



**NUTRITIONDIRECT™**  
IT'S ALL IN THE DELIVERY

## EASY-TO-PREPARE DELICIOUS RECIPES

There's nothing like a home-cooked meal. Especially when you have a recipe that was created for people who want a healthier lifestyle. It's perfect if you've had weight loss surgery or are just watching what you eat.



\*This recipe was provided by Froedtert & the Medical College of Wisconsin Weight Loss/Bariatric Surgery Program and reviewed by nutritionists for optimal nutritional content. Froedtert Memorial Lutheran Hospital/Medical College Wisconsin's Bariatric Surgery Program as well as its surgeons have been designated a "Comprehensive Center for Bariatric Surgery" by the American Society of Metabolic and Bariatric Surgery. © 2016 Froedtert & the Medical College of Wisconsin. Reprinted with permission.

# ASIAN CHICKEN LETTUCE WRAPS\*



## Ingredients

1 can (8 oz) bamboo shoots, drained and minced  
1 can (8 oz) water chestnuts, drained and minced  
3 Tbsp sherry cooking wine  
2 Tbsp hoisin sauce  
1 Tbsp unsalted peanut butter  
2 Tsp low-sodium soy sauce  
2 Tsp hot pepper sauce, such as Sriracha  
2 packets (.035 oz each) sugar substitute (such as Splenda)

1 Tbsp minced garlic  
1 cup minced onion  
½ lb ground chicken breast  
1 Tsp minced ginger  
¼ Tsp salt  
1 Tsp toasted sesame oil  
8 small leaves butter lettuce  
1 whole green onion, chopped  
1 small cucumber, seeded and sliced into 1-in strips

## Preparation

In a medium bowl, combine the bamboo shoots, water chestnuts, sherry, hoisin sauce, peanut butter, soy sauce, hot pepper sauce, and sugar substitute. Mix well. Set aside.

Mist a large, nonstick skillet with cooking spray and set over medium heat. Add the onion and cook for 4 minutes or until onions are fragrant and softened. Add the garlic and cook for a minute more. Increase the heat to medium-high and add the ground chicken, ginger, and salt.

Cook, breaking up the chicken with a spatula or wooden spoon, for 3 to 4 minutes, until no longer pink. Add the bamboo shoot and water chestnut mixture. Cook for 2 minutes, or until heated through. Stir in the toasted sesame oil.

Remove the pan from the heat. To serve, divide the chicken mixture evenly onto each of the 8 lettuce leaves. Top with chopped green onion and cucumber. Serve immediately.

**Makes 4 servings. Serving size:  
2 lettuce wraps.**

**Nutrition Facts (per serving):** Calories: 155; Cholesterol: 33mg; Fat: 4g; Sodium: 637mg; Carbohydrates: 11g; Dietary Fiber: 5g; Protein: 16g; Sugar: 4g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.

# BAKED TOMATOES\*



## Ingredients

5-6 large tomatoes

Olive oil spray

¼ cup low-fat parmesan cheese

Greek seasoning (Penzey's is preferred)

¼ cup pine nuts (optional)

## Preparation

Preheat oven to 350°F. Cut tomatoes in half, lengthwise, and place open faced in non-stick 9x13 pan. Spray surface of tomatoes with olive oil spray. Coat with cheese and pine nuts. Sprinkle on Greek seasoning to taste.

Bake for 50 minutes on middle rack.

**Makes 6 servings. Serving size: 2 tomato halves.**

**Nutrition Facts (per serving):** Calories: 73; Total Fat: 5g; Total Carbohydrates: 6g; Dietary Fiber: 2g; Sugar: 0g; Protein: 3g

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# BEEF LETTUCE WRAPS



## Ingredients

- 2 heads Bibb or butter lettuce, leaves separated
- 8 oz low-fat plain Greek yogurt
- 2 Tbsp tahini
- 2 garlic cloves, minced
- 1 Tbsp plus 2 Tsp fresh lemon juice
- 2 Tbsp extra virgin olive oil
- 2 cups shredded carrots
- 1 scallion, finely chopped
- ¼ cup chopped fresh cilantro, plus additional for garnish
- 2 Tsp ground cumin
- 1 Tsp sweet paprika
- ⅛ Tsp salt
- 1 lb grilled flank steak, very thinly sliced

## Preparation

Wash lettuce leaves, wrap in paper towels and chill to dry completely.

In a small bowl, whisk the yogurt with the tahini, half of the garlic and 1 tablespoon of the lemon juice. Whisk in 1 tablespoon of the olive oil.

In another bowl, toss the carrots with the scallion, cilantro, cumin, paprika, salt, and the remaining garlic, 2 teaspoons of lemon juice and 1 tablespoon of olive oil.

Arrange the lettuce leaves on a very large platter and spoon a small dollop of the yogurt mixture in the centers, reserving some yogurt for garnish. Top with the beef, carrot slaw, another small dollop of yogurt and additional cilantro, if desired. Serve immediately.

**Makes 8 servings. Serving size: 2 wraps.**

**Nutrition Facts (per serving):** Calories: 197; Fat: 10g; Saturated Fat: 2g; Cholesterol: 31mg; Sodium: 85mg; Carbohydrates: 5g; Fiber: 2g; Protein: 22g

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# SLOW COOKER BEEF STEW



## Ingredients

- ¼ cup flour
- ⅛ Tsp black pepper
- ⅛ Tsp paprika
- 1½ lbs stew beef, lean, cut into 1-in pieces
- 1 Tbsp canola oil
- 8 oz sliced mushrooms
- 1 cup sliced celery
- 1½ cups chopped onion
- 2 cans (14 oz each) low-sodium beef broth
- 1 small bay leaf
- ⅓ cup pearl barley
- 2 cups sliced carrot
- 2 cups diced turnip
- 1 large baking potato, peeled and cubed
- 1 cup frozen green peas, thawed

## Preparation

In a bowl or resealable plastic bag, combine flour, pepper and paprika. Toss beef in flour mixture until coated evenly.

In a slow-cooker, combine oil and floured beef cubes and cook for 30 minutes set on high to brown the beef.

Add remaining ingredients, reduce to low setting and cook for 8 hours. For thicker gravy, cook an additional 2 hours on low setting.

**Makes 8 servings. Serving size: 1¼ cups.**

**Nutrition Facts (per serving):** Calories: 297; Fat: 8g; Saturated Fat: 1g; Cholesterol: 49mg; Sodium: 153mg; Carbohydrates: 27g; Fiber: 5g; Protein: 30g

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# BROCCOLI CHEESE OMELETTE



## Ingredients

- ½ onion, chopped
- 1 cup chopped broccoli (about 1-in pieces)
- 6 egg whites
- 1 egg
- ¼ cup low-fat milk
- ⅛ Tsp salt
- Black pepper to taste
- ¼ cup shredded reduced-fat cheddar cheese

## Preparation

Preheat the broiler.

Lightly coat a medium, ovenproof nonstick skillet with nonstick cooking spray. Add the onion and cook for 3 minutes, or until softened. Add the broccoli and cook for 1 to 2 minutes, or until softened. Reduce heat to medium low.

In a medium bowl, whisk together the egg whites, egg, milk, salt and black pepper to taste. Pour the egg mixture into the skillet. Cook until the eggs are set, about 8 minutes. Sprinkle with the cheddar cheese.

Place the skillet under the broiler and cook until the surface is golden, about 1 to 2 minutes. Serve immediately.

**Makes 2 servings. Serving size: ½ omelette.**

**Nutrition Facts (per serving):** Calories: 155; Fat: 4g; Saturated Fat: 1g; Cholesterol: 98mg; Sodium: 458mg; Carbohydrates: 7g; Fiber: 2g; Protein: 21g

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# BROCCOLI, EGG AND CHEESE BAKE\*



## Ingredients

- 6 large eggs
- 4 oz light margarine
- ½ lb low-fat cheddar cheese
- 6 Tbsp flour
- 2 lb nonfat cottage cheese
- 10 oz frozen, chopped broccoli (thawed)
- 1 Tsp salt
- 1 dash black pepper
- 1 dash paprika (optional)
- 4 oz jar chopped pimento (optional)
- ½ cup sliced mushrooms, fresh or canned (optional)

## Preparation

Preheat oven to 350°F. Combine all ingredients.

Spray 2-quart casserole dish with cooking spray. Place combined ingredients in prepared dish and bake for 90 minutes.

Serve hot.

**Makes 8 servings. Serving size: 1/8 recipe.**

**Nutrition Facts (per serving):** Calories: 115; Fat: 5g; Protein: 12g; Carbohydrates: 5g; Cholesterol: 75mg; Sodium: 419mg; Sugar: 2g

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# BUTTERNUT SQUASH SOUP



## Ingredients

- 2 Tbsp olive oil
- 2 large sweet onions, chopped
- 1 carrot, diced
- 2 celery stalks, diced
- 1 butternut squash, peeled, seeded and chopped
- 1 Tsp chopped fresh thyme
- 1 Tsp ground nutmeg
- ½ Tsp salt
- ½ Tsp black pepper
- 4 cups reduced-sodium chicken broth
- ⅓ cup low-fat Greek yogurt, optional
- 2 Tbsp roasted pumpkin seeds, optional

## Preparation

In a large saucepan, heat the oil over medium-high heat until hot. Add the onions, reduce the heat to medium and cook for 10 minutes, or until softened. Add the carrot, celery, butternut squash, thyme, nutmeg, salt and pepper, and stir for 1 minute. Add the chicken broth and bring to a boil. Reduce heat and simmer for 30 minutes, or until squash is tender. Remove from heat and let cool to room temperature.

Transfer mixture to a blender and purée until smooth. Return to saucepan and reheat over low heat before serving. Serve with a dollop of Greek yogurt and a sprinkle of pumpkin seeds, if desired.

**Makes 8 servings. Serving size: about 1 cup.**

**Nutrition Facts (per serving):** Calories: 115; Fat: 5g; Saturated Fat: 0; Cholesterol: 0; Sodium: 435mg; Carbohydrates: 14g; Fiber: 2g; Protein: 5g

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# CHEESY VEGETARIAN CHILI\*



## Ingredients

- 2 garlic cloves
- 2 Tsp olive oil
- 1 large green bell pepper (diced)
- 1 cup onion chopped
- ½ lb of sliced mushrooms
- 1 4½ oz can of diced tomatoes or 2 cups fresh tomatoes
- 8 oz tomato sauce
- 2 Tbsp chili powder
- 1 medium zucchini (thinly sliced)
- 2 15-oz cans red kidney beans (rinsed)
- 10 oz package of frozen corn
- 1 cup low-fat shredded cheddar cheese

## Preparation

Heat olive oil and garlic in large pan. Add onions, green pepper, and mushrooms. Cook until tender. Add in tomato sauce, diced tomatoes, chili powder, and bring to boil.

Turn down to low and add in zucchini and kidney beans. Simmer for 10-15 minutes. Add frozen corn and ½ cup cheddar cheese. Stir. Simmer on low for additional 10-15 minutes.

Serve topped with cheddar cheese.

**Makes 8 servings. Serving size: approximately 1½ cups.**

**Nutrition Facts (per serving):** Calories: 195; Total Fat: 3g; Protein: 13g; Total Carbohydrates: 34g; Dietary Fiber: 9g; Sugars: 6g

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# CHICKEN SCALLOPINI



## Ingredients

½ cup whole wheat flour  
⅛ Tsp salt  
⅛ Tsp black pepper plus additional  
to taste  
1 Tsp dried oregano  
1 lb boneless, skinless chicken  
breasts, butterflied  
2 Tbsp olive oil

2 Tbsp trans fat-free margarine  
2 garlic cloves, peeled and minced  
1 cup white wine  
2 lemons, very thinly sliced  
2 Tbsp fresh lemon juice  
1 cup reduced-sodium chicken broth  
½ cup finely chopped fresh parsley

## Preparation

In a shallow bowl, combine the flour, salt, pepper and oregano. Dredge the chicken in the flour mixture, shaking off the excess flour.

In a heavy skillet, heat the oil and margarine over medium heat until hot. Add the chicken and cook, in batches, until lightly brown and cooked through, about 4 minutes each side. Transfer the chicken to a serving platter and set aside, covered, to keep warm.

In the same skillet, add the garlic and sauté over medium heat for 1 minute. Add the wine and scrape up the browned bits on the bottom. Cook until the wine is reduced by half. Add the lemons, lemon juice and chicken broth to the pan, and cook until the lemons are tender and the liquid has reduced. Add the parsley and black pepper to taste.

Top the chicken with the sauce. Serve immediately.

**Makes 6 servings. Serving size: about 3 oz chicken.**

**Nutrition Facts (per serving):** Calories: 213; Fat: 8g; Saturated Fat: 1g; Cholesterol: 43mg; Sodium: 212mg; Carbohydrates: 7g; Fiber: 1g; Protein: 17g

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# BAKED CHICKEN WITH VEGETABLES\*



## Ingredients

- 4 potatoes, sliced
- 6 carrots, sliced
- 1 large onion, quartered
- 1 chicken, raw, cut into pieces with skin removed
- ½ cup water
- 1 Tsp thyme
- ¼ Tsp pepper

## Preparation

Preheat oven to 400°F.

Place potatoes, carrots and onions in a large roasting pan. Put chicken pieces on top of the vegetables.

Mix water, thyme and pepper. Pour over chicken and vegetables. Spoon juices over chicken once or twice during cooking.

Bake for one hour or more until browned and tender.

**Makes 6 servings. Serving size: 1/6 recipe.**

**Nutrition Facts (per serving):** Calories: 240; Fat: 3.5g; Sodium: 130mg; Carbohydrates: 25g; Fiber: 4g; Protein: 26g; Sugar: 10g

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# CREAM CHEESE TART



## Ingredients

1½ Tsp unflavored gelatin

¼ cup boiling water

¼ cup sugar

8 oz 1% cottage cheese

2 Tbsp fat-free cream cheese

½ Tsp vanilla

1 Tsp lemon zest

½ cup berries, such as blueberries or raspberries

6 sprigs mint, for garnish

## Preparation

In a small bowl, dissolve gelatin in boiling water. Add sugar and stir until dissolved. In a blender, combine cottage cheese, cream cheese, vanilla, lemon zest and gelatin mixture, and blend until completely smooth.

Pour mixture into 6 foil cupcake liners and refrigerate, covered, for 2 hours, or until firm. To serve, peel away foil and arrange on individual plates. Top each cream cheese tart with berries and mint for garnish.

**Makes 6 servings. Serving size: 1 tart.**

**Nutrition Facts (per serving):** Calories: 70; Fat: 0; Saturated Fat: 0; Cholesterol: 1mg; Sodium: 178mg; Carbohydrates: 12g; Fiber: 0; Protein: 5g; Sugar: 9g

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# EGG MUFFIN\*



## Ingredients

6 large eggs

12 slices pre-cooked turkey bacon (sliced into thirds)

$\frac{3}{4}$  cup shredded low-fat Swiss or Monterey jack cheese

$\frac{1}{2}$  cup 1% milk

$\frac{1}{4}$  Tsp salt

$\frac{1}{4}$  Tsp pepper

$\frac{1}{4}$  Tsp Italian seasoning

## Preparation

Spray muffin tin with nonstick cooking spray. Preheat oven to 350°F.

Place 3 bacon pieces in the bottom of each muffin cup. In a separate bowl, mix together all ingredients until well blended, except for  $\frac{1}{4}$  cup of the shredded cheese. Fill each muffin cup with  $\frac{1}{4}$  cup of the egg mixture. Sprinkle extra  $\frac{1}{4}$  cup of cheese on top across muffins.

Bake for 20-25 minutes or until eggs are set.

**Makes 12 servings. Serving size: 1 muffin.**

**Nutrition Facts (per serving):** Total Calories: 98; Total Fat: 7g; Saturated Fat: 2g; Total Carbohydrates: 1g; Total Fiber: 0g; Total Sugar: 1g; Protein: 8g

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# EGGS AND GREENS



## Ingredients

- 1 Tbsp olive oil
- 1 garlic clove, minced
- ½ small onion, chopped
- 3 cups greens (cut into strips), such as kale, collard or mustard greens
- ½ cup reduced-sodium chicken broth
- 1 Tbsp lemon juice
- 2 large eggs
- ⅛ Tsp salt
- Black pepper to taste

## Preparation

In a large cast-iron skillet, heat the oil over medium heat. Add the garlic and onion and sauté until the onion is softened. Add greens and chicken broth and cook, stirring, until greens wilt. Add lemon juice and stir.

Make 2 wells in the greens. Crack 1 egg into each well. Season with the salt and pepper. Cook for 4 minutes. Let stand until whites are set, about 4 minutes.

**Makes 2 servings. Serving size: 1 egg and ¾ cup greens.**

**Nutrition Facts (per serving):** Calories: 193; Fat: 11g; Saturated Fat: 2g; Cholesterol: 186mg; Sodium: 402mg; Carbohydrates: 12g; Fiber: 2g; Protein: 11g

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# GRILLED FISH KEBABS



## Ingredients

- 1 lb salmon fillet, skinned and cut into 1½-in chunks
- 1 small zucchini, cut into ¾-in chunks
- 4 oz fresh baby bella mushrooms, large ones cut in half
- ¼ red onion, wedged and pulled apart
- 3 garlic cloves, minced
- 1 Tbsp chopped fresh rosemary
- 3 Tbsp olive oil
- 3 Tbsp lime juice
- ⅛ Tsp salt
- Black pepper to taste

## Preparation

Soak 12 wood skewers in water. In a large, shallow baking dish, arrange salmon, zucchini, mushrooms and onion in a single layer.

In a small bowl, whisk the garlic, rosemary, olive oil, lime juice, salt and pepper. Pour the mixture over the salmon and vegetables and toss to coat evenly. Let the mixture sit at room temperature for 15 to 20 minutes.

Meanwhile, line your grill with heavy-duty foil. Spray with nonstick cooking spray. Preheat grill to medium heat. Thread the salmon and vegetables on the skewers. Grill the kebabs for 5 minutes, turning once halfway through cooking. Serve immediately.

**Makes 12 servings. Serving size: 1 skewer.**

**Nutrition Facts (per serving):** Calories: 104; Fat: 7g; Saturated Fat: 1g; Cholesterol: 22mg; Sodium: 64mg; Carbohydrates: 1g; Fiber: 0; Protein: 12g

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# FARMERS' MARKET FRITTATA



## Ingredients

- ½ cup diced zucchini
- ½ cup sliced mushrooms
- ½ cup diced tomatoes
- ½ cup chopped baby greens (such as spinach, Swiss chard or kale)
- 1 egg, lightly beaten
- ½ cup egg whites (about 4 egg whites), lightly beaten
- 2 Tbsp low-fat (1%) milk
- 2 Tbsp chopped fresh herbs (such as basil, thyme, sage, parsley)

## Preparation

Preheat oven to 400°.

Heat a 4- to 6-inch ovenproof omelette pan (stainless steel or cast iron) on high heat until hot. Remove from heat and spray with nonstick cooking spray. Reduce heat to medium, add vegetables and sauté until caramelized, about 3 to 5 minutes.

In a small bowl, lightly whisk the egg, egg whites and milk. Add egg mixture to the pan and reduce heat to medium low. Cook eggs for 2 minutes without touching.

Sprinkle herbs over top of egg mixture and bake in oven for 5 to 8 minutes, or until eggs set and are puffed and a toothpick inserted in the center comes out clean. Remove from pan and serve hot.

**Makes 2 servings. Serving size: ½ frittata.**

**Nutrition Facts (per serving):** Calories: 93; Fat: 3g; Saturated Fat: 1g; Cholesterol: 83mg; Sodium: 199mg; Carbohydrates: 5g; Fiber: 1g; Protein: 12g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.

# HIGH PROTEIN COTTAGE CHEESE PANCAKES\*



## Ingredients

- ⅓ cup all-purpose flour
- ½ Tsp baking soda
- 1 cup low-fat cottage cheese
- ½ Tbsp canola oil
- 3 eggs, lightly beaten

## Preparation

Combine flour and baking soda in a small bowl. Combine remaining ingredients in a large bowl. Pour flour mixture into cottage cheese mixture and stir until just incorporated.

Heat a large skillet over medium heat and coat with cooking spray. Pour ⅓ cup portions of batter onto skillet and cook until bubbles appear on the surface. Flip and cook on the other side until brown.

Serve with low calorie syrup.

**Makes 4 pancakes. Serving size: 1 pancake.**

**Nutrition Facts (per serving):** Calories: 152; Carbohydrates: 10g; Fat: 7g; Protein: 13g; Sodium: 385mg; Sugar: 2g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.

# TURKEY MEATLOAF



## Ingredients

- 1 Tsp olive oil
- 2 cups finely chopped onion
- 3 garlic cloves, minced fine
- 1 medium carrot, chopped fine
- 1 celery stalk, chopped fine
- 1½ Tsp Worcestershire sauce
- ⅓ cup finely chopped fresh parsley
- ¼ cup ketchup
- 1 cup whole wheat bread crumbs (about 2 slices firm bread)
- ⅓ cup skim milk
- 1 whole large egg, lightly beaten
- 1 large egg white, lightly beaten
- 1¼ lb ground turkey
- 1 Tsp salt
- ½ Tsp black pepper
- ¼ Tsp paprika

## Preparation

Preheat oven to 400°F.

In a large skillet, heat oil over medium heat until hot. Add onion and garlic and sauté until onion is softened, about 2 minutes. Add carrot and celery and cook for 3 minutes, or until softened. Stir in Worcestershire sauce, parsley, and 2 tablespoons of the ketchup. Set aside.

In a large bowl, stir together bread crumbs and milk. Stir in egg and egg white. Add prepared vegetables and stir to combine. Add turkey, salt, black pepper, and paprika and mix well with hands.

Lightly coat a 9- x 5-inch loaf pan with nonstick cooking spray. Form turkey into a loaf and place in loaf pan. Brush meatloaf evenly with remaining 2 tablespoons of ketchup. Bake for 50 to 55 minutes or until cooked through. Let stand for 5 minutes before serving.

**Makes 10 servings. Serving size: about 4-oz slice of meatloaf.**

**Nutrition Facts (per serving):** Calories: 118; Fat: 2g; Saturated Fat: 0g; Cholesterol: 54mg; Sodium: 426mg; Carbohydrates: 10g; Fiber: 0g; Protein: 16g

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# NOT REALLY FRIED RICE\*



## Ingredients

2 Tbsp low-sodium soy sauce  
1 Tsp mustard  
1 Tsp chili paste  
1 Tsp toasted sesame oil  
3 oz boneless, skinless chicken breast  
cut into ½" cubes  
Black pepper, to taste

## Preparation

In a small bowl, combine soy sauce, mustard, chili paste and sesame oil. Set aside. Season the cubed chicken with black pepper. Mist a large, nonstick wok or skillet with cooking spray and place over medium-high heat until it is hot enough for a drop of water to sizzle on it.

Scatter the chicken cubes into the wok or skillet. Cook, stirring occasionally, until browned on all sides and no longer pink inside. Transfer chicken to a plate and cover to keep warm.

Lightly mist the wok or skillet with cooking spray again. Set over medium-high heat. Add the green onions, carrot, and garlic to the pan. Cook,

½ cup finely chopped whole green onions  
¼ cup chopped carrot  
1 clove garlic, minced  
¾ cup cooked short-grain brown rice  
¼ cup frozen peas  
2 large egg whites  
Olive oil spray

stirring frequently, for 2-3 minutes. Add the cooked rice and peas. Continue cooking and stirring for 2 minutes or until the mixture is hot throughout.

Using a spoon or spatula, create a hole in the rice and veggies to expose the center of the pan. Off the heat, lightly mist the exposed part of the pan with cooking spray. Add the egg whites and stir to mix them into the rice. Cook for 1-2 minutes, or until the egg is completely cooked.

Return the chicken to the pan and stir in the reserved soy sauce mixture. Leave on heat, stirring constantly, for about 1 minute or until heated. Serve immediately.

**Makes 2 servings. Serving size:**  
½ recipe.

**Nutrition Facts (per serving):** Calories: 208; Carbohydrates: 25g; Fat: 3.5g (1g saturated); Protein: 17g; Cholesterol: 25mg; Sodium: 260mg; Fiber: 3.5g

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# PUMPKIN DIP



## Ingredients

- 1 can (15 oz) pumpkin
- $\frac{3}{4}$  cup brown sugar
- 1 Tsp vanilla
- 1 Tsp cinnamon
- $\frac{1}{4}$  Tsp ground ginger
- $\frac{1}{8}$  Tsp pumpkin pie spice
- 6 oz fat-free plain Greek yogurt
- 8 oz fat-free whipped topping
- 2 large apples, sliced

## Preparation

In a bowl, mix pumpkin with brown sugar, vanilla and spices. Blend well. Mix in yogurt. Fold in whipped topping and chill in refrigerator until ready to eat.

Serve with apple slices.

**Makes 24 servings. Serving size: about  $\frac{1}{4}$  cup of dip.**

**Nutrition Facts (per serving):** Calories: 65; Fat: 0; Saturated Fat: 0; Cholesterol: 0; Sodium: 45mg; Carbohydrates: 15g; Fiber: 2g; Protein: 1g

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# SLOW COOKER CHICKEN TIKKA MASALA\*



## Ingredients

3 lbs boneless, skinless chicken breast	1 Tbsp cumin
1 large onion, diced	½ Tbsp paprika
4 cloves garlic, minced	¾ Tsp cinnamon
2 Tbsp fresh ginger, minced	¾ Tsp ground black pepper
1 can tomato puree (29 oz)	1-3 Tsp cayenne pepper (depending on taste)
1½ cups plain Greek yogurt (12 oz)	2 bay leaves
2 Tbsp olive oil	Chopped cilantro for topping
2 Tbsp Garam masala	

## Preparation

Place everything up to bay leaves in large bowl. With a spatula, stir to combine and coat chicken well.

Gently place into slow cooker and add bay leaves on top. Cover and cook for 8 hours on low or 4 hours on high.

Remove bay leaves, and serve topped with cilantro.

\*Typically served over brown rice. It is also delicious by itself, depending on the stage of your diet.

**Makes 10 servings. Serving size: 1/10 recipe.**

**Nutrition Facts (per serving):** Calories: 270; Fat: 8g; Saturated Fat: 2g; Sodium: 151mg; Total Carbohydrates: 12g; Dietary Fiber: 2g; Sugar: 7g; Protein: 45g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.

# SPICY DEVEILED EGGS\*



## Ingredients

6 hard-boiled eggs (you will not use three of the yolks in this recipe)

2 Tbsp of creamy horseradish sauce or Greek yogurt

½ Tsp dill

¼ Tsp spicy mustard (use Dijon for mild deviled eggs)

⅛ Tsp salt

Dash of black pepper and paprika

## Preparation

Peel the eggs and cut in half lengthwise. Place 3 yolks into a mixing bowl, and set the whites aside. (Save the other three yolks for another use.) Mash the yolks with creamy horseradish sauce or Greek yogurt, dill, mustard and salt. Spoon or pipe filling into egg white halves.

Sprinkle with pepper and paprika.

**Makes 3 servings. Serving size: 2 deviled eggs.**

**Nutrition Facts (per serving):** Calories: 131; Fat: 8.7g; Protein: 10g; Carbohydrate: 1g; Cholesterol: 225mg; Sodium: 219mg; Sugar: 0g

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# STUFFED CABBAGE ROLLS\*



## Ingredients

- 1 head of cabbage, individual leaves removed
- 1/3 cup brown Minute Rice, or other whole grain of choice
- 1 Tsp olive oil
- 1/2 medium onion, diced (if tolerated)
- 2 medium carrots, diced
- 1 lb 93% lean ground turkey
- 2 Tsp garlic powder
- 2 Tsp oregano or Italian seasoning
- 2 cups tomato sauce

## Preparation

Preheat oven to 350°F.

Wash and blanch† cabbage leaves for 30 seconds to make leaves easier to work with. Prepare rice as directed on package.

Meanwhile, in a large skillet, heat olive oil over medium heat. Add the onions and carrots, stirring until slightly soft and caramelized. Add turkey to the vegetables in skillet and cook until browned. Add the powders and seasonings.

Combine rice and meat. Place 1/2 cup of mixture into center of 1 cabbage leaf. Roll up, sealing both ends as you roll.

Place cabbage rolls in baking dish seam side down, side by side to prevent them from unrolling. Top the cabbage rolls off with the tomato sauce, letting it spill over to the bottom of the dish.

Bake for 35-45 minutes. Let stand for 5-10 minutes before serving.

**Makes 6 servings. Serving size: 1 roll.**

\*Blanching is a cooking technique in which food is briefly immersed in boiling water (usually for 10-60 seconds).

**Nutrition Facts (1 roll):** Calories: 174; Fat: 5.5g; Cholesterol: 54mg; Sodium: 560mg; Carbohydrates: 16g; Protein: 15g; Sugar: 6g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.

# SWEET AND SOUR PORK\*



## Ingredients

Cooking spray

1 lb lean pork tenderloin, cut into thin strips

1.5 oz canned, unsweetened pineapple chunks

½ cup water

¼ cup Splenda brown sugar blend

2 Tbsp corn starch

½ Tsp table salt

1 Tbsp low-sodium soy sauce

2 medium green peppers, sliced (as tolerated)

1 small onion, sliced (as tolerated)

3 cups cooked brown rice

⅓ cup wine vinegar

## Preparation

Heat a nonstick skillet coated with cooking spray over medium-high heat. Add pork and cook until golden brown. Remove from skillet and set aside. Drain any remaining fat from skillet. Drain pineapple chunks, reserving juice; set aside.

Combine water, vinegar, sugar, cornstarch, salt, soy sauce, and reserved pineapple juice in a small bowl. Add to skillet and cook until sauce is thickened, about 2 minutes.

Add pork to skillet and cook on low heat until meat is tender, stirring occasionally, for about 30 minutes. Add peppers, onion, and pineapple chunks and cook for an additional 5 minutes. Serve over rice.

**Makes 6 servings. Serving size: 1 cup of pork mixture and ½ cup of rice.**

**Nutrition Facts (per serving):** Calories: 248; Fat: 3.5g; Sodium: 354mg; Cholesterol: 60mg; Protein: 18g; Carbohydrates: 36g; Sugar: 8g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.

# TURKEY PICCATA



## Ingredients

- 2 lemons
- 1/3 cup whole wheat flour
- 1/4 Tsp salt
- Black pepper, to taste
- 1 lb turkey breast cutlets
- 1 pt cherry tomatoes
- 1 Tbsp chopped fresh basil leaves
- 1/2 cup dry white wine
- 1 shallot, minced
- 2 Tbsp capers, rinsed and drained
- 1 Tbsp trans fat-free margarine
- 1 Tbsp chopped fresh parsley

## Preparation

Cut off peel and pith from lemons. Cut into slices, then cut slices in half; reserve.

In a shallow bowl, combine flour, salt and pepper. Coat turkey cutlets in flour until covered on both sides.

Lightly coat a large skillet with olive oil cooking spray and heat over medium-high heat until hot. Lightly spray cutlets with cooking spray. Cook for 2½ minutes per side, or until golden and cooked through. Remove to a platter and keep warm.

Add tomatoes and basil to skillet, raise heat to high, and cook, shaking pan, for 2 to 3 minutes, or until tomato skins start to char and split in spots; transfer to platter.

Add wine, shallot and capers to skillet; boil for 1 minute, or until wine is reduced by half. Reduce heat and swirl in margarine and reserved lemon slices until margarine is melted. Spoon sauce and arrange lemon slices over turkey. Garnish turkey with parsley and serve with tomatoes.

**Makes 6 servings. Serving size: about 2½ oz of turkey.**

**Nutrition Facts (per serving):** Calories: 139; Fat: 3g; Saturated Fat: 0; Cholesterol: 30mg; Sodium: 231mg; Carbohydrates: 7g; Fiber: 1g; Protein: 20g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.

# ZUCCHINI BOATS\*



## Ingredients

- 4 medium zucchini
- 1 lb ground turkey breast
- ½ cup chopped onion
- 1 egg, beaten
- ½ lb sliced mushrooms
- 1 large tomato, diced
- ¾ cup spaghetti sauce
- ¼ cup seasoned whole wheat bread crumbs
- ¼ Tsp salt
- ¼ Tsp pepper
- 1 cup (4 oz) shredded low-fat mozzarella cheese

## Preparation

Cut zucchini in half lengthwise; cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat. Scoop out pulp, leaving ¼-inch shells. Set pulp aside.

Place shells in an ungreased 3-quart microwave-safe dish. Cover and microwave on high for 3 minutes or until crisp-tender; drain and set aside.

In a large skillet, cook ground turkey and onion over medium heat until meat is no longer pink; drain. Remove from the heat.

In a large bowl mix together zucchini pulp, beaten egg, spaghetti sauce, bread crumbs, mushrooms, tomato, salt, pepper, ½ cup cheese, and cooked ground turkey.

Spoon about ¼ cup mixture into each shell. Sprinkle with remaining cheese.

Bake uncovered for 20 minutes at 350°F or until brown.

**Makes 8 servings. Serving size: 1 zucchini boat or 1/8 recipe.**

**Nutrition Facts (per serving):** Total Calories: 195; Total fat: 7.5g; Saturated Fat: 3g; Sodium: 294mg; Total Carbohydrates: 16g; Dietary Fiber: 4g; Sugar: 5g; Protein: 17.5g

**IMPORTANT PATIENT INFORMATION.** Even if you have been medically approved to eat solid food, **consult your doctor** to be sure that the ingredients and portion size of this recipe are safe for you.



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