

## Meats and Soups

### Turkey and Zucchini Skillet

Makes 4 servings

1 pound	Ground turkey
1 cup	Onion, chopped
3 cups	Zucchini, sliced
1 16oz. can	Stewed tomatoes, any flavor
1 cup	Low fat shredded cheddar cheese

Brown ground turkey in iron skillet, drain. Add onion, zucchini, and tomatoes. Cook on medium heat, covered for 15 minutes, or until veggies are done. Top with cheese and cook until cheese melts.

*Nutritional Information for 1 serving:*

*Calories: **280***

*Total Fat: 12g, Saturated fat: 4g, Cholesterol: 95mg, Sodium: 490 mg, Total Carbohydrate: 16g, Dietary Fiber: 3g, Sugars: 9g, Protein: 29g, Vitamin A: 15%, Vitamin C: 45%, Calcium: 20%, Iron: 15%.*

*Cost per serving: \$2.61*

### Grilled Halibut Filets

Makes 2 servings

½ tablespoon	Olive oil
2 Tablespoons	Lemon juice
½ teaspoon	Thyme
¼ teaspoon	Black pepper
2-4 ounces	Halibut filets, fresh or frozen

Mix oil, lemon juice and seasoning. Lay fish in a baking pan and rub with mixture on both sides. Grill, or broil in oven, fish for 3-4 minutes on first side. Turn and cook for 5-7 minutes on the second side.

*Nutritional Information for one filet:*

*Calories: **160***

*Total Fat: 6g, Saturated fat: 1g, Cholesterol: 35mg, Sodium: 60 mg, Total Carbohydrate: 2g, Dietary Fiber: 0g, Sugars: 0g, Protein: 24g, Vitamin A: 4%, Vitamin C: 15%, Calcium: 6%, Iron: 6%.*

*Cost per Serving: \$.79*

## Raspberry Chicken

Makes 8 servings

8 small	Boneless chicken breast or thighs
5 ounces	Reduced-sugar raspberry or cherry preserves
½ cup	Pineapple juice concentrate, thawed
¼ cup	Low-sodium soy sauce
2 Tablespoons	Rice vinegar
½ teaspoon	Chili powder
½ teaspoon	Minced garlic
½ cup	Chopped, fresh basil
½ cup	Fresh raspberries

Rinse chicken and pat dry; place in sprayed baking dish. Combine all ingredients except raspberries in bowl and mix well. Pour over chicken and marinate for several hours or overnight. May also use a plastic sealable bag. Bake in sauce at 350° for 30 minutes. Top with raspberries. Freezes well, also great with brown rice and steamed vegetables.

*Nutritional Information for one chicken breast:*

*Calories: 190*

*Total Fat: 3g, Saturated fat: 1g, Cholesterol: 75mg, Sodium: 260 mg, Total Carbohydrate: 14g, Dietary Fiber: 1g, Sugars: 9g, Protein: 28g, Vitamin A: 4%, Vitamin C: 25%, Calcium: 2%, Iron: 6%.*

*Cost per serving: \$1.86*

*Nutritional Information for one chicken thigh:*

*Calories: 60*

*Total Fat: 0g, Saturated fat: 0g, Cholesterol: 5mg, Sodium: 210 mg, Total Carbohydrate: 14g, Dietary Fiber: 1g, Sugars: 6g, Protein: 3g, Vitamin A: 4%, Vitamin C: 25%, Calcium: 2%, Iron: 2%.*

*Cost per serving: \$1.24*

## **Dijon-Broiled Tilapia**

**Makes 4 servings**

3 Tablespoons	Dijon mustard
1 Tablespoon	Sliced green onion
1 teaspoon	Black pepper
4	Tilapia filets (fresh or frozen)

Combine first three ingredients in small bowl. Lay filets out on oil-sprayed broiler pan or on grill. Brush with mustard combination. Broil for 6-8 minutes. Remove and turn filets. Brush mustard mixture over fillet and broil 2-3 minutes until filets flakes easily when tested with a fork.

*Nutritional Information for one serving:*

*Calories: **90***

*Total Fat: 1.5g, Saturated fat: 0g, Cholesterol: 45mg, Sodium: 310mg, Total Carbohydrate: 3g, Dietary Fiber: 0g, Sugars: 0g, Protein: 17g, Vitamin A: 0%, Vitamin C: 2%, Calcium: 2%, Iron: 4%.*

*Cost per serving: \$0.72*

## **Hawaiian Chicken**

**Makes 4 servings**

1 ½ cup	Pineapple chunks, packed in juice
½ cup	Pineapple juice
1/3 cup	Reduced sodium soy sauce
1 teaspoon	Ground ginger
1 Tablespoon	Garlic powder
4 4oz.	Boneless, skinless chicken breasts or thighs

Combine all ingredients, except chicken, to make a marinade in a plastic sealable bag. Add chicken and marinade in refrigerator at least 4 hours, or overnight. Place chicken and marinade in shallow, pan-sprayed baking dish and bake covered at 325° for 40 minutes, remove and broil for 5 minutes. Good with brown rice and broccoli.

*Nutritional Information for one chicken breast:*

*Calories: **220***

*Total Fat: 3g, Saturated fat: 1g, Cholesterol: 65mg, Sodium: 630 mg, Total Carbohydrate: 22g, Dietary Fiber: 1g, Sugars: 15g, Protein: 25g, Vitamin A: 4%, Vitamin C: 20%, Calcium: 2%, Iron: 8%.*

*Cost per serving: \$2.06*

*Nutritional Information for one chicken thigh:*

*Calories: 230*

*Total Fat: 4.5g, Saturated fat: 1g, Cholesterol: 95mg, Sodium: 630 mg, Total Carbohydrate: 20g, Dietary Fiber: 1g, Sugars: 15g, Protein: 24g, Vitamin A: 2%, Vitamin C: 20%, Calcium: 2%, Iron: 10%.*

*Cost per serving: \$1.44*

## **Easy Italian Pork Loin**

**Makes 10 servings**

3 to 4 pounds	Pork loin, trim off all fat
1 12oz. jar	Fat-free Italian salad dressing
1 package	Dry onion soup mix
2	Fresh onions, sliced

Place all ingredients in a crock-pot. Bake on low for 4-6 hours.

*Nutritional Information for one serving:*

*Calories: 220*

*Total Fat: 6g, Saturated fat: 2g, Cholesterol: 105mg, Sodium: 580mg, Total Carbohydrate: 6g, Dietary Fiber: 1g, Sugars: 3g, Protein: 34g, Vitamin A: 2%, Vitamin C: 6%, Calcium: 2%, Iron: 10%.*

*Cost per serving: \$1.92*

## **Rosemary Grilled Pork Tenderloin**

**Makes 6-8 servings (3oz. each)**

2 Tablespoons	Vegetable oil
½ cup	Balsamic vinegar
2 Tablespoon	Lemon juice and zest (skin grated)
2 cloves	Garlic, crushed
2 Tablespoon	Fresh or dried rosemary, chopped
1 Tablespoon	Brown Sugar Splenda
1 teaspoon	Black pepper
2-3 pounds	Pork tenderloins, well trimmed

Combine all ingredients except pork in plastic sealable bag. Add pork and turn to coat in marinade. Chill for 1-6 hours. Grill tenderloins over hot coals for 20 minutes or longer, covered, until done. Allow tenderloins to “set” for 5 minutes. Slice to serve. May microwave the marinade for 2 minutes and brush on the pork slices.

(May also bake in the oven at 350° for 20-30 minutes or until internal temperature reaches 180°.)

*Nutritional Information for one serving:*

*Calories: 160*

*Total Fat: 7g, Saturated fat: 1.5g, Cholesterol: 55mg, Sodium: 45 mg, Total Carbohydrate: 5g, Dietary Fiber: 0g, Sugars: 4g, Protein: 18g, Vitamin A: 0%, Vitamin C: 4%, Calcium: 2%, Iron: 6%.*

*Cost per serving: \$2.36*

### **Salmon Steak with Grapefruit**

**Makes 4 servings (6oz. each)**

1 Tablespoon	Olive oil
1 ½ cup	Onion, finely chopped
1 cup	Fresh cut grapefruit and juice
4 6oz.	Boneless salmon fillets

Heat olive oil in nonstick skillet. Add onions and cook until tender. Place salmon and grapefruit segments with juice in pan. Cover and simmer over low heat for 6-8 minutes or until fish is cooked.

*Nutritional Information for one serving:*

*Calories: 390*

*Total Fat: 22g, Saturated fat: 4g, Cholesterol: 100mg, Sodium: 105mg, Total Carbohydrate: 11g, Dietary Fiber: 1g, Sugars: 8g, Protein: 35g, Vitamin A: 2%, Vitamin C: 50%, Calcium: 4%, Iron: 4%.*

*Cost per serving: \$4.28*

### **Crab-Stuffed Portobello Mushrooms**

**Makes 2 servings**

2	Portobello mushrooms
1 Tablespoon	Olive oil
1	Garlic clove, minced
1 6oz. can	Crabmeat, drained, flaked, cartilage removed
2 Tablespoons	Fat-free Greek yogurt
2 Tablespoons	Seasoned bread crumbs
1 Tablespoon	Salt free Creole seasoning
2	Roasted red peppers halved and drained
2 slices	Low-fat provolone cheese

Remove and cook stems from mushrooms and freeze for other dishes. Place mushroom caps on a pan-sprayed baking dish. Combine oil with minced garlic; brush on mushrooms. Broil 4 to 6 inches from heat until tender. Have stem side down to drain off fluids. May place on grill instead. While mushrooms are cooking, combine crabmeat, yogurt, bread crumbs, and seasoning in small bowl. Place a red pepper half on each mushroom; top with crab mixture and cheese. Broil on low for 4-6 minutes or until heated and cheese is bubbling.

*Nutritional Information for one serving:*

**Calories: 270**

*Total Fat: 12g, Saturated fat: 3g, Cholesterol: 50mg, Sodium: 500mg, Total Carbohydrate: 19g, Dietary Fiber: 4g, Sugars: 7g, Protein: 23g, Vitamin A: 50%, Vitamin C: 160%, Calcium: 25%, Iron: 10%.*

*Cost per serving: \$4.23*

## **London Broil**

**Makes 4 servings (3oz. each)**

1 envelope	Italian salad dressing mix
¼ cup	Red wine or red wine vinegar
1 Tablespoon	Olive oil
1 pound	Flank steak

Remove all visible fat from steak. Score steak 1/8 inch deep in criss-cross pattern on both sides. Combine dressing mix with wine and oil. Pour over meat in a sealable bag. Marinate in bag in refrigerator overnight. Broil or grill meat to desired doneness. Discard remaining marinade.

*Nutritional Information for one serving:*

**Calories: 220**

*Total Fat: 13g, Saturated fat: 4.5g, Cholesterol: 45mg, Sodium: 60mg, Total Carbohydrate: 0g, Dietary Fiber: 0g, Sugars: 4g, Protein: 24g, Vitamin A: 0%, Vitamin C: 0%, Calcium: 4%, Iron: 10%.*

*Cost per serving: \$2.33*

## Sour Cream Pork Chops

Makes 6 servings

6 4oz.	Pork chops, raw (may use tenderloin)
1 cup	Fat-free chicken stock or bouillon
¼ cup	Vinegar
3 Tablespoons	Splenda
1 cup	Fat-free sour cream
1 Tablespoon	Flour
1 Tablespoon	Black pepper

Trim all fat off chops. Lay out chops and sprinkle with flour and pepper. Brown in a skillet, using non-stick spray. Combine stock, vinegar, Splenda, and sour cream in small bowl. Pour mixture over the browned chops in a casserole dish, cover and bake at 350° until tender, about 30-45 minutes. May add green/red peppers and onions.

*Nutritional Information for one serving:*

*Calories: 230*

*Total Fat: 7g, Saturated fat: 2.5g, Cholesterol: 75mg, Sodium: 160mg, Total Carbohydrate: 11g, Dietary Fiber: 0g, Sugars: 4g, Protein: 28g, Vitamin A: 6%, Vitamin C: 2%, Calcium: 6%, Iron: 2%.*

*Cost per serving: \$1.32*

## Chicken Fruit Salad

Makes 2 servings

1/3 cup	Fat-free plain or Greek yogurt
2 Tablespoons	Fat-free mayonnaise or sour cream
1 cup	Cubed cooked chicken breast or thigh
2/3 cup	Seedless grapes (may chop in half)
1 large	Fresh peach, chopped
1 medium	Celery stalk, diced

In medium bowl, combine yogurt with mayonnaise until smooth. Stir in remaining ingredients. Cover and refrigerate at least 30 minutes before serving.

*Nutritional Information for one serving with chicken breast:*

*Calories: 220*

*Total Fat: 3.5g, Saturated fat: 1g, Cholesterol: 60mg, Sodium: 230mg, Total Carbohydrate: 23g, Dietary Fiber: 2g, Sugars: 19g, Protein: 25g, Vitamin A: 8%, Vitamin C: 25%, Calcium: 8%, Iron: 6%.*

*Cost per serving: \$1.99*

*Nutritional Information for one serving with chicken thigh:*

*Calories:240*

*Total Fat:5g, Saturated fat: 1.5g, Cholesterol: 95mg, Sodium: 270mg, Total Carbohydrate: 23g, Dietary Fiber: 2g, Sugars: 19g, Protein: 25g, Vitamin A:10%, Vitamin C: 20%, Calcium: 10%, Iron: 10%.*

*Cost per serving: \$1.33*

## **Meat Loaf**

**Makes 6-8 servings**

2 pounds	Ground chuck, extra lean
2	Eggs, slightly beaten
1 cup	Seasoned bread crumbs
1 Tablespoon	Onion powder
½ cup	Ketchup
½ cup	Brown sugar Splenda

Heat oven to 350°. Spray 8×8 casserole dish with non-stick cooking spray. Combine meat with eggs and bread crumbs. Blend well. Place in casserole dish. Form a small cross in the middle of the meat loaf to decrease cooking time. Spread ketchup on top, sprinkle with brown sugar Splenda. Cover with foil and bake for 35-40 minutes. Drain off juices. Brown sugar Splenda gives a sweet coating on the top of the meat loaf, may prefer the meat loaf with ketchup only.

*Nutritional Information for one serving:*

*Calories: 310*

*Total Fat: 8g, Saturated fat: 3g, Cholesterol: 130mg, Sodium: 610mg, Total Carbohydrate: 24g, Dietary Fiber: 2g, Sugars: 19g, Protein: 25g, Vitamin A: 8%, Vitamin C: 25%, Calcium: 8%, Iron: 6%.*

*Cost per serving: \$1.35*

## **Peachy Pork Picante** **Makes 12-16 servings**

2 pounds	Pork tenderloin or butterfly chops, cut in half
1 envelope	Low sodium dry taco seasoning mix
1 teaspoon	Vegetable oil
1-16 oz. jar	Picante sauce
½ cup	Reduced sugar peach preserves
1-2 teaspoons	Minced parsley (optional)

Coat pork cubes with dry taco seasoning and parsley. Heat pork in non-stick skillet with oil and cook pork over medium heat until done. Add picante sauce and peach preserves to meat. Lower heat and simmer until pork is tender, about 30 minutes. Good served over brown rice.

*Nutritional Information for one serving:*

*Calories: 120*

*Total Fat: 2.5g, Saturated fat: 1g, Cholesterol: 40mg, Sodium: 330mg, Total Carbohydrate: 10g, Dietary Fiber: 1g, Sugars: 8g, Protein: 14g, Vitamin A: 2%, Vitamin C: 2%, Calcium: 0%, Iron: 4%.*

*Cost per serving: \$1.08*

## **Shrimp and Broccoli Soup** **Makes 6 servings (12oz. each)**

1 Tablespoon	Vegetable oil
1 bunch	Green onions, chopped, or ½ cup chopped onion
1 bunch	Parsley, chopped
3 Tablespoons	Flour
2 cans	Evaporated fat-free milk
½ teaspoon	Red pepper
½ teaspoon	Black pepper
2 cups	Fat-free milk
1 pound bag	Frozen broccoli cuts
1 pound	Shrimp, raw, peeled

Heat oil in a nonstick skillet over medium heat and sauté onions and parsley until tender (about 15 minutes). Add flour to evaporated milk and blend thoroughly. Slowly add to onions and parsley. Cook until mixture thickens, add milk and seasonings, and cook 10 more minutes. Cook the broccoli cuts in the bag on high in the microwave for 10 minutes or until crisp tender. Add shrimp and broccoli to the soup. Stir and cook on low 15 minutes.

*Nutritional Information for one serving:*

*Calories: 270*

*Total Fat: 4g, Saturated fat: 0.5g, Cholesterol: 115mg, Sodium: 320mg, Total Carbohydrate: 30g, Dietary Fiber: 3g, Sugars: 20g, Protein: 29g, Vitamin A: 35%, Vitamin C: 80%, Calcium: 45%, Iron: 15%.*

*Cost per serving: \$2.65*

## **Chicken Picante** **Makes 6 servings**

½ cup	Tabasco sauce
¼ cup	Dijon mustard
2 Tablespoons	Lemon juice
6 small	Chicken breasts or thighs, skinless
1 cup	Fat-free sour cream
	Lime slices and Cilantro (Optional)

In large sealable bag, combine first three ingredients. Add chicken and turn to coat. Marinate in refrigerator for at least one hour. If you leave overnight, chicken will be very spicy! Brown in a non-stick skillet. Reduce heat, cover and simmer for 15 minutes. Add the marinade and cook 10-15 minutes more, uncovered. Serve with topping of sour cream, lime slice and cilantro.

*Nutritional Information for one serving with chicken breast:*

**Calories: 160**

*Total Fat: 2g, Saturated fat: 0.5g, Cholesterol: 60mg, Sodium: 450mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 3g, Protein: 15g, Vitamin A: 15%, Vitamin C: 6%, Calcium: 6%, Iron: 6%.*

*Cost per serving: \$1.40*

*Nutritional Information for one serving with chicken thigh*

**Calories: 130**

*Total Fat: 3.5g, Saturated fat: 1g, Cholesterol: 60mg, Sodium: 450mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 3g, Protein: 16g, Vitamin A: 15%, Vitamin C: 6%, Calcium: 6%, Iron: 6%.*

*Cost per serving: \$.98*

## **Sherried Pineapple Pork Tenderloin**

**Makes 4-6 servings**

½ teaspoon	Black pepper
1 pound	Pork tenderloin, trimmed
6 ounces	Pineapple juice
2 Tablespoons	Sugar (do not use Splenda)
2 Tablespoons	Dry or cooking sherry
1 Tablespoon	Low sodium soy sauce

Coat cast iron skillet with cooking spray. Add pork to pan. Sprinkle with pepper. Cook 3-5 minutes on each side or until done. Remove pork to a cutting board and let stand while preparing sauce. Combine pineapple juice and other ingredients in pan. Bring to boil and cook until liquid is reduced to ¼ cup, about 5 minutes. Spoon sauce over pork.

*Nutritional information for one serving:*

*Calories: 150*

*Total fat: 3g, Saturated fat: 1g, Cholesterol: 60mg, Sodium: 200mg, Total carbohydrate: 9g, Dietary fiber: 0g, Sugars: 8g, Protein: 19g, Vitamin A: 0%, Vitamin C: 4%, Iron: 6%.*

*Cost per serving: \$1.16*

## **Tarragon Chicken**

**Makes 4 servings**

4 small	Skinless, boneless chicken breasts or thighs
¼ teaspoon	Black pepper
½ cup	Fat-free sour cream
2 Tablespoons	Honey mustard
1 teaspoon	Dried tarragon

Coat cast iron skillet with cooking spray. Add chicken to pan. Sprinkle with pepper. Cook 5 minutes on each side or until done. Transfer to serving plate. Stir sour cream, mustard and tarragon into pan; heat thoroughly. Spoon over chicken.

*Nutritional Information for one serving with chicken breast:*

*Calories: 190*

*Total Fat: 4g, Saturated fat: 1g, Cholesterol: 75mg, Sodium: 150mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 5g, Protein: 28g, Vitamin A: 6%, Vitamin C: 2%, Calcium: 6%, Iron: 6%.*

*Cost per serving: \$1.79*

*Nutritional Information for one serving with chicken thigh:*

*Calories: **70***

*Total Fat: 1.5g, Saturated fat: 0g, Cholesterol: 15mg, Sodium: 100mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 5g, Protein: 5g, Vitamin A: 4%, Vitamin C: 2%, Calcium: 6%, Iron: 2%.*

*Cost per serving: \$1.17*

## Mustard Roasted Salmon

Makes 4 servings

4 4oz.	Skinless Salmon Filets
2 Tablespoons	Whole grain or Creole mustard
3 Tablespoons	Brown sugar Splenda
1 Tablespoon	Minced garlic clove
Juice from half lemon	

Preheat oven to 400°. Place salmon on pan covered with foil and cooking spray. Mix other ingredients together in bowl. Brush mixture over salmon, or pour small amount over fish and spread with spoon. Bake 10 minutes. Add more mustard sauce. Cook until done, about 5 more minutes. May want to broil last 2 minutes. Slice other half of lemon and use for garnish.

*Nutritional information for one serving:*

**Calories: 270**

*Total fat: 13g, Saturated fat: 2.5g, Cholesterol: 65mg, Sodium: 125mg, Total carbohydrate: 14g, Dietary fiber: 0g, Sugars: 11g, Protein: 23g, Vitamin A: 2%, Vitamin C: 10%, Iron: 4%.*

*Cost per serving: \$2.61*

## Smothered Green Chili Pepper Chicken

Makes 4 servings

4 small	Skinless, boneless chicken breasts or thighs
1 Tablespoon	Lime juice (about ½ lime)
3 Tablespoons	Low sodium taco seasoning
4	Whole green chilies (fresh or canned)
½ cup	Shredded mozzarella cheese

Coat cast iron skillet with cooking spray. Add chicken to pan. Sprinkle with lime juice and taco seasoning. Cook 5 minutes on each side or until done. Slice chilies lengthwise to open flat. Place 1 chili over each piece of chicken. Sprinkle cheese evenly over chilies and chicken. Broil until cheese melts.

*Nutritional information for one serving with chicken breast:*

**Calories: 160**

*Total fat: 3g, Saturated fat: 1.5g, Cholesterol: 55mg, Sodium: 530mg, Total carbohydrate: 5g, Dietary fiber: 0g, Sugars: 0g, Protein: 24g, Vitamin A: 10%, Vitamin C: 35%, Iron: 4%.*

*Cost per serving: \$1.92*

*Nutritional information for one serving with chicken thigh:*

**Calories: 90**

*Total fat: 3.5g, Saturated fat: 1.5g, Cholesterol: 20mg, Sodium: 480mg, Total carbohydrate: 5g, Dietary fiber: 0g, Sugars: 0g, Protein: 7g, Vitamin A: 10%, Vitamin C: 30%, Iron: 0%.*

*Cost per serving: \$1.68*

## **Chilled Cantaloupe Soup**

**Makes 6 servings**

1 medium	Cantaloupe, peeled, seeded and cubed
2 cups	Orange juice, divided
1 Tablespoon	Lime juice
¼ - ½ teaspoon	Ground cinnamon

Place cantaloupe and ½ cup orange juice in a blender or food processor; cover and process until smooth. Transfer to large container with cover. Stir in lime juice, cinnamon and remaining orange juice. Cover and refrigerate at least 1 hour.

*Nutritional information for 1 serving:*

**Calories: 70**

*Total fat: 0g, Saturated fat: 0g, Cholesterol: 0mg, Sodium: 15mg, Total carbohydrate: 17g, Dietary fiber: 1g, Sugars: 7g, Protein: 1g, Vitamin A: 80%, Vitamin C: 110%, Iron: 2%*

*Cost per serving: \$0.53*

## **Cumin-Spiced Chicken with Chunky Tomato Sauce**

**Makes 4 servings**

4 small	Skinless, boneless chicken breasts or thighs
¾ teaspoon	Ground cumin, divided
1 10oz. can	Mild diced tomatoes & green chilies
¾ cup	Shredded low-fat Mexican blend cheese
2 Tablespoons	Chopped fresh cilantro

Coat cast iron skillet with cooking spray. Add chicken to pan. Sprinkle with half of cumin. Cook 5 minutes on each side or until done. Transfer to hold and keep warm. Add remaining cumin and tomatoes to pan; cook 1 minute. Return chicken to pan; spoon tomatoes evenly over chicken. Sprinkle with cheese. Broil 2 minutes or until cheese melts. Top with cilantro.

*Nutritional information for one serving with chicken breast:*

*Calories: **200***

*Total fat: 6g, Saturated fat: 2.5g, Cholesterol: 80mg, Sodium: 390mg, Total carbohydrate: 3g, Dietary fiber: 1g, Sugars: 2g, Protein: 33g, Vitamin A: 10%, Vitamin C: 15%, Iron: 8%.*

*Cost per serving: \$1.69*

*Nutritional information for one serving with chicken thigh:*

*Calories: **100***

*Total fat: 5g, Saturated fat: 2.5g, Cholesterol: 30mg, Sodium: 330mg, Total carbohydrate: 3g, Dietary fiber: 1g, Sugars: 2g, Protein: 10g, Vitamin A: 10%, Vitamin C: 15%, Iron: 4%.*

*Cost per serving: \$1.19*

## **Wet Whimpies**

### **Makes 6 servings**

1 pound	Extra-lean ground beef
1 cup	Ketchup
¼ cup	Yellow mustard
¼ cup	Brown sugar Splenda
¼ cup	White vinegar
6	Whole wheat buns

Cook meat in cast iron skillet. Drain any fat. Add other ingredients, except for buns. Heat thoroughly. Serve on bun or in pita pocket bread. Using pickles, mustard or onion adds no extra calories.

*Nutritional information for 1 serving:*

*Calories: **250***

*Total fat: 5g, Saturated fat: 1.5g, Cholesterol: 40 mg, Sodium: 380mg, Total carbohydrate: 34g, Dietary fiber: 4g, Sugars: 14g, Protein: 20g, Vitamin A: 4%, Vitamin C: 6%, Iron: 15%.*

*Cost per serving: \$1.58*

## Grilled Chicken Breast

Makes 6 servings

2 ½ cups	Diet lemon-lime soda
½ cup	Reduced sodium soy sauce
¼ cup	Olive oil
½ teaspoon	Garlic powder
½ teaspoon	Prepared horseradish
6 3-ounce	Boneless, skinless chicken breasts or thighs

In a large sealable bag, combine soda, soy sauce, oil, garlic, and horseradish; add chicken. Seal and turn to coat. Refrigerate overnight. Drain and discard marinade. Grill chicken over medium heat for 6-7 minutes on each side or until juices run clear.

*Nutritional information for one serving with a chicken breast:*

*Calories: **120***

*Total fat: 10g, Saturated fat: 1.5g, Cholesterol: 10mg, Sodium: 530mg, Total carbohydrate: 2g, Dietary fiber: 0g, Sugars: 0g, Protein: 15g, Vitamin A: 0%, Vitamin C: 2%, Calcium 2%, Iron: 2%.*

*Cost per serving: \$1.71*

*Nutritional information for one serving with a chicken thigh:*

*Calories: **180***

*Total fat: 12g, Saturated fat: 2g, Cholesterol: 60mg, Sodium: 590mg, Total carbohydrate: 2g, Dietary fiber: 0g, Sugars: 0g, Protein: 15g, Vitamin A: 0%, Vitamin C: 0%, Calcium 2%, Iron: 2%.*

*Cost per serving: \$1.62*

## **Feta-Topped Chicken**

**Makes 4 servings**

4 small            Boneless, skinless chicken breasts  
2 Tablespoons Fat-free balsamic vinaigrette or Italian dressing  
1 teaspoon       Italian seasoning  
¼ teaspoon      Black pepper  
1 large            Roma tomato, cut into 8 slices  
¼ cup             Feta cheese, crumbled

Set oven to broil. Mix salad dressing with seasoning and pepper. Toss breast in dressing mixture. Place chicken on broiler pan. Broil 4 inches from heat about 10 minutes, turning once until juice of chicken is clear when thickest part is cut. Top each breast with 2 slices tomato and cheese. Broil 2-3 minutes or until cheese is lightly browned.

*Nutritional information for one serving with chicken breast:*

*Calories: **90***

*Total fat: 3g, Saturated fat: 1.5g, Cholesterol: 40mg, Sodium: 220mg, Total carbohydrate: 2g, Dietary fiber: 0g, Sugars: 1g, Protein: 15g, Vitamin A: 4%, Vitamin C: 6%, Calcium: 6%, Iron: 4%.*

*Cost per serving: \$1.75*

*Nutritional information for one serving with chicken thigh:*

*Calories: **100***

*Total fat: 4.5g, Saturated fat: 2g, Cholesterol: 45mg, Sodium: 310mg, Total carbohydrate: 7g, Dietary fiber: 0g, Sugars: 5g, Protein: 12g, Vitamin A: 0%, Vitamin C: 8%, Calcium 6%, Iron: 4%.*

*Cost per serving: \$1.25*

## **Bourbon Chicken**

**Makes 6 servings**

6 2 ounce	Skinless, boneless chicken breasts or thighs
½ teaspoon	Black pepper
1 teaspoon	Garlic powder
¼ cup	Bourbon whiskey
¼ cup	Reduced sodium soy sauce
1-8oz. can	Crushed pineapple in juice

Combine all ingredients, except chicken in zip lock bag. Add chicken and turn to coat in marinade. Chill for 1-6 hours. Place chicken and all marinade in 9×12 baking pan. Cover and bake at 325° for 45 minutes or until meat is done. May remove cover for last 5 minutes to broil. (Use leftover chicken on a green salad or for sandwich.)

*Nutritional information for one serving with a chicken breast:*

**Calories: 120**

*Total fat: 0.5g, Saturated fat: 0g, Cholesterol: 35mg, Sodium: 330mg, Total carbohydrate: 7g, Dietary fiber: 0g, Sugars: 5g, Protein: 14g, Vitamin A: 0%, Vitamin C: 8%, Iron: 6%*

*Cost per serving: \$1.39*

*Nutritional information for one serving with a chicken thigh:*

**Calories: 120**

*Total fat: 2g, Saturated fat: 0.5g, Cholesterol: 45mg, Sodium: 310mg, Total carbohydrate: 7g, Dietary fiber: 0g, Sugars: 5g, Protein: 12g, Vitamin A: 0%, Vitamin C: 8%, Iron: 6%*

*Cost per serving: \$1.16*

## **Parmesan Baked Chicken, Pork or Fish**

**Makes 4 servings**

1/3 cup	Grated Parmesan cheese
2 Tablespoons	All-purpose flour
½ teaspoon	Paprika
¼ teaspoon	Black pepper
2	Egg whites
3 Tablespoons	Skim milk
4 4oz	Catfish filets, chicken breast, or pork loin chop

Combine Parmesan cheese, flour, paprika, and pepper in sealable bag. Beat egg white and milk in bowl. Dip meat in egg mixture, then coat with parmesan mixture. Arrange in a baking dish coated with pan spray. Bake uncovered at 350° for 25-45 minutes, depending upon type of meat.

*Nutritional information for one serving with fish:*

*Calories: **230***

*Total fat: 11g, Saturated fat: 3.5g, Cholesterol: 60mg, Sodium: 260mg, Total carbohydrate: 6g, Dietary fiber: 0g, Sugars: 1 g, Protein: 25g, Vitamin A: 4%, Vitamin C: 2%, Iron: 6%.*

*Cost per serving: \$2.85*

*Nutritional information for 1 serving with chicken:*

*Calories: **220***

*Total fat: 7g, Saturated fat: 2.5g, Cholesterol: 80mg, Sodium: 260mg, Total carbohydrate: 6g, Dietary fiber: 0g, Sugars: 1g, Protein: 31g, Vitamin A: 2%, Vitamin C: 2%, Iron: 10%.*

*Cost per serving: \$2.23*

*Nutritional information for one serving with pork:*

*Calories: **200***

*Total fat: 4g, Saturated fat: 1.5g, Cholesterol: 75mg, Sodium: 270mg, Total carbohydrate: 6g, Dietary fiber: 0g, Sugars: 1g, Protein: 33g, Vitamin A: 4%, Vitamin C: 2%, Iron: 6%.*

*Cost per serving: \$2.47*

## Spicy Peanut Chicken

Makes 4 to 6 servings

4 to 6	Boneless, skinless chicken breasts or thighs (3 oz per breast or thigh)
4 Tablespoons	Chunky peanut butter
2 Tablespoons	Low sodium soy sauce
2 Tablespoons	Crushed garlic cloves
4 stalks	Scallions or green onions, finely chopped
4 Tablespoons	White wine
1 teaspoon	Ground ginger, or fresh grated
½ cup	Chicken stock, (or low sodium base with water)
1 teaspoon	Crushed red pepper flakes
1 Tablespoon	Low sodium Worcestershire sauce

Combine all ingredients, except chicken, in a large sealable bag. Mix thoroughly in bag by kneading with hands. Add chicken, and refrigerate for at least one hour (may marinate overnight). Grill or bake chicken in oven in the sauce at 350° for 30 minutes, or until chicken is done. The cooked marinade can be used over brown rice.

*Nutritional information for one serving with chicken breast:*

*Calories: **260***

*Total fat: 10g, Saturated fat: 1.5g, Cholesterol: 50mg Sodium: 760 mg, Total carbohydrate: 13g, Dietary fiber: 2g, Sugars: 2g, Protein: 27g, Vitamin A: 6%, Vitamin C:10%, Iron: 8%.*

*Cost per serving: \$2.08*

*Nutritional information for one serving with chicken thigh:*

*Calories: **240***

*Total fat: 12g, Saturated fat: 2g, Cholesterol: 70mg Sodium: 780 mg, Total carbohydrate: 8g, Dietary fiber: 2g, Sugars: 2g, Protein: 24g, Vitamin A: 8%, Vitamin C: 8%, Calcium: 4% Iron: 10%.*

*Cost per serving: \$1.82*

## Crock-Pot Salsa Chicken

Makes 4 servings

4	Boneless, skinless chicken breasts or thighs
1 cup	Salsa
½ envelope	Reduced sodium taco seasoning packet
1 can	Low sodium cream of mushroom soup
½ cup	Fat-free sour cream

Add chicken to crock pot. Sprinkle taco seasoning over chicken. Pour salsa and soup over chicken. Cook on low for 6-8 hours. Remove from heat and stir in sour cream. Great over brown rice or rolled in a whole wheat tortilla.

*Nutritional information for one serving with chicken breast:*

*Calories: 210*

*Total fat: 3.5g, Saturated fat: 1g, Cholesterol: 70 mg, Sodium: 700 mg, Total carbohydrate: 11g, Dietary fiber: 0g, Sugars: 5g, Protein: 28g, Vitamin A: 6%, Vitamin C: 10%, Iron: 6%*

*Cost per serving: \$2.33*

*Nutritional information for one serving with chicken thigh:*

*Calories: 210*

*Total fat: 8g, Saturated fat: 1.5g, Cholesterol: 100 mg, Sodium: 720 mg, Total carbohydrate: 11g, Dietary fiber: 0g, Sugars: 5g, Protein: 24g, Vitamin A: 8%, Vitamin C: 8%, Calcium 6%, Iron: 6%*

*Cost per serving: \$1.95*

## Easy Canned Tuna Ideas

- Tuna with chopped raw spinach, green peppers, broccoli, onion, tomatoes, shredded carrots. Add fat-free ranch dressing or Greek yogurt.
- Tuna with chopped tomatoes, chilies, fresh cilantro, and squeeze of lime juice. Add Greek yogurt as desired.
- Tuna with chopped pineapple, green onions, raisins and Greek yogurt.
- Tuna with steamed green beans, parmesan cheese and chickpeas. Toss with fat-free vinaigrette and Greek yogurt.