

MISCELLANEOUS



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BAKED BEANS SERVINGS: 12

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| 1 can great Northern beans (canned), rinsed and drained | 1/2 cup onion, chopped fine |
| 1 can black beans, cooked, rinsed, and drained | 3 Tbsp mustard |
| 2 cans pork and beans (pick out bacon fat) | 1 cup brown sugar |
| 1 cup barbecue sauce | 2 bacon slices, microwaved till crisp, and crumbled |
| 3 Tbsp ketchup | |

Combine all ingredients in a large baking dish and mix well. Microwave bacon with a napkin on the bottom and a napkin on top of bacon for 2 to 3 minutes until crisp. Let the bacon cool for 1 to 2 minutes, then it crumbles easily. Mix into beans and bake, covered, at 325 degrees for 1.5 hours.

Per Serving Nutritional Information

Calories (kcal):	163.6	Dietary Fiber (g):	5.1
Total Fat (g):	1.9	Protein (g):	6.1
Carbohydrate(g):	32.4		

BAKED FRENCH FRIES SERVINGS: 6

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| 8 medium potatoes, washed | 1 Tbsp seasoning salt |
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Wash and cut potatoes into even slices. The slices should look like French fry wedges. Dump into a big Ziploc bag with seasoning salt and shake away. Add more for extra flavor. Spray cookie sheet with Pam nonstick spray. Pour wedges onto cookie sheet, spreading them evenly. Bake at 425 degrees for 20 to 25 minutes, or until golden brown. You can also use Ranch dressing dry seasoning and mix it the same way.

Per Serving Nutritional Information

Calories (kcal):	118.0	Dietary Fiber (g):	2.4
Total Fat (g):	0.2	Protein (g):	3.1
Carbohydrate(g):	26.9		

BUTTERMILK FRENCH TOAST SERVINGS: 6

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|-----------------------|-----------------------------|----------------------|
| 1 egg | 1 tsp. cinnamon | 6 slices white bread |
| 1 cup buttermilk | 2 Tbsp sour cream (non-fat) | |
| 1 tsp vanilla extract | 2 Tbsp skim milk | |

Whisk egg in large bowl. Add the rest of the ingredients, except bread. Mix well and dip bread into liquid batter, coating both sides. Be careful not to over-saturate bread. Place bread in a sprayed skillet on medium heat; cook on both sides until done, about 5 minutes. Serve with syrup, fresh raspberries, fresh blueberries, or powdered sugar.

Per Serving Nutritional Information

Calories (kcal):	102.4	Dietary Fiber (g):	0.8
Total Fat (g):	2.1	Protein (g):	4.9
Carbohydrate(g):	15.6		

CRUNCHY GRANOLA SERVINGS: 32

16 cups rolled oats	1/4 cup flax seed powder	1/2 cup honey
1/4 cups sesame seeds	2 cups oat bran	1 cup brown sugar
1 cup wheat germ	1/4 cup coconut	1 tsp cinnamon
1/2 cup sunflower seeds (raw)	1 cup orange juice (from frozen concentrate)	3 cups skim milk
2 cups wheat bran		

Preheat oven to 350 degrees. Mix all dry ingredients together. You may want to add other nuts at this time such as pecans, crushed almonds, or walnuts. In a 2 quart saucepan, combine orange juice concentrate, honey, brown sugar, and cinnamon. Add milk. Stir until it boils. Pour over dry mixture. Pour granola onto a sprayed cookie sheet. You may need 2 cookie sheets so that the granola cooks evenly. Bake for 15 minutes and mix the granola around. Bake for another 10 minutes until it looks crunchy, but not too brown. After you remove it from the oven you can add a variety of tasty additions. You can add Craisins, golden raisins, dried apricots and/or dried cherries. Eat as a breakfast cereal, on top of yogurt, or as a topping over fruit.

Per Serving Nutritional Information

Calories (kcal):	261.8	Dietary Fiber (g):	7.9
Total Fat (g):	5.9	Protein (g):	10.8
Carbohydrate(g):	47.3		

EGG WHITE OMELET SERVINGS: 1

1 egg	2 Tbsp mushrooms, sliced	3 Tbsp tomatoes (red ripe), chopped
4 egg whites, whipped	2 Tbsp red pepper, chopped	1 Tbsp Cheddar cheese (low fat), grated
3 Tbsp cottage cheese (low-fat)	2 Tbsp green pepper, chopped	

Whip the egg, egg whites, and cottage cheese. Pour into medium-hot, 8-inch skillet coated with non-stick cooking spray. When egg is almost cooked through, add mushrooms, red and green peppers, tomatoes, and cheese. Fold omelet in half, and cook until done.

Per Serving Nutritional Information

Calories (kcal):	207.0	Dietary Fiber (g):	1.0
Total Fat (g):	6.1	Protein (g):	28.0
Carbohydrate(g):	6.8		

HEARTY PANCAKES SERVINGS: 6

1 1/2 cups oatmeal (quick)	1 egg	2 tsp baking soda
2 cups buttermilk	1 cup flour (whole grain wheat)	4 Tbsp brown sugar
2 egg whites	2 Tbsp flax seed powder	1 tsp cinnamon

Combine first 4 ingredients and let stand at least 30 minutes at room temperature or 24 hours in the refrigerator. Add remaining ingredients. Stir in batter just until the dry ingredients are moistened. Spray skillet with Pam and ladle into skillet. Serve with a dollop of Brummel and Brown butter and fresh cut strawberries.

Per Serving Nutritional Information

Calories (kcal):	114.2	Dietary Fiber (g):	2.6
Total Fat (g):	2.1	Protein (g):	5.6
Carbohydrate(g):	19.4		

HERBED COUSCOUS AND VEGETABLES SERVINGS: 4

1 cup fresh mushrooms, sliced	1/2 tsp basil, crushed	1/8 tsp pepper
1 cup water	1/4 tsp salt	2/3 cup couscous
1 Tbsp parsley	1/8 tsp oregano, crushed	1 medium tomato, peeled and sliced

In a medium sprayed saucepan, sauté mushrooms. Sauté until slightly tender. Add water to saucepan and add all the seasonings. Bring to a boil and add couscous. Remove from heat and let stand with lid for 5 minutes. Add chopped tomatoes and fluff with fork. You can make this with a variety of vegetables and spices. Try this instead of pasta or potatoes as a side dish

Per Serving Nutritional Information

Calories (kcal):	129.5	Dietary Fiber (g):	2.2
Total Fat (g):	0.4	Protein (g):	4.8
Carbohydrate(g):	26.7		

HOMEMADE FRESH SALSA SERVINGS: 8

1 medium white onion, chopped fine	2 cans stewed tomatoes (Italian), blended	1 Tbsp Italian seasoning
2 small jalapenos, chopped and seeded	1 Tbsp lime juice, fresh squeezed	1 Tbsp salt
1 can stewed tomatoes (Mexican), blended	3 Tbsp cilantro (fresh), chopped	1/8 tsp ground pepper

In a food processor, chop up onion, jalapenos, stewed tomatoes, and cilantro. Blend in lime juice. Pour into a large mixing bowl, and add Italian seasoning, salt, and ground pepper. You can also use some fresh oregano and basil instead of the dry seasonings. Serve with chips (blue corn chips are wonderful).

Per Serving Nutritional Information

Calories (kcal):	36.5	Dietary Fiber (g):	0.6
Total Fat (g):	0.3	Protein (g):	1.5
Carbohydrate(g):	8.8		

LIME CILANTRO RICE SERVINGS: 6

3 cups white rice	1 Tbsp lime zest	1 tsp salt
3 Tbsp cilantro, fresh & chopped	1 cup chicken broth	
2 Tbsp lime juice	5 cups water	

Add white rice, cilantro, lime juice, lime zest, chicken broth, and water. Cook on stove in 2 quart pan, or cook in a rice cooker. The stove method will take about 30 minutes to cook. Add more water if necessary. Serve with a delicious Mexican meal or shredded beef burritos.

Per Serving Nutritional Information

Calories (kcal):	354.4	Dietary Fiber (g):	1.4
Total Fat (g):	1.1	Protein (g):	8.7
Carbohydrate(g):	75.4		

MANGO SALSA SERVINGS: 6

1 mango (large)	1 jalapeno (large), seeded, chopped	1/2 tsp Italian seasoning, chopped
1 cucumber, peeled, seeded, and chopped	1/4 cup purple onion, chopped	1 Tbsp rice wine vinegar
	1 tsp ginger root, grated	1 Tbsp balsamic vinegar

To chop and blend everything faster, I use a food processor. Cut up in large pieces the jalapenos, red onions, cucumber, ginger root, and mango. Blend so that you still have some chunks. Add Italian seasoning, rice vinegar, and balsamic vinegar. Mix well. Chill 1 to 2 hours, then serve. It is great with grilled chicken breasts.

Per Serving Nutritional Information

Calories (kcal):	34.5	Dietary Fiber (g):	1.3
Total Fat (g):	0.2	Protein (g):	0.8
Carbohydrate(g):	8.7		

PINEAPPLE SALSA SERVINGS: 6

8 oz crushed pineapple, drained	1 Tbsp jalapeno, chopped (without seeds)	1 Tbsp soy sauce (low sodium)
1/4 cup red bell pepper, chopped		1/4 tsp pepper
1 green onion, chopped	1 Tbsp lime juice (fresh)	

Combine all ingredients in a food processor and chop. You want chunks. Refrigerate for 1 to 2 hours before serving. Serve with grilled chicken or grilled fish.

Per Serving Nutritional Information

Calories (kcal):	34.7	Dietary Fiber (g):	1.1
Total Fat (g):	0.1	Protein (g):	0.8
Carbohydrate(g):	8.7		

