

Breakfast

Whole Wheat Griddle Cakes with Apple Compote

Lunch

South-of-the-Border Soup

Dinner

Salad

Simple Fruit Salad

Entrée

Stir-Fried Beef with Sugar Snap Peas and Baby Carrots

Side Dish

Vegetarian Skinny Roasted Garlic Mashed Potatoes

Dessert

Tropsicles

Whole Wheat Griddle Cakes with Apple Compote

This recipe serves: 5

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

For the apple compote:

1 cup sugar (more or less, depending on taste)

½ cup water

4 cups peeled, cored, and sliced apples

For the whole wheat griddle cakes:

½ cup whole wheat flour

½ cup all-purpose flour

2 tsp. baking powder

½ tsp. salt

2/3 cup skim milk

1 large egg

1 tbsp. canola oil

2 tbsp. honey

Cooking Instructions

Prepare the apple compote:

1. Bring the sugar and water to a boil over high heat. Simmer for 5 minutes. This will dissolve the sugar and make a syrup.
2. Add the fruit and continue to cook for about 5 to 10 minutes, until just tender.
3. Remove the fruit from the juice and set aside. Reduce the juice over medium high heat for about 5 minutes, until it becomes syrupy. Pour the reduced syrup over the cooked fruit, set aside, and keep warm.

For the whole wheat griddle cakes:

4. Mix the flours, baking powder and salt in a bowl. (This can be done the night before and kept covered on the counter.)
5. Lightly beat the milk, egg, oil, and honey together.
6. Add the liquid ingredients all at once to the flour mixture. Stir with a wooden spoon until just moistened. Do not over-mix, a few lumps are fine.
7. Warm a lightly greased griddle pan over medium heat. The pan is ready when a few drops of water sprinkled on the griddle form fast-moving bubbles.
8. Pour batter onto the griddle: 1/8 cup for small or 1/4 cup for large pancakes. When the tops of the pancakes are covered with holes and the bottoms are golden brown, flip to brown the other side.
9. Serve the griddle cakes topped with the apple compote.

Nutrition Facts

Serving Size 3 small cakes topped with
apple compote

Amount Per Serving

Calories	370
Total Fat	4 g
Saturated Fat	1 g
Protein	5 g
Total Carbohydrate	81 g
Dietary Fiber	4 g
Sodium	358 mg
Percent Calories from Fat	10%
Percent Calories from Protein	6%
Percent Calories from Carbohydrate	84%

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South-of-the-Border Soup

This recipe serves: 6

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

1 ½ cups dried pinto beans (soaked)
15 oz. diced, canned tomatoes, undrained
1 small onion, quartered
2 cloves garlic
1 tbsp. olive oil
4 oz. angel hair pasta, broken into 1" pieces
½ lb. pork tenderloin, trimmed of fat and cut into ½" pieces
6 cups low-sodium chicken stock
salt to taste
freshly ground black pepper
chopped, fresh cilantro for garnish

Cooking Instructions

1. In a 4-quart pot, combine the beans with their soaking water, cover the pot and simmer very slowly for 30 minutes. Add salt, then simmer for about 1 hour, until the beans are soft. If the water starts to run dry, add enough water during the cooking to keep to beans covered.
2. In a food processor, combine the tomatoes, onion, and garlic. Process until smooth.
3. In a heavy soup pot, heat the oil over medium heat. Add the pasta and pork and cook, stirring occasionally, until the pasta starts to turn golden, about 5 to 7 minutes. Add the beans, tomato mixture, and the chicken stock. Increase the heat to medium-high and bring to a boil. Cook, uncovered, until pasta is al dente, about 5 minutes. Season with salt and pepper.
4. Ladle the soup into 6 bowls and garnish with the cilantro. Serve immediately.

****To make it quicker: Substitute 3 cups of drained, canned pinto beans and omit Step 1.**

Nutrition Facts

Serving Size about 1 ½ cups	
Amount Per Serving	
Calories	299
Total Fat	6 g
Saturated Fat	2 g
Protein	23 g
Total Carbohydrate	40 g
Dietary Fiber	14 g
Sodium	254 mg
Percent Calories from Fat	17%
Percent Calories from Protein	30%
Percent Calories from Carbohydrate	53%

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Simple Fruit Salad

This recipe serves: 4

Preparation time: 10 minutes

Ingredients

2 cups sliced or cubed, mixed seasonal fruit, such as apples, oranges, berries, or melon

2 tbsp. orange juice

1 tsp. chopped, fresh mint

Cooking Instructions

1. Mix the fruit in a bowl.
2. Sprinkle with the orange juice and chopped mint.

Nutrition Facts

Serving Size about 4 oz. of beef	
Amount Per Serving	
Calories	83
Total Fat	0 g
Saturated Fat	0 g
Protein	1 g
Total Carbohydrate	23 g
Dietary Fiber	3 g
Sodium	2 mg
Percent Calories from Fat	0%
Percent Calories from Protein	3%
Percent Calories from Carbohydrate	97%

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Stir-Fried Beef with Sugar Snap Peas and Baby Carrots

This recipe serves: 6

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

1 lb. beef flank steak, sliced across the grain into 2" pieces
1 tbsp. lite soy sauce
2 tsp. grated, fresh ginger
3 cloves garlic, minced
½ tsp. red chili paste
3 tbsp. dry sherry, or water
18 baby carrots, cut into quarters
½ lb. sugar snap peas or snow peas
2 tsp. peanut oil
½ cup low-sodium beef broth
1 tbsp. cornstarch
2 tbsp. water

Cooking Instructions

1. Combine the soy sauce, ginger, garlic, chili paste, and sherry and pour over the meat. Marinate for at least 10 minutes and up to 1 hour.
2. Bring a medium pot of water to a boil. Toss in the carrots and par boil for about 2 minutes and quickly remove with a slotted spoon. Toss in the peas and par boil for 1 minute. Drain and refresh with cold water. Set aside.
3. Remove the beef from the marinade, drain and discard the marinade.
4. Heat a wok over high heat and add the peanut oil. Stir-fry the beef until just cooked, about 2 minutes. Add the peas and carrots to the pan and toss quickly in the hot pan.
5. Add the beef broth to the meat and vegetables and simmer for 3 minutes.
6. Mix the cornstarch with the water until smooth and add to the beef mixture and simmer for 3 minutes.
7. Cook until the sauce thickens, about 2 minutes.

Nutrition Facts

Serving Size about 4 oz. of beef

Amount Per Serving

Calories	211
Total Fat	7 g
Saturated Fat	2 g
Protein	27 g
Total Carbohydrate	8 g
Dietary Fiber	2 g
Sodium	282 mg
Percent Calories from Fat	29%
Percent Calories from Protein	52%
Percent Calories from Carbohydrate	15%

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Vegetarian Skinny Roasted Garlic Mashed Potatoes

This recipe serves: 6

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

1 garlic bulb, unpeeled
splash of olive oil
4 large potatoes (Idaho or russet)
about 1 cup vegetable stock
salt to taste
freshly ground black pepper

Cooking Instructions

1. Preheat the oven to 350°F.
2. Place the garlic cloves in an ovenproof dish and drizzle with olive oil. Place the dish, uncovered, in the oven for 15-20 minutes until the garlic is golden brown and soft.
3. Remove from the oven and let cool.
4. Peel the potatoes and cut them in half. Place them in a pot and cover with cold water. Bring to a boil over high heat and simmer until the potatoes are tender when pricked with a fork, about 30 minutes depending on the size of the potatoes. Drain.
5. Bring the stock to a boil, and turn down to a simmer.
6. Squeeze the roasted garlic cloves to release each clove of garlic. Mash the garlic with a fork and throw the skins away.
7. Mash the potatoes with a potato masher or fork, or use a food mill. Add the roasted garlic. Slowly add the stock until the desired consistency is reached.
8. Adjust the salt and pepper to taste.

Nutrition Facts

Serving Size about 1/2 cup	
Amount Per Serving	
Calories	106
Total Fat	0 g
Saturated Fat	0 g
Protein	5 g
Total Carbohydrate	27 g
Dietary Fiber	3 g
Sodium	323 mg
Percent Calories from Fat	2%
Percent Calories from Protein	14%
Percent Calories from Carbohydrate	84%

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Tropsicles

This recipe serves: 8

Preparation time: 10 minutes

Ingredients

1 banana
1 cup chopped, peeled, pitted mango
½ cup pineapple juice
½ cup light coconut milk
1 tbsp. honey
1 tbsp. fresh lime juice

Cooking Instructions

1. Combine the banana, ¾ cup of the mango, pineapple juice, coconut milk, honey, and lime juice in a blender and puree until smooth.
2. Transfer the mixture into a glass measuring cup and then pour the mixture into the popsicle molds. Drop a few pieces of the remaining mango into each mold.
3. Snap the lids into place and insert a wooden popsicle stick through the opening in each lid.
4. Freeze overnight. (These can be made in advance and stored in the freezer.)
5. To unmold, unsnap the lid and gently squeeze the bottom and sides of the mold with one hand while pulling the stick with the other. If the pops don't come out easily, run the molds under warm water for 5 seconds and then remove the pops.

Nutrition Facts

Serving Size 1, 3-oz. popsicle	
Amount Per Serving	
Calories	63
Total Fat	1 g
Saturated Fat	0 g
Protein	1 g
Total Carbohydrate	12 g
Dietary Fiber	1 g
Sodium	4 mg
Percent Calories from Fat	15%
Percent Calories from Protein	4%
Percent Calories from Carbohydrate	80%

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