fat whipped  
2 tbsp. finely chopped, sweet onion  
salt and pepper to taste  
4 large flour tortillas  
½ lb. Fat-free, reduced-sodium, sliced ham  
4 large spinach leaves, shredded  
4 large slices of tomato, sliced thin

## Cooking Instructions

1. In a small mixing bowl, combine the cream cheese and onions and stir. Add salt and pepper to taste.
2. Lay the tortillas out and spread 1 tbsp. of the cream cheese mixture on each of them. Divide the ham among the tortillas and spread the remaining cream cheese mixture on top of the ham. Place one slice of tomato on each wrap. Divide the shredded spinach among the tortillas and tightly roll each tortilla into a cylinder, ending with the seam side down. (The wraps can be stored in the refrigerator for up to 3 days.)
3. Cut the wraps in half on the diagonal and serve.

## Nutrition Facts

<b>Serving Size</b> 1 wrap	
Amount Per Serving	
<b>Calories</b>	230
<b>Total Fat</b>	5 g
<b>Saturated Fat</b>	2 g
<b>Protein</b>	17 g
<b>Total Carbohydrate</b>	30 g
<b>Dietary Fiber</b>	2 g
<b>Sodium</b>	748 mg
<b>Percent Calories from Fat</b>	19%
<b>Percent Calories from Protein</b>	29%
<b>Percent Calories from Carbohydrate</b>	52%

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# Marinated Coleslaw

This recipe serves: 12

**Preparation time:** 20 minutes

**Cooking time:** 2 minutes

## Ingredients

1 head of cabbage, finely shredded  
1 large onion, finely sliced  
1 cup white wine vinegar  
¼ cup canola oil  
¾ cup sugar  
2 tsp. salt  
1 tbsp. dry mustard  
1 tbsp. celery seeds  
2 cups chicken stock, or low-sodium chicken broth

## Cooking Instructions

1. Layer the cabbage with the onions in a non-reactive container by placing one third of the cabbage in the container, then half of the onions, another third of the cabbage, the remaining onions, and finally the remaining cabbage.
2. Bring the remaining ingredients to a boil and pour them over the cabbage mixture. Do not mix. Marinate for 6 to 8 hours or overnight in the refrigerator.

## Nutrition Facts

<b>Serving Size</b> about 1/2 cup	
Amount Per Serving	
<b>Calories</b>	130
<b>Total Fat</b>	5 g
<b>Saturated Fat</b>	0 g
<b>Protein</b>	2 g
<b>Total Carbohydrate</b>	19 g
<b>Dietary Fiber</b>	2 g
<b>Sodium</b>	433 mg
<b>Percent Calories from Fat</b>	36%
<b>Percent Calories from Protein</b>	6%
<b>Percent Calories from Carbohydrate</b>	58%

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# Four Seasons Vegetable Burgers

This recipe serves: 8

**Preparation time:** 15 minutes

**Cooking time:** 10 minutes

## Ingredients

2 tsp. olive oil

1 cup finely chopped onion

1 cup coarsely grated turnips

1 cup coarsely grated zucchini

½ cup coarsely grated beets

2 cloves garlic, minced

½ tsp. ground cumin

½ cup instant rolled oats, soaked in ½ cup water for 5 minutes then drained

1 ½ cups mashed potatoes

½ cup cooked rice

1 tbsp. minced, fresh dill, tarragon, or basil

salt to taste

freshly ground black pepper

## Cooking Instructions

1. Heat the olive oil in a large non-stick skillet. Add the grated vegetables, garlic and cumin and cook over medium heat until the vegetables are tender and the liquid has evaporated, 10 to 15 minutes. Do not let the vegetables brown. Remove the pan from the heat and let cool.
2. Press the water out of the oats. Stir the oats into the vegetable mixture with the remaining ingredients. Add the salt and pepper to taste.
3. With wet hands, form the mixture into 8 thick burgers. Arrange the burgers on a plate spread with plastic wrap and chill for at least 3 hours.
4. Pre-heat the grill.
5. Spray the grill grate with non-stick cooking spray and grill the burgers over medium heat for about 5 minutes on each side. Alternatively, arrange the burgers on an oiled, non-stick baking sheet, lightly spray the tops with oil and broil. To sauté, add a teaspoon or 2 of oil to a non-stick skillet. Cook the burgers over medium heat until crusty. Whichever method you use, you'll need about 4 to 6 minutes per side cooking time. Turn the burgers with a spatula as gently as you can.
6. Serve the burgers on rolls with onions, tomatoes, lettuce, and your favorite condiments.

## Nutrition Facts

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**Serving Size** 1 burger

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Amount Per Serving

<b>Calories</b>	92
<b>Total Fat</b>	2 g
<b>Saturated Fat</b>	0 g
<b>Protein</b>	2 g
<b>Total Carbohydrate</b>	17 g
<b>Dietary Fiber</b>	2 g
<b>Sodium</b>	172 mg
<b>Percent Calories from Fat</b>	16%
<b>Percent Calories from Protein</b>	10%
<b>Percent Calories from Carbohydrate</b>	74%

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# Grilled Corn on the Cob with Chipotle and Lime Juice

This recipe serves: 4

**Preparation time:** 5 minutes

**Cooking time:** 8 minutes

## Ingredients

4 large ears of corn, shucked

2 tsp. chipotle oil

1 large lime, cut into 4 wedges

## Cooking Instructions

1. Preheat the grill to medium.
2. Brush the corn with the chipotle oil.
3. Grill until the corn is tender, about 8 minutes.
4. Serve each ear of corn with a wedge of lime.

## Nutrition Facts

<b>Serving Size</b> 1 ear of corn	
Amount Per Serving	
<b>Calories</b>	148
<b>Total Fat</b>	4 g
<b>Saturated Fat</b>	1 g
<b>Protein</b>	5 g
<b>Total Carbohydrate</b>	29 g
<b>Dietary Fiber</b>	4 g
<b>Sodium</b>	21 mg
<b>Percent Calories from Fat</b>	21%
<b>Percent Calories from Protein</b>	11%
<b>Percent Calories from Carbohydrate</b>	68%

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# Strawberry Sundae

This recipe makes: 2

**Preparation time:** 10 minutes

## Ingredients

1 ½ cups strawberries, washed, hulled, and sliced  
¼ cup sugar, or to taste  
4 scoops vanilla non-fat frozen yogurt  
2 tsp. walnuts, chopped  
2 tsp. semisweet chocolate shavings or sprinkles

## Cooking Instructions

1. In a small bowl, sprinkle the sliced strawberries with sugar.
2. Puree half of the strawberries in a food processor to make a strawberry sauce. Reserve the sauce and the remaining sliced strawberries in the refrigerator until ready to use.
3. Pour a few teaspoons of strawberry sauce into the bottom of each sundae glass. Add a scoop of frozen yogurt to each and drizzle with more strawberry sauce. Add another scoop of frozen yogurt and top with the remaining sauce and sliced strawberries.
4. Decorate each sundae with nuts and chocolate shavings.

## Nutrition Facts

<b>Serving Size 1 sundae</b>	
Amount Per Serving	
<b>Calories</b>	322
<b>Total Fat</b>	3 g
<b>Saturated Fat</b>	1 g
<b>Protein</b>	2 g
<b>Total Carbohydrate</b>	71 g
<b>Dietary Fiber</b>	3 g
<b>Sodium</b>	82 mg
<b>Percent Calories from Fat</b>	8%
<b>Percent Calories from Protein</b>	9%
<b>Percent Calories from Carbohydrate</b>	84%

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