



THE
Recovery
COOKBOOK



Introduction

As you continue on the journey of recovery for yourself or alongside a loved one, here is a collection of recipes inspired by Eating Recovery Center's menu offerings to help you along the way. All of the recipes are dietitian tested and approved. To assist with following an exchange-based meal plan, we have included information on what exchanges each recipe counts as.

With many of the recipes, you will also find ideas of side items and additional exchanges you could incorporate to help complete the meal. You can pick the options that you like and adjust portions as necessary to meet the exchanges on your specific meal plan or that of your loved one. Remember, these ideas are just a start!

Since the keys to good nutrition and normalized eating are balance, moderation, and variety, you will also find recommendations for variations to change up some of the recipes. This will help provide more variety when you find some favorite recipes that you'd like to include more frequently. We hope that you will enjoy experimenting with new flavor combinations and wish you a successful recovery journey.

In health,

Eating Recovery Center's Registered Dietitians

**Breakfast**

Pumpkin Spice Oatmeal	3
Apple Walnut Scone	4
Apple Harvest Oatmeal	5
Banana Pancakes	6
Blueberry Pancakes	7
Oatmeal Apple Pancakes	8
Breakfast Potatoes	9
Orange Cinnamon French Toast	10
PB Banana Quesadilla	11

Sandwiches & Wraps

Tarragon Chicken Salad Sandwich	13
Curry Chicken Salad Sandwich	14
Chicken Schwarma Pita Sandwich	15
Grilled Ranch Chicken Wrap	16
Asian Tofu Wrap	17
Hummus Wrap	18
Caprese Panini	19
Crispy Tofu Sandwich	20
Falafel Stuffed Pitas	22
Tuna Salad Sandwich	24
Turkey Panini	25
Egg Salad Sandwich	26
Grilled Three Cheese Sandwich	27

Salads

Spinach, Chicken, and Feta Salad	29
Chinese Chicken Salad	31
Southwest Chicken Salad	32

Poultry Entrées

Feta Chicken	34
Far East Chicken	35
Pasta Marinara with Chicken	36
Chicken Fajitas	37
Spaghetti & Meatballs	38
White Bean Chicken Chili	40

Poultry Entrées *continued*

Spinach Artichoke Chicken	41
Turkey Meatloaf	42

Seafood Entrées

Marinated Grilled Salmon	44
Macadamia Nut Crusted Mahi	45
Tortilla Crusted Tilapia	46

Vegetarian Entrees

Baked Mac-N-Cheese	48
Lentil Walnut Burgers	49
Black Bean Burrito	51
Cheese Quesadilla	52
Broccoli Cheddar Quiche	53
Spinach Turnover	54
Lentil & Root Vegetables Soup	55
Black Bean Enchiladas	56
Vegetarian Chili	57
Lentil Tacos	58
Thai Tofu/Chicken Quesadilla	59
Stuffed Zucchini	61
Spinach Ricotta Quiche	62
Asparagus Potato Frittata	63

Sides

Coconut Rice	65
Cornbread Muffins	66
Corn Salsa	67
Guacamole	68

Desserts

Blondie	70
Lemon Bar	71
Apple Crisp	72
Golden Graham Treat	73
Strawberry Shortcake	74
Pineapple Upside Down Cake	75
Black Forest Cobbler	76

A close-up photograph of a stack of three pancakes on a white plate. The pancakes are golden-brown and topped with a drizzle of light-colored syrup. On top of the stack are several slices of banana and two whole strawberries. The background is a soft-focus indoor setting with vertical light and shadow patterns.

Breakfast

Pumpkin Spice Oatmeal

Prep Time: 20 minutes

Servings: 8

Ingredients:

1 1/2 cups rolled or old fashioned oats

3 cups water

1/2 tsp salt

1/2 cup canned pureed pumpkin

1/2 tsp Pumpkin Pie Spice Blend

(or a combination of cinnamon and nutmeg)

3 Tbsp brown sugar

Procedure:

1. In a heavy sauce pan, bring water to a boil.
2. Add oats and salt. Return to a boil. Reduce heat and simmer, uncovered, until most of the liquid is absorbed, about 10-15 minutes.
3. Fold in pumpkin, spice blend and brown sugar. Return to a simmer and cook for 2-3 more minutes.
4. Serve 1/2 cup.

Exchanges: 1/2 cup = 1 Grain



Ideas to complete the meal:

Serve with breakfast sausage for protein, yogurt for a milk exchange, and fresh fruit.

Apple Walnut Scones

Prep Time: 20 minutes

Servings: 12

Ingredients:

1 1/2 Tbsp sugar	1/4 tsp ground nutmeg
1/2 tsp ground cinnamon	1/2 red apple, diced 1/4" <i>(with skin)</i>
2/3 cup apple juice	1/4 cup chopped walnuts
1/3 cup light brown sugar <i>(packed)</i>	1 egg, beaten
3 1/2 cups biscuit mix <i>(such as Bisquick Original)</i>	2 Tbsp water

Procedure:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine the first 8 ingredients, and beat using a hand-held mixer until just combined. Add more juice or biscuit mix if necessary, depending on the consistency.
3. Roll out on lightly floured surface to 1/2 inch thickness. Cut into rounds using the top of a pint glass, or a 3-4 inch circle cookie cutter.
4. Combine beaten egg and water in a small bowl. Using a pastry brush, brush the top of the scones until lightly coated.
5. Bake for 10-15 minutes.

Exchanges: 1 Scone = 2 Grain, 1 Fat

Variations: Use other fruits and nuts to change the flavor, such as dried cranberries and sliced almonds.

Apple Harvest Oatmeal

Prep Time: 20 minutes

Servings: 4

Ingredients:

2 ½ ounces Old-fashioned oats

¾ cup cranberry juice

¾ cup water

2 Tbsp sliced Granny Smith apples

1 Tbsp dried cranberries

1 ½ Tbsp walnut pieces

½ tsp sugar

¼ tsp fresh grated orange zest

Procedure:

1. Bring water and cranberry juice to a boil.
2. Stir in oats and diced apples. Reduce to a simmer and cook uncovered until the oats have absorbed all of the liquid.
3. Fold in dried cranberries, walnuts, sugar, and orange zest.
4. Serve immediately.

Exchanges: ½ cup = 1 Grain, 1 Fruit

Banana Pancakes

Prep time: 10 minutes

Servings: about 12 pancakes

Ingredients:

1 1/2 cups water

2 2/3 cups buttermilk pancake mix

(such as Bisquick Complete Simply Pancake and Waffle Mix)

1 medium banana, sliced 1/4" lengthwise

1/4 tsp cinnamon

Procedure:

1. Combine water and pancake mix in a large bowl. Stir together until just combined. Do not over mix.
2. Fold in sliced banana and cinnamon. Let stand for 5-10 minutes before use.
3. Heat a griddle or large skillet over medium-high heat. Spray with non-stick cooking spray. Ladle 1/4 cup of batter on griddle and cook for 1-2 minutes or until air pockets form. Flip, and cook for 1 to 2 minutes more. Remove from griddle and serve immediately.

Exchanges: 1 pancake = 1 Grain



Ideas to complete the meal:

Top pancakes with butter for fat exchange(s), serve with scrambled eggs for protein.

Variations: Add chocolate chips to batter after it is ladled onto the griddle for Banana Chocolate Chip Pancakes.

Blueberry Pancakes

Prep time: 10 minutes

Servings: about 12 pancakes

Ingredients :

1/2 cups water

2 2/3 cups buttermilk pancake mix

(such as Bisquick Complete Simply Pancake and Waffle Mix)

2/3 cup fresh blueberries

Procedure:

1. Combine water and pancake mix in a large bowl. Stir together until just combined. Do not over mix.
2. Fold in blueberries. Let stand for 5-10 minutes before use.
3. Heat a griddle or large skillet over medium-high heat. Spray with non-stick cooking spray. Ladle 1/4 cup of batter on griddle and cook for 1-2 minutes or until air pockets form. Flip, and cook for 1 to 2 minutes more. Remove from griddle and serve immediately.

Exchanges: 1 pancake = 1 Grain



Ideas to complete the meal:

Top pancakes with syrup, butter can be added for fat exchange(s), and serve with scrambled eggs for protein. Bacon or sausage are other options for fat/protein exchanges.

Oatmeal Apple Pancakes

Prep time: 15 minutes

Servings: about 12 pancakes

Ingredients:

3/4 cups water

3/4 cup apple juice

2 2/3 cups buttermilk pancake mix

(such as Bisquick Complete Simply Pancake and Waffle Mix)

1 medium apple (*McIntosh work well*), cored and diced

1/2 cup quick oats

1 pinch cinnamon

Procedure:

1. Combine water, apple juice, and pancake mix in a large bowl. Stir together until just combined. Do not over mix.
2. Fold in diced apple, oats, and cinnamon. Let stand for 5-10 minutes before use.
3. Heat a griddle or large skillet over medium-high heat. Spray with non-stick cooking spray. Ladle 1/4 cup of batter on griddle and cook for 1-2 minutes or until air pockets form. Flip, and cook for 1 to 2 minutes more. Remove from griddle and serve immediately.

Exchanges: 1 pancake = 1 Grain



Ideas to complete the meal:

Top pancakes with syrup, butter can be added for fat exchange(s), and serve with scrambled eggs for protein. Bacon or sausage are other options for fat/protein exchanges.

Breakfast Potatoes

Prep time: 15 minutes *(plus cooking time)*

Servings: 4 servings

Ingredients:

1/2 tsp salt

3/4 tsp garlic powder

1/2 tsp fresh thyme leaves, chopped

1/4 tsp black pepper

1/4 tsp onion powder

1 Tbsp fresh rosemary leaves, chopped

1 Tbsp olive oil

1 lb Russet Potatoes *(about 3 medium sized potatoes, or 2 large)*
cut into 1 inch cubes w/ skin

Procedure:

1. Preheat oven to 400 degrees.
2. In a medium sized bowl, combine salt, pepper, garlic powder, thyme, onion powder, rosemary and oil. Mix well.
3. Add cut potatoes. Toss potatoes with seasonings to coat evenly.
4. Coat a sheet pan with non-stick cooking spray. Evenly distribute seasoned potatoes on sheet pan. Roast in oven for 20 minutes.
5. After 20 minutes, turn potatoes using spatula. Roast for another 20 minutes or until golden brown.

Exchanges: ½ cup = 1 Grain



Ideas to complete the meal:

Serve Breakfast Potatoes with scrambled eggs for protein, yogurt for a milk exchange, and fresh fruit.

Orange Cinnamon French Toast

Prep Time: 25 minutes

Servings: 6

Ingredients:

1 Tbsp orange zest
2 Tbsp freshly squeezed orange juice
2 Tbsp granulated sugar
1 tsp cinnamon
1/4 cup milk
3 eggs
1/4 tsp salt
1/4 tsp vanilla extract
6 slices cinnamon raisin bread

Procedure:

1. Remove the zest from one orange, and set aside.
Cut orange, and squeeze about 2 Tbsp in a large bowl.
Add sugar, cinnamon, milk, eggs, salt and vanilla extract to bowl and whisk until well combined.
Pour into a shallow dish or pie pan.
2. Coat a large skillet with non-stick cooking spray, and place over medium heat.
3. Dip bread, one slice at a time, into egg mixture (*turning to coat both sides*). Fry in pan until golden brown, then flip to cook other side.
4. Serve 1-2 slices topped with maple syrup.

Exchanges: 1 slice = 1 Grain

PB Banana Quesadilla

Prep Time: 10 minutes

Servings: 1

Ingredients:

1 6-inch flour tortilla

1 Tbsp peanut butter

1/2 banana, *sliced*

1 tsp honey

Procedure:

1. Spread peanut butter on tortilla leave a ¼ inch border around the edge.
2. Distribute banana slices over PB and drizzle with honey. Fold tortilla in half to cover and press together.
3. Grill on a lightly oiled griddle or skillet over medium heat, 4-6 min per side. Serve warm.

Exchanges: 1 Grain, 1 Protein, 1 Fat, 1 Fruit



Ideas for additional exchanges:

Use a larger (10 inch) tortilla for 2G, 1P, 1F, 1Fr.

Add more peanut butter as needed for additional protein and/or fat exchanges.



Sandwiches & Wraps

Tarragon Chicken Salad Sandwich

Prep Time: 35 minutes

Servings: 4 (*1/2 cup each*)

Ingredients:

1 pound boneless chicken breast	1/4 cup chopped walnuts
2 tsp olive oil	3 Tbsp mayonnaise
1 1/2 tsp dried tarragon leaves	1 1/2 Tbsp sour cream
1 tsp fresh garlic	3/4 tsp salt
1/8 tsp onion powder	1/2 tsp black pepper
1 cup red seedless grapes, <i>cut in half</i>	1/8 tsp dried or fresh tarragon
	8 slices of sandwich bread

Procedure:

1. In a large bowl, combine chicken with oil, tarragon (*1 1/2 tsp dried*), garlic, onion powder, and a dash of salt and pepper. Cover bowl, place in the refrigerator to marinate for 30 minutes.
2. Heat a large skillet over medium high heat. Add chicken and cook for 5-7 minutes on each side, or until cooked through. Let cool to room temp.
3. Dice chicken into 1/2" cubes.
4. In a large bowl, combine grapes, walnuts, mayonnaise, sour cream, salt and pepper and 2nd listed tarragon (*1/8 tsp*).
5. Add chicken and toss until thoroughly blended and coated.
6. Serve 1/2 cup chicken salad between two pieces of bread to make a sandwich.

Exchanges: 2 Grains, 3 Proteins, 2 Fats



Ideas to complete the meal:

Add lettuce, tomato, and/or onion for a vegetable exchange.

Variations: Try chicken salad in a 10-inch tortilla wrap (*available in various flavors*) instead of on sandwich bread.

Curry Chicken

Prep Time: 35 minutes

Servings: 4 (*1/2 cup each*)

Ingredients:

1 pound boneless chicken breast	2 Tbsp raisins (<i>optional</i>)
1/4 cup mayonnaise	3/4 tsp salt
2 Tbsp diced celery	1/2 tsp curry powder
1 Tbsp diced yellow onion	1/8 tsp black pepper
1 tsp fresh minced garlic	8 slices sandwich bread

Procedure:

1. Either boil chicken or roast it in 400 degree oven for about 15 minutes, or until firm to the touch and cooked through. Allow to cool, and dice into 1-inch pieces.
2. Combine cooked chicken, mayonnaise, celery, onion, garlic, raisins, salt, curry powder, and black pepper. Mix until combined.
3. Serve 1/2 cup chicken salad between two pieces of bread to make a sandwich.

Exchanges: 2 Grains, 3 Proteins, 2 Fats



Ideas to complete the meal:

Add lettuce, tomato, and/or onion for a vegetable exchange.

Variations: Try chicken salad in a 10-inch tortilla wrap (*available in various flavors*) instead of on sandwich bread.

Chicken Shawarma in Pita

Prep Time: 30 minutes | Servings: 4

Ingredients:

For Chicken Shawarma:

1 Tbsp canola oil
1 Tbsp lemon juice
1 tsp curry powder
1/8 tsp ground cardamom
1/8 tsp ground turmeric
1 Tbsp fresh chopped garlic
2 Tbsp chopped fresh parsley
1 pound boneless
chicken breast

Lemon Tahini Dressing

2 tsp white wine vinegar
1 1/2 Tbsp fresh lemon juice
1 1/2 Tbsp tahini
(sesame seed paste)
1/4 tsp minced garlic
1/4 cup olive oil
2 tsp dry ground mustard
1/8 tsp salt
1/4 cup chopped fresh parsley

4 6" Pita Breads, cut in half
1 cup plain hummus
1 cup shredded romaine lettuce
3 Roma tomatoes, diced
1/2 red onion, diced

Procedure:

1. For the Chicken Shawarma, in a large bowl combine oil, lemon juice, curry powder, cardamom, turmeric, garlic, and parsley.
2. Add chicken and turn to coat evenly.
Marinate in refrigerator for at least an hour.
Remove chicken and discard excess marinade.
3. Heat a large skillet over medium high heat. Add chicken and cook for 5-7 minutes on each side, or until cooked through.
Allow to cool slightly, and cut into strips.
4. For the Lemon Tahini dressing, add all ingredients to a small bowl, stir until combined.
5. Cut pitas in half and fill each half with 2 Tbsp Hummus, shredded romaine, diced tomatoes, diced red onion, and chicken breast strips *(4-6 strips per pita half)*.
Drizzle with 1 Tbsp Lemon Tahini Dressing.

Exchanges: 1 sandwich *(2 pita halves)* = 2 Grains, 3 Proteins,
2 Fats, 1-2 Vegetables

Grilled Ranch Chicken Wrap

Prep time: 20 minutes

Servings: 4

Ingredients:

1 pound boneless chicken breast

Dash of salt and pepper

4 10" flour tortillas

4 Tbsp buttermilk ranch dressing

2 cups shredded lettuce

1/2 cup shredded cheddar cheese

Procedure:

1. Season chicken lightly with salt and pepper.
2. Heat a large skillet over medium high heat.
Spray with non-stick cooking spray. Add chicken and cook for 5-7 minutes on each side, or until cooked through.
3. Allow chicken to cool slightly, and cut into strips.
4. Heat tortillas in microwave for 30-60 seconds.
5. Place a full 4 ounce chicken breast cut into strips, 1 Tbsp ranch, 2 Tbsp cheddar, 1/2 cup lettuce, and 1/4 cup tomato in a whole flour tortilla.
6. Roll wrap burrito style, and serve.

Exchanges: 1 wrap = 2 Grains, 3 Proteins, 2 Fats, 1-2 Vegetables

Variations:

Substitute shredded pepper jack cheese instead of cheddar.

Try stirring salsa into ranch to make a Southwest Ranch Chicken Wrap.

Asian Tofu Wrap

Prep time: 40 minutes + marinating time

Servings: 2

Ingredients:

2 Tbsp soy sauce
6 Tbsp unsweetened pineapple juice
10 oz tofu, cut into cubes
1 cup fresh spinach, shredded
1/4 cup fresh chopped mushrooms
1/4 cup julienne red bell peppers
1/4 cup julienne carrots
1/4 cup Asian-style salad dressing
2-10" flour tortillas

Procedure:

1. Combine soy sauce and pineapple juice in a shallow baking dish. Add tofu to dish, and toss to coat. Marinate in refrigerator for 1 hour. Drain and discard excess marinade. Lightly press tofu with paper towel to extract moisture.
2. Preheat oven to 375 degrees.
3. Place tofu on a cookie sheet sprayed with non-stick cooking spray. Bake tofu for 20-30 minutes, flipping it over half way through cooking.
4. Top each tortilla with 1/2 cup spinach, 2 Tbsp mushrooms, 1/2 of the red peppers, 1/2 of the carrots, and 1/2 of the tofu. Drizzle 2 Tbsp Asian dressing over all ingredients.

Exchanges: 1 wrap = 2 Grains, 3 Proteins, 2 Fats, 1 Vegetable

Variations: Can substitute tofu with chicken - marinate 1 lb raw chicken in the soy and pineapple sauce. Cook in skillet until completely cooked through, then cut into cubes.

Hummus Wrap

Prep time: 25 minutes

Servings: 2

Ingredients:

1 cup summer squash, cubed
1 Tbsp olive oil
Salt & pepper
2/3 cup hummus
1/2 cup mixed greens
2 Tbsp toasted pine nuts
2 – 10" tortillas

Procedure:

1. Heat oven to 400 degrees. Place squash in baking dish. Drizzle with olive oil and season with salt and pepper. Roast, stirring occasionally, for 15-20 minutes, or until tender.
2. Spread 1/3 cup hummus on tortilla, leaving a 1" border. Top with ½ the squash, 1/4 cup mixed greens and 1 Tbsp pine nuts.
3. Tightly wrap (*burrito style*) and serve.

Exchanges: 1 wrap = 2 Grains, 3 Proteins, 2 Fats, 1 Vegetable

Variations: For some flavor variation, try using different flavors of hummus or roasting different vegetables, such as zucchini, eggplant and red bell pepper.

Caprese Panini

Prep time: 20 minutes

Servings: 4

Ingredients:

4 individual focaccia bread loaves, sliced in half

1/4 cup jarred pesto

8 ounces mozzarella cheese, sliced into 8 slices

2 fresh tomatoes, sliced

Procedure:

1. Preheat griddle or broiler to medium-high heat.
2. Cut focaccia in half length-wise. Spread 1/2 Tbsp pesto on each half. Place 2 slices of cheese on each sandwich.
3. Top with 2-4 slices of tomato. Close sandwich and place on griddle or under broiler. Turn when first side starts to get crusty. Turn and continue to grill until cheese starts to melt.

Exchanges: 1 panini = 2 Grains, 3 Proteins, 2 Fats, 1 Vegetable

Crispy Tofu Sandwich

Prep time: 1 hour

Servings: 3

Ingredients:

12 oz block tofu
1 cup flour
1 egg, beaten
1 cup panko bread crumbs
3 Tbsp black sesame seeds
2 cups spinach
2 Tbsp bottled
balsamic dressing
1/4 cup mayonnaise
1 tsp finely minced garlic
6 slices bread
1 cup roasted
red peppers, sliced

Marinade:

- 2 Tbsp soy sauce
- 1/2 tsp sesame oil
- 1/2 tsp fresh
minced ginger
- 2 tsp honey
- 1 Tbsp rice vinegar

Crispy Tofu Sandwich

continued

Procedure:

1. Preheat oven to 375 degrees.
2. Combine marinade ingredients in a medium sized bowl.
3. Remove the tofu from its packaging. Line a plate with a folded paper towel and set the tofu on top. Set a small plate on top of the tofu and weigh it down with something heavy, like a 28-ounce can of tomatoes.
Press for 15 to 30 minutes. You will see liquid collect around the tofu. Remove the weight and drain off the excess liquid.
Pat the tofu dry. Cut into 6 equal slices. Place sliced tofu into marinade, and gently toss to combine.
4. Marinate for 30 minutes.
Then remove tofu, drain, and lightly pat dry.
5. Put flour, beaten egg, and breadcrumbs mixed with sesame seeds in three separate shallow dishes.
6. Place tofu in flour, and toss to coat. Then dip both sides of tofu in egg, then toss with breadcrumb/sesame seed mixture.
7. Spray cookie sheet with nonstick cooking spray.
Place tofu on cookie sheet and bake for 20-30 minutes, flipping half way through, until golden brown.
8. In a medium sized bowl, toss spinach in balsamic dressing
9. Combine mayonnaise and garlic in a small bowl to make garlic aioli.
10. Toast 2 slices of bread, if desired. Spread 1 Tbsp garlic aioli on bread. Add 2 pieces warm tofu, ½ cup greens, and 2 slices roasted red pepper.

Exchanges: 1 sandwich = 2 Grains, 3 Proteins, 2 Fats,
1 Vegetable

Falafel-Stuffed Pitas

Prep time: 45 minutes

Servings: 4

Ingredients:

For the Falafel:

- 1/4 cup dry breadcrumbs
- 1/4 cup chopped cilantro
- 1 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp crushed red pepper flakes
- 2 garlic cloves, crushed
- 1 large egg
- 1 - 15oz can chickpeas (*garbanzo beans*),
rinsed and drained
- 1 Tbsp olive oil

For the Sauce:

- 1/2 cup plain yogurt
- 2 Tbsp fresh lemon juice
- 2 Tbsp tahini (*sesame-seed paste*)
- 1 garlic clove, minced

Remaining ingredients:

- 4 - 6" Pitas, cut in half
- 8 leaf lettuce leaves
- 16 slices tomato

Falafel-Stuffed Pitas

continued

Procedure:

1. To prepare falafel, place first 8 ingredients in a food processor; process mixture until smooth (*in order to loosen mixture, water may need to be added 1 teaspoon at a time*).
Divide mixture into 16 equal portions, and shape each portion into a 1/4-inch thick patty.
2. Heat olive oil in a large nonstick skillet over medium-high heat. Add patties, and cook 5 minutes on each side or until patties are browned.
3. To prepare sauce, combine yogurt, lemon juice, tahini and garlic, stirring until well combined. Spread about 1 1/2 Tbsp tahini sauce into each pita half.
Fill each pita half with 1 lettuce leaf, 2 tomato slices and 2 falafel patties.

Exchanges: 1 sandwich (2 pita halves) = 2 Grains, 3 Proteins,
2 Fats, 1 Vegetable

Tuna Salad Sandwich

Prep Time: 15 minutes

Servings: 7 (*1/2 cup each*)

Ingredients:

2 cups canned tuna, water packed, drained

1/2 cup diced celery

2 Tbsp diced green onion

1/4 cup diced red bell pepper

2 tsp chopped fresh parsley

1/2 tsp dried basil

1/4 cup plain yogurt

1/4 cup mayo

1/4 tsp salt

1/4 tsp black pepper

14 slices of sandwich bread

Procedure:

1. Combine all ingredients in bowl and stir to mix.
2. Serve 1/2 cup on 2 slices of bread to make a sandwich.

Exchanges: 1 sandwich = 2 Grains, 3 Proteins, 2 Fats

Variations:

Add sliced pickle to sandwich for a TANGY FLAVOR!

Try serving in 2- 6" pita halves instead of on sandwich bread.

Turkey Panini

Prep time: 10 minutes

Servings: 4

Ingredients:

4 individual focaccia bread loaves, sliced in half

4 slices of cheese (*ie. provolone, Havarti, mozzarella*)

1/4 cup jarred pesto

3/4 lb of sliced turkey

Toppings (*see below*)

Procedure:

1. Preheat griddle or broiler to medium-high heat.
2. Cut focaccia in half length-wise.
Spread 1/2 Tbsp pesto on each half.
3. Place 3 oz of turkey, 1 slice of cheese and any additional toppings on each of 4 halves. Top with the remaining bread halves.
4. Close sandwiches and grill or broil until bread is toasted.

Exchanges: 1 sandwich = 2 Grains, 3 Proteins, 2 Fats, 1 Vegetable

Ideas to complete the meal:

To add a vegetable, try any combination of these additional toppings: roasted red peppers, spinach, tomato, arugula, caramelized onions.

Egg Salad Sandwich

Prep time: 30 minutes

Servings: 4

Ingredients:

6 eggs
1/2 cup diced celery
2 Tbsp diced yellow onion
1 Tbsp sweet pickle relish
3 Tbsp mayo
3/4 tsp salt
1/2 tsp black pepper
1/4 tsp dry ground mustard
8 slices sandwich bread

Procedure:

1. To cook hard boiled eggs, place eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner, cover pan, and let eggs stand in hot water about 12 minutes for large eggs. Drain and put eggs in ice water to cool. Once completely cooled, peel eggs.
2. Rough chop eggs, and add to large bowl.
3. Add remaining ingredients to bowl and using a large spoon or rubber spatula, lightly mash ingredients together.
4. Serve 1/2 cup egg salad between 2 slices of bread to make a sandwich.

Exchanges: 1 sandwich = 3 Proteins, 2 Grains, 2 Fats

Grilled Three Cheese Sandwich

Prep Time: 10 minutes

Servings: 1

Ingredients:

2 ounces softened butter
 1/4 tsp garlic powder
 1/4 tsp dried basil
 1/4 tsp dried oregano
 1/8 tsp ground white pepper
 2 slices bread
 1 slice Monterey Jack cheese
 1 slice cheddar cheese
 1 slice provolone cheese

Procedure:

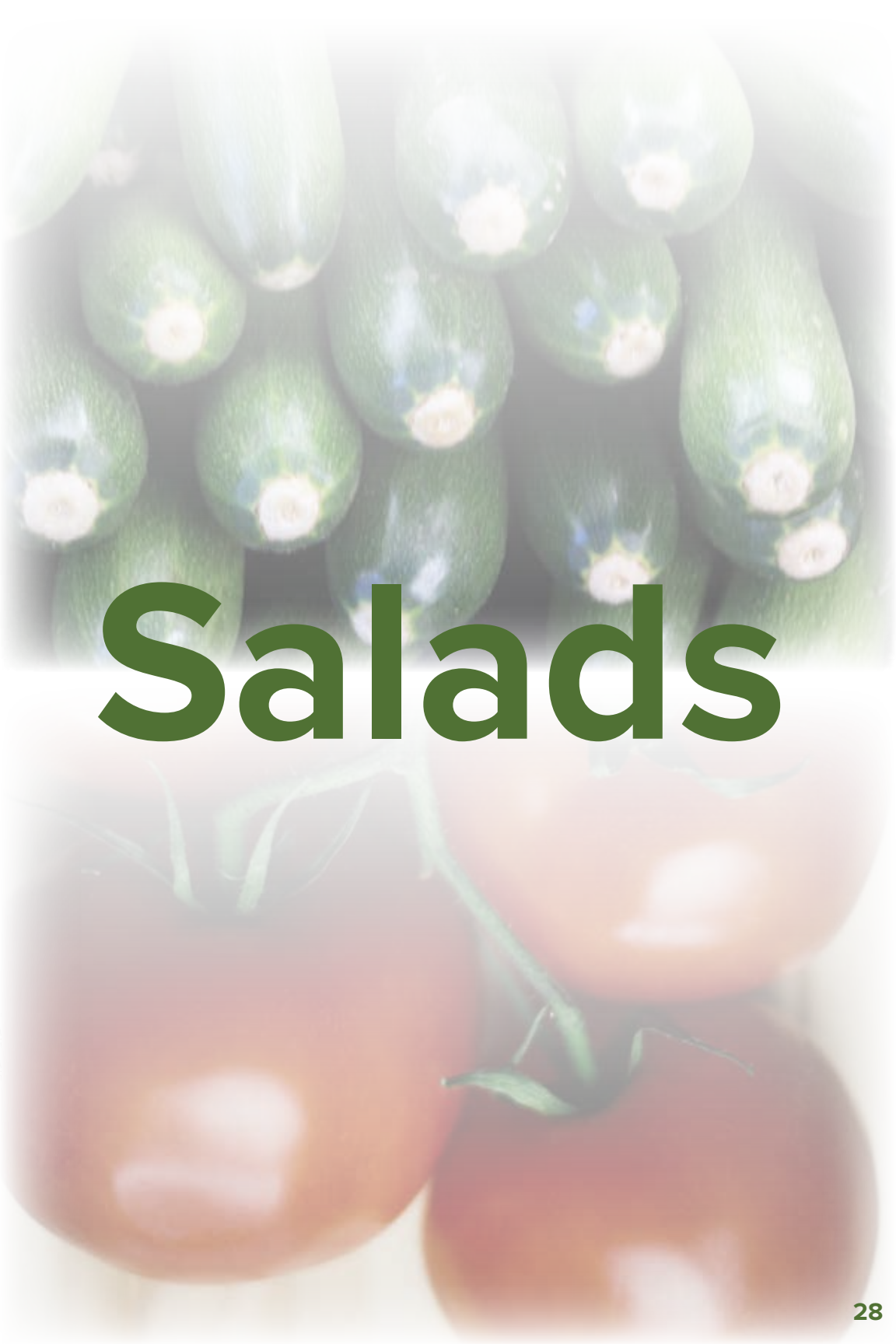
1. In a small bowl, combine butter, garlic powder, basil, oregano and white pepper for herb spread. Mix until well-blended.
2. Preheat a large non-stick skillet, or griddle, over medium heat.
3. Spread 1 tsp herb spread on one side of each slice of bread. When pan is hot, place a slice of bread, butter side down, in the pan. Top with 1 slice of each type of cheese. Close sandwich with second slice of bread (*butter side facing up*).
4. Cook for 2-3 minutes on each side or until golden brown, and cheese is melted. Cut in half diagonally. Serve immediately.
5. Save extra herb spread in refrigerator for up to 1 week.

Exchanges: 1 Sandwich = 3 Proteins, 2 Grains, 2 Fats



Ideas to complete the meal:

To add a vegetable, add 2 slices tomato to sandwich before grilling.



Salads

Spinach, Chicken, &

Prep Time: 25 minutes

Servings: 1

Ingredients:

1 4-ounce boneless chicken breast

1 1/2 cups spinach

1 Tbsp crumbles feta cheese

1 Tbsp sliced almonds

1 Tbsp dried cranberries

1 Tbsp diced or sliced red onion

Champagne Vinaigrette

(makes 12 servings)

1 clove garlic

2 Tbsp Dijon mustard

1/4 cup champagne vinegar

2 Tbsp fresh lemon juice

2 Tbsp honey

1/4 tsp hot sauce

1/2 tsp salt

1/2 tsp black pepper

3/4 cup olive oil

1/4 cup water

Spinach, Chicken, & Feta Salad continued

Procedure:

1. To make vinaigrette, whisk together garlic, Dijon, champagne vinegar, lemon juice, honey, hot sauce, salt and pepper. Slowly whisk in olive oil, until it becomes thick. Thin vinaigrette out with water until desired consistency is achieved.
2. To prepare chicken, season with sprinkle of salt and pepper.
3. Spray medium sized skillet with non-stick spray, and place over medium-high heat. Sear chicken for 5-8 minutes before flipping over. Cook for an additional 5 minutes, or until cooked through.
4. Place 1 1/2 cups spinach on plate. Arrange 1 chicken breast, feta cheese, almonds, dried cranberries, and red onion on top of spinach. Top with 2 Tbsp Champagne Vinaigrette.



Ideas to complete the meal:

Serve with toasted pita bread or dinner roll for grains.

Extra dressing can be saved in an air tight container in the refrigerator for up to a week, and used on dinner salads!

Chinese Chicken Salad

Prep Time: 35 minutes

Servings: 1

Ingredients:

1 boneless skinless chicken breast
1/8 tsp salt
1/8 tsp black pepper
2 cups lettuce, chopped
2 tablespoons Asian Sesame Dressing
5-6 mandarin oranges
1 Tbsp chow mein noodles
Black sesame seeds
1 pita, quartered

Procedure:

1. Place non-stick skillet over medium high heat. Season chicken with salt and pepper.
2. Spray skillet with non-stick spray, and cook chicken for 5-7 minutes on both sides, or until cooked through. Let cool to room temperature, then cut into slices.
3. Toss lettuce with dressing. Top with chicken, mandarin oranges, and chow mein noodles.
4. Sprinkle with sesame seeds. Serve with pita bread.

Exchanges: 1 salad = 3 Proteins, 2 Grains, 2 Fats, 2 Vegetables

Variations: Add some sliced green onions to give it even more flavor!

Southwest Chicken Salad

Prep Time: 20 minutes

Servings: 4

Ingredients:

1/2 cup Italian dressing
1/2 tsp ground cumin
1/2 tsp ground black pepper
1/8 tsp garlic powder
1 pound boneless chicken breast,
 cut into strips
8 cups salad greens mix
1 cup frozen corn, thawed
1 cup canned black beans,
 drained and rinsed
1 cup diced tomatoes

Southwestern Ranch Dressing:

1/4 cup Ranch dressing
1/4 cup mild salsa
1 tsp chopped fresh cilantro
1/4 tsp minced fresh garlic
1 1/2 tsp fresh lime juice
Pinch chili powder

Procedure:

1. To make marinade, combine Italian dressing, cumin, black pepper and garlic powder. Mix well to combine.
2. Pour marinade over chicken strips.
 Cover and place in refrigerator for 1 hour to marinate.
 Drain and discard excess marinade.
3. Heat sauté pan over medium-high heat.
 Sauté chicken for 8-10 minutes, or until cooked through.
4. For Southwestern Ranch Dressing, add all ingredients to small bowl, and stir until combined.
5. Place 2 cups salad greens on plate. Arrange 1 chicken breast, 1/4 cup corn, 1/4 cup black beans and 1/4 cup tomatoes on top of greens.
 Serve with 2 Tbsp Southwestern Ranch Dressing.
 Serve with 1/2 toasted pita bread or about 10 tortilla chips.

Exchanges: 1 salad with pita or chips = 2 Grains, 3 Proteins,
2 Fats, 1-2 Vegetables



Poultry

Feta Chicken

Prep Time: 20 minutes

Servings: 4

Ingredients:

4 4-ounce boneless, skinless chicken breast	1 tsp onion powder
2 Tbsp olive oil	1/8 tsp salt
1 Tbsp Italian seasoning	1/8 tsp pepper
1 tsp garlic powder	1/2 cup crumbled feta cheese

Procedure:

1. In a large bowl, whisk together oil, Italian seasoning, garlic powder, onion powder, salt and pepper. Add chicken and turn to coat evenly. Marinate for 30 minutes. Remove chicken from marinade and discard excess.
2. Preheat oven to 350 degrees.
3. Spray large skillet with non-stick cooking spray, and place over medium high heat.
Place chicken in pan and let cook for 5-8 minutes before flipping. Turn chicken breasts over, and cook for an additional 5-8 minutes, or until cooked through.
4. Place chicken on baking sheet, and top each piece with 2 Tbsp feta cheese.
5. Bake until cheese is warmed and starting to melt (*about 5 minutes*).

Exchanges: 1 chicken breast = 3 Proteins, 1 Fat



Ideas to complete the meal:

Serve with rice pilaf for grains and a side salad with dressing for vegetable and fat exchanges.

Far East Chicken

Prep Time: 5 minutes + marinating and cooking time

Servings: 4

Ingredients:

4 4-ounce boneless, skinless chicken breast

Marinade:

- 1/4 cup chicken stock
- 1/4 cup freshly squeezed lime juice
- 2 Tbsp bottled teriyaki sauce
- 1 tsp honey
- 1/4 tsp garlic powder
- 1/2 tsp black pepper
- 1/4 cup chopped green onion

Procedure:

1. Combine all ingredients for marinade in a medium sized bowl. Whisk until combined.
2. Add chicken to bowl and cover with plastic wrap. Marinate the chicken in refrigerator for 1 hour, up to 4 hours.
3. Heat a grill or a non-stick skillet over medium-high heat and spray with non-stick cooking spray. Remove chicken from marinade and place in pan (*reserve marinade*).
4. Sear chicken for 5 minutes on each side. Pour marinade in pan, and bring to a simmer. Cook for an additional 3-5 minutes, or until chicken is cooked through and sauce is thickened.

Exchanges: 1 chicken breast = 3 Proteins



Ideas to complete the meal:

Serve chicken with steamed basmati rice for grains and sautéed broccoli as a vegetable.

Pasta Marinara with Chicken

Prep time: 25 minutes | Servings: 4

Ingredients:

8-9 oz dry spaghetti

4 4-ounce boneless, skinless chicken breast

Salt

Black pepper

2 cups jarred marinara sauce

Procedure:

1. Bring large pot of water to a boil.
Add spaghetti, and cook according to package directions.
2. Spray large skillet with non-stick cooking spray,
and place over medium high heat.
3. Season chicken breasts with salt and pepper, and sear in pan.
Let cook for 5-8 minutes before flipping.
Turn chicken breasts over, and cook for an additional
5-8 minutes, or until cooked through.
4. Serve 1 cup of cooked pasta, with ½ cup warmed
marinara sauce, and 1 cooked chicken breast.

Exchanges: 1 cup pasta, 1/2 cup marinara, 1 chicken breast =
3 Proteins, 2 Grains, 1 Vegetable



Ideas to complete the meal:

Top pasta with shredded mozzarella to add a fat exchange.
Serve with side salad with dressing for vegetable and fat exchanges.

Chicken Fajitas

Prep Time: 20 minutes

Servings: 4

Ingredients:

4 4-ounce boneless, skinless chicken breasts	1 tsp olive oil
1/4 cup jarred southwestern salsa	2 cups sliced green bell peppers
1/8 tsp ground cumin	2 cups sliced yellow onion
1 Tbsp chopped fresh cilantro	2 cups chopped fresh tomato
	8 6-inch flour tortillas

Procedure:

1. Slice chicken breast into strips.
Season chicken with salt and pepper.
2. Place a large non-stick skillet over medium-high heat.
Spray with non-stick spray and add chicken.
Sear for 5-8 minutes, stirring every couple of minutes.
3. Add salsa, cumin, and cilantro to pan and stir to coat chicken. Allow to cook for additional 5 minutes, or until chicken is cooked through. Remove chicken from pan.
4. Wipe out pan using paper towel, and place over medium heat.
Add oil to pan, and stir in peppers and onions.
5. Sauté peppers and onions for 5-10 minutes, or until they begin to soften.
6. Stir in tomatoes, and cook for additional 2 minutes.
7. Serve 2 tortillas with 1/4 cup of cooked chicken and

Exchanges: 2 fajitas = 3 Proteins, 2 Grains, 1 Vegetable



Ideas to complete the meal: To add fats to the meal, top fajitas with guacamole (See page 68), shredded cheddar cheese, or sour cream.

Variations: Use grilled steak or shrimp instead of chicken to mix it up!

Spaghetti and Meatballs

Prep time: 30 minutes, plus cooking time

Servings: 4

Ingredients:

Turkey Meatballs

3/4 pounds ground turkey
1/2 cup minced yellow onion
1 egg
1/2 tsp salt
1/4 tsp black pepper
1/2 cup dried bread crumbs
2 tsp minced garlic
1/4 tsp fresh thyme
leaves, minced
1/4 tsp ground dry sage
1 pound dry spaghetti
noodles

Basil Marinara

28 ounce can
crushed tomatoes
1 1/2 tsp Italian seasoning
1 Tbsp dried basil
2 tsp granulated garlic
1 tsp black pepper
1 tsp salt

Spaghetti & Meatballs *(cont.)*

Procedure:

1. Preheat oven to 375 degrees.
2. In a large bowl, combine all ingredients for meatballs.
Mix well by hand.
3. Roll 12 individual meatballs by hand, approximately 1 heaping tablespoon in size.
4. Place meatballs on a sheet pan coated with non-stick cooking spray and place in preheated oven. Bake for approximately 15 minutes or until cooked through.
5. Combine all ingredients for Basil Marinara in a medium-sized sauce pot over medium high heat. Bring to a boil.
Reduce to simmer and cook for 20 minutes.
6. In a large stock pot, bring 4 quarts of water to a boil. Add pasta and cook according to package directions. Drain well.
7. Add meatballs to marinara pot and cook for additional 5 minutes.

Exchanges: 1 cup pasta, 1/2 cup marinara, and 3 meatballs =
3 Proteins, 2 Grains, 1 Fat



Ideas to complete the meal:

Serve with a side salad with dressing to add vegetable and fat exchanges.

Variations: *Add fresh basil and grated parmesan as a topping!*

White Bean Chicken Chili

Prep Time: 30 minutes

Servings: 8

Ingredients:

1 pound chicken breasts	1/4 tsp ground cumin
2 Tbsp vegetable oil	4 cups chicken broth
1 onion, chopped	1 14.5-oz can diced tomatoes
2 cloves garlic, minced	1 15-oz can white beans, drained and rinsed
1/2 tsp dried oregano	2 cups frozen corn, thawed
1/2 tsp ground coriander seed	Salt and pepper to taste

Procedure:

1. Spray a large skillet with non-stick spray. Place over medium high heat. Add chicken to pan, and allow to cook on the first side for 5 minutes. Turn chicken and cook for another 5-10 minutes, or until chicken is cooked through.
2. Transfer chicken to a cutting board, and cut into bite sized pieces.
3. In a large stock pot over medium-high heat, add oil, onion and garlic and cook until soft.
4. Add oregano, coriander and cumin and cook for 2 minutes.
5. Stir in remaining ingredients and bring to a boil. Reduce to simmer and cook for ten minutes.
6. Season to taste with salt and pepper.

Exchanges: 1 cup chili = 3 Protein, 1 Grain



Ideas to complete the meal:

Top chili with sour cream and/or shredded cheddar cheese to add fats.

Serve with a Corn Muffin (*see page 66*)

Spinach Artichoke Chicken

Prep time: 45 minutes

Servings: 8

Ingredients:

- 1 box frozen chopped spinach,
thawed, all liquid squeezed out
- 1 cup canned artichoke hearts,
drained and chopped
- 3/4 cup grated parmesan cheese
- 3/4 cup mayo
- 1/8 tsp garlic powder
- Salt and pepper to taste
- 8 chicken breasts

Procedure:

1. Preheat oven to 350 degrees.
2. Combine spinach, artichokes, cheese, mayo, garlic powder, and a pinch of salt and pepper in a large bowl.
3. Spray a baking dish with non-stick spray.
Place chicken breasts in baking dish.
4. Top each chicken breast with 1/4 cup of spinach artichoke mixture.
5. Bake for 30 minutes, or until chicken is cooked all the way through.

Exchanges: 1 chicken breast = 3 Proteins, 2 Fats, 1 Vegetable

Turkey Meatloaf

Prep time: 10-15 minutes (*plus cooking time*)

Servings: 6

Ingredients:

1 cup chopped onion	1/2 cup ketchup, <i>divided</i>
1 package ground turkey (20 ounces)	1/4 cup milk
1/2 cup breadcrumbs	1 1/2 tsp salt
1 egg	1 1/2 tsp black pepper
	1 tsp garlic powder

Procedure:

1. Heat oven to 375°F.
2. Spray a skillet with non-stick spray. Place over medium-high heat. Add onion and cook 5 minutes, stirring occasionally. Transfer to a large bowl and let cool for 5 minutes.
3. Add ground turkey, breadcrumbs, egg, 1/4 cup ketchup, milk, salt, pepper, and garlic powder. Mix well.
4. Press into 8 x 4-inch loaf pan, and smooth out the top. Spread remaining 1/4 cup ketchup over top.
5. Bake for 45 minutes-1 hour, or until the internal temperature of meatloaf is well-done, 165°F. Let stand at room temperature 5 minutes before slicing. Slice into 6 slices.

Exchanges: 1 slice= 3 Proteins, 1 Fat



Ideas to complete the meal:

Serve with mashed potatoes to add grains and a salad with dressing to add vegetable and fat exchanges.



Seafood

Marinated Grilled Salmon

Prep time: 10 minutes *(plus time for marinating and cooking)*

Servings: 4

Ingredients:

2 Tbsp olive oil
2 Tbsp orange juice
2 tsp white balsamic vinegar
2 tsp ground cumin
2 tsp sesame seeds
1 tsp salt
1 tsp paprika
1 clove garlic, minced
1/8 tsp crushed red pepper flakes
4 salmon fillets *(5 ounces each)*

Procedure:

1. To make marinade, combine oil, orange juice, vinegar, cumin, sesame seeds, salt, paprika, garlic, and red pepper flakes in a medium-sized bowl. Mix until well-blended.
2. Add salmon to bowl and toss to coat with marinade. Cover with plastic wrap and refrigerate for 1 hour to marinate. Drain and discard excess marinade.
3. Heat a skillet over medium-high heat. Spray with non-stick cooking spray and add salmon. Cook for 5 minutes on each side, or until salmon

Exchanges: 1 salmon fillet = 3 Proteins



Ideas to complete the meal:

Top salmon with Corn Salsa *(see page 67)*.
Serve with 2/3 cup cooked rice or quinoa to add 2 grain exchanges. Try roasted cauliflower *(drizzled with olive oil and roasted in the oven)* as a vegetable side dish.

Macadamia Nut Crusted Mahi

Prep Time: 45 minutes | Servings: 4

Ingredients:

2 cups milk (<i>or coconut milk</i>)	2 Tbsp water
4 Mahi Mahi fillets (<i>or tofu</i>), 5 ounces each	1/2 tsp cornstarch
1/4 cup finely chopped Macadamia nuts	1 cup pineapple juice, canned
1/2 cup Panko bread crumbs	1/2 cup light brown sugar
	1 1/2 Tbsp ground ginger (<i>or 1 1/2 Tbsp fresh ginger</i>)

Procedure:

1. Preheat oven to 400 degrees.
2. Pour milk into a large bowl and submerge fish fillets in milk. Let sit for 5-10 minutes.
3. In a shallow container, combine nuts and bread crumbs for coating mixture, and mix well. (*If needed, pulse macadamia nuts in food processor first until they are finely chopped*)
4. Remove fish from milk, and press into breading mixture (*evenly coat each side*).
5. Place fillets on a cookie sheet coated with non-stick cooking spray and place in preheated oven. Bake for approximately 10 minutes or until crust is golden and fish is cooked through.
6. In a small bowl, combine water and cornstarch. Stir until smooth to create a cornstarch slurry.
7. In a sauce pan over medium high heat, combine pineapple juice, brown sugar and ginger. Bring to a simmer and cook for 2 minutes. Stir in cornstarch slurry. Cook for 1 to 2 minutes more, or until sauce thickens enough to coat the back of a spoon.
8. Place 1 fillet on a plate and serve with approximately 2 Tbsp of prepared sauce on top.

Exchanges: 1 fillet with sauce = 3 Proteins, 1 Fat



Ideas to complete the meal:

Serve with Coconut Rice (*see page 65*) for grains.

Tortilla Crusted Tilapia

Prep Time: 25 minutes | Servings: 4

Ingredients:

4 Tilapia fillets (*5 ounces each*)
3 cups partially crushed tortilla chips
1 jalapeno pepper,
 seeded and coarsely chopped
1 tsp lime juice
1/4 cup fresh cilantro
1/2 tsp chili powder
1/4 tsp salt
1/4 tsp ground cumin
1 egg, beaten

Procedure:

1. Preheat oven to 400 degrees.
2. Place tortilla chips, jalapeno, lime juice, cilantro, chili powder, cumin and salt in a food processor or blender. Pulse until the mixture is uniform small crumbs. Spread on plate.
3. Beat egg in shallow dish.
4. Coat a baking sheet with cooking spray.
5. Dip both sides of each fillet in egg, then place in bread crumbs and toss to coat. Pat crumbs into fillets to insure they adhere. Place on cookie sheet.
6. Bake until fish is flakey and cooked through, about 15 minutes depending on thickness of fillets.

Exchanges: 1 tilapia fillet = 3 Proteins, 1 Grain



Ideas to complete the meal:

Serve with corn muffin (*see page 66*) with butter for grain and fat exchanges. Sautéed zucchini is an option for a vegetable side.



Vegetarian *entrées*

Baked Mac-n-Cheese

Prep time: 45 minutes | Servings: 6 (*1 cup each*)

Ingredients:

7oz macaroni noodles, dried	1/2 tsp garlic powder
1/4 cup butter, unsalted	1/2 tsp nutmeg
3 Tbsp all-purpose flour	1 cup shredded cheddar cheese
2 1/2 cups whole milk	1/2 cup shredded
8 oz cream cheese	monterey jack cheese
1/2 tsp salt	1/2 cup parmesan cheese
1/2 tsp white pepper	1 cup panko or Italian style
1 Tbsp Dijon mustard	breadcrumbs
1/2 tsp onion powder	

Procedure:

1. Preheat oven to 400 degrees F.
2. Bring a large pot of lightly salted water to a boil. Add macaroni pasta and cook for 8 to 10 minutes or until al dente; drain.
3. In a saucepan over medium heat, melt butter and stir in flour. Cook for about 1 minute, until smooth and bubbly; stirring occasionally.
4. Mix in milk, cream cheese, salt, pepper, Dijon mustard, onion powder, and garlic powder. Continue cooking until sauce is thickened.
5. Add cheddar, parmesan, and monterey jack cheeses. Cook until sauce reaches a velvety consistency, and be careful not to let the bottom burn. Stir in cooked pasta.
6. Pour into a large baking dish. Spread breadcrumbs over mac and cheese. Bake for 15-20 minutes or until golden brown

Exchanges: 1 cup = 3 Proteins, 2 Grains, 2 Fats



Ideas to complete the meal:

Serve with roasted broccoli or Brussel sprouts as a vegetable.

Lentil Burgers with Yogurt Dill Sauce

Prep Time: 30 minutes, *plus cooking and chilling time*

Servings: 4

Ingredients:

2 cups vegetable stock
1 cup dried lentils, rinsed
1/2 cup grated carrot
1/4 cup chopped
 fresh mushrooms
1/4 cup chopped walnuts
1 Tbsp ground cumin
1/2 tsp salt
1 tsp black pepper
1 egg
1/4 cup plain dry bread crumbs
1/4 cup diced yellow onion
2 cloves garlic, minced
1 tsp dried thyme

Yogurt Dill Sauce:

1/4 cup plain yogurt
1/4 cup minced,
 seeded cucumber
1/4 tsp dried dill weed
1/2 tsp dried mint leaves
1/4 tsp black pepper
1/8 tsp salt
1 dash hot pepper sauce

Lentil Burgers

with Yogurt Dill Sauce *continued*

Procedure:

1. In a medium sauce pan, bring vegetable stock to a boil. Stir in lentils and reduce heat to low. Cover and simmer for 30 minutes, or until lentils are tender and liquid is absorbed. Let cool to room temperature.
2. Place lentils, carrot, mushrooms, walnuts, cumin, salt, and pepper in food processor or blender. Process until finely chopped (*but not smooth*) with some whole lentils still visible. Scrape down sides of the food processor bowl to help the mixture chop evenly.
3. In a medium sized bowl, combine egg, bread crumbs, onion, garlic and thyme. Stir in lentil mixture. Refrigerate for 2 to 3 hours.
4. Shape lentil mixture into four 1/2-inch-thick patties. Coat large skillet with cooking spray and place over medium heat. Cook patties over medium heat about 10 minutes or until browned on each side.
5. Combine Yogurt Dill Sauce ingredients in a small bowl.
6. Place lentil burger on a bun and top with 1 Tbsp of Yogurt Dill Sauce.

Exchanges: 1 burger = 3 Proteins, 2 Grains, 1 Fat

Black Bean Burrito

Prep time: 15 minutes

Servings: 1

Ingredients:

2 Tbsp diced yellow onion	1/4 cup mild salsa
1/2 Tbsp minced garlic	1/2 tsp cumin
1 tsp olive oil	1/2 tsp chili powder
2/3 cup canned black beans, drained and rinsed	2 Tbsp cream cheese
	1 large flour tortilla

Procedure:

- 1 In a large sauté pan, over medium-high heat, sauté onion and garlic in oil for 3-5 minutes, or until onion begins to brown.
- 2 Add black beans and salsa, and bring to a light simmer.
- 3 Add cumin, chili powder, and cream cheese, and stir to combine. Reduce heat to medium-low, and cook for 5 more minutes.
- 4 Mash lightly with a wooden spoon or potato masher to create a more cohesive texture.
- 5 Warm tortilla for 15 seconds in microwave.
Spoon mixture into tortilla and fold burrito style to close.

Exchanges: 1 burrito= 3 Proteins, 2 Grains



Ideas to complete the meal:

Add shredded cheddar cheese, sour cream, and/or guacamole (see page 68) for fats to burrito before wrapping. Lettuce and tomato can also be added for a vegetable.

Variations: Place burrito in a dry non-stick pan over medium heat, turning every 2 minutes, until tortilla is crispy and cheese inside is melted.

Cheese Quesadilla

Prep Time: 5 minutes

Servings: 1

Ingredients:

1 tsp butter

1 - 10" Flour Tortilla

1/4 cup shredded cheddar cheese

1/4 cup shredded Monterey jack cheese

1 tsp chopped cilantro leaves

Procedure:

1. Heat non-stick skillet over medium-high heat.
Melt butter in pan.
2. Assemble by sprinkling cheese and cilantro over ½ the tortilla.
Fold in half.
3. Place quesadilla in pan.
Cook until golden brown on both sides and cheese is melted.

Exchanges: 1 quesadilla = 3 Proteins, 2 Grains, 2 Fats



Variations:

Add chopped green chilies inside quesadilla for a kick!
Serve with guacamole (*see page 68*) or sour cream.

Broccoli Cheddar Quiche

Prep time: 10 minutes *(plus time for cooking)*

Servings: 6

Ingredients:

10" pie shell <i>(frozen, and defrosted in refrigerator)</i>	4 large eggs
1/4 cup chopped yellow onions	1 cup whole milk
1 Tbsp butter	1 Tbsp all-purpose flour
1 cup chopped broccoli florets	1/4 tsp salt
1 cup shredded cheddar cheese	1/8 tsp ground white pepper

Procedure:

1. Preheat oven to 375 °F.
2. Partially bake pie shell in oven for 10 minutes.
3. In a sauté pan, melt butter over medium heat.
Add onions and sauté until tender, about 5 minutes.
4. Add broccoli to pan and cook until it turns bright green and begins to soften, about 5 minutes.
5. In a medium sized bowl, combine cheese, eggs, and milk, flour, salt and pepper. Mix well.
6. Add cooked onions and broccoli mixture to egg mixture, and stir to combine. Pour into pie shell.
7. Bake at 375°F for 25-35 minutes or until knife inserted in center comes out clean. Cut pie into 6 equal slices.

Exchanges: 1 slice = 3 Proteins, 2 Grains, 2 Fats

Spinach Turnover

Prep time: 1 hour | Servings: 4

Ingredients:

1 box frozen chopped spinach, thawed, all liquid squeezed out	2 Tbsp milk 1 tsp dried or fresh chopped mint 1/2 tsp salt
1 cup crumbled feta cheese	1/2 tsp black pepper
1/2 cup chopped green onions	1 pinch nutmeg
2 eggs	4 sheets frozen puff pastry, thawed

Procedure:

1. Preheat oven to 375 degrees.
2. In a large bowl, combine spinach, feta, green onion, 1 of the eggs, milk, mint, salt, pepper, and nutmeg. Mix well.
3. Spread out sheets of puff pastry onto counter top.
Divide spinach mixture amongst the 4 sheets of pastry, and place in the center of each sheet.
4. Crack another egg into a small bowl, and whisk with a fork.
Brush the edges of each pastry square with the egg wash.
5. Fold the pastry diagonally over the spinach mixture and seal by pressing the edges with a fork.
6. Place turnovers onto a greased baking sheet, and brush with remaining egg wash.

Exchanges: 1 turnover = 3 Proteins, 2 Grains, 2 Fats



Ideas to complete the meal:

Serve with 1/2 cup steamed or sautéed vegetable, such as broccoli, for a vegetable exchange.

Lentil & Root Vegetable Soup

Prep time: 45 minutes | Servings: 5

Ingredients:

Spicy Yogurt Sauce:

Combine 1/4 cup plain yogurt with 1 Tbsp red curry paste.

5 Tbsp olive oil	1 1/2 tsp red curry paste
1 1/4 cups chopped onion	4 1/2 cups vegetable stock
2-3 cloves of garlic crushed	2/3 cup dry lentils
1 3/4 lb potatoes, cut into chunks	1/2 can coconut milk
2 cups carrots, thickly sliced	1/4 cup cilantro- roughly chopped
2 cups cubed sweet potatoes	

Procedure:

1. Heat the oil in a large stock pot, then cook the onion and garlic over medium heat for 3 to 4 minutes until softened.
2. Add the potatoes and carrots. Turn heat up to medium high, and cook for 6 to 7 minutes, until vegetables are beginning to soften and turn golden color.
3. Stir in the curry paste or powder, vegetables stock, and coconut milk, and bring to a boil.
4. Reduce heat to low and add the lentils.
5. Cover with a lid and simmer for 15 to 20 minutes until thickened.
6. Serve 1 1/2 cups in a bowl, and top with sprinkle of cilantro and dollop of Spicy Yogurt Sauce.

Exchanges: 1 1/2 cups = 3 Protein, 1 Grain, 2 Fat



Ideas to complete the meal:

Serve with naan or dinner roll for additional grain.

Black Bean Enchiladas

Prep time: 25 minutes | Servings: 4

Ingredients:

1/2 cup diced red onion	8 6-inch yellow corn tortillas
1/2 cup diced red bell pepper	2 cups enchilada sauce
2 cloves garlic, minced	2/3 cup shredded
1 15-ounce can black beans, drained and rinsed	mozzarella cheese
1/2 tsp cayenne pepper	2 cups shredded cheddar or Monterey jack cheese

Procedure:

1. Preheat oven to 350 degrees.
2. Add oil to a large skillet, and place over medium high heat.
3. Sauté onions, bell peppers and garlic until softened, about 5 minutes.
4. In a large bowl, add black beans, sautéed onion and bell pepper mixture, mozzarella cheese and cayenne. Mix until combined.
5. Place 1/2 cup enchilada sauce in shallow dish.
6. Coat both sides of each tortilla with enchilada sauce.
7. Spoon 1/3 - 1/2 cup bean filling in center of each tortilla. Roll and place seam down in casserole pan.
8. Pour the remainder of the enchilada sauce over the top.
9. Top enchiladas with cheddar or Monterey jack cheese.
10. Bake for 20 minutes, or until sauce is bubbly and cheese is melted and golden brown.

Exchanges: 2 enchiladas = 3 Proteins, 2 Grains, 2 Fats

Vegetarian Chili

Prep Time: 45 minutes | Servings: 8

Ingredients:

1 Tbsp olive oil	1 15-oz can kidney beans, drained and rinsed
1/2 cup diced yellow onion	1 14.5-oz can diced tomatoes
1 clove garlic, minced	1 Tbsp honey
1/4 cup chopped celery	2 tsp chili powder
1/4 cup chopped carrots	1 tsp ground cumin
1/4 cup chopped red bell pepper	1/4 tsp dried oregano
3 cups vegetable broth	Salt and pepper to taste
1 15-oz can black beans, drained and rinsed	

Procedure:

1. Add oil to a large stock pot, and place over medium heat.
2. Add onion and sauté for 4-5 minutes, stirring occasionally.
3. Stir in chopped garlic, celery, carrot, and red bell pepper. Sauté, stirring occasionally, for 5-7 minutes or until vegetables are soft.
4. Add broth, black beans, kidney beans, diced tomatoes, honey, chili powder, cumin, and oregano and bring to a boil.
5. Reduce heat to simmer, and cook uncovered for 25 minutes. Season with salt and pepper if needed.

Exchanges: 1 cup chili = 3 Proteins, 2 Grains, 1 Vegetable



Ideas to complete the meal:

Serve topped with shredded cheddar cheese, avocado, and/or sour cream as fats.

Lentil Tacos

Prep time: 40 minutes | Servings: 4

Ingredients:

2 tsp canola oil	1 tsp ground cumin
1/2 cup finely chopped onion	1/2 tsp dried oregano
1 clove minced garlic	1 1/2 cups chicken or vegetable broth
1/2 cup dried lentils, rinsed	8 6-inch flour tortillas
1/2 Tbsp chili powder	

Procedure:

1. In a large stock pot (*with a tight fitting lid*), sauté the onion and garlic over medium high heat until tender, about 5-7 minutes.
2. Add the lentils, chili powder, cumin and oregano and cook for 1 minute, stirring frequently.
3. Add broth and bring to a boil. Cover, reduce heat to low, and simmer for 25-30 minutes, or until lentils are tender.
4. Remove lid and stir, and cook uncovered on low for an additional 6-8 minutes, or mixture is thickened.
Mash lentils slightly using potato masher or the back of a spoon.
5. Spoon about 1/3 cup lentil mixture into each tortilla.

Exchanges: 2 tacos = 2 Grain, 3 Protein (*without any other toppings*)



Ideas to complete the meal:

Top tacos with lettuce, tomato, and salsa to add a vegetable.
Add sour cream and/or shredded cheddar cheese as fats.

Thai Chicken/ Tofu Quesadilla

Prep Time: 35 minutes | Servings: 4

Ingredients:

- 4 4-ounce boneless, skinless chicken breast
or 12 oz block tofu
- 1/4 cup chopped green onions
- 2 Tbsp minced cilantro
- 1/2 cup grated Gouda cheese
- 1/4 cup shredded Monterey Jack cheese
- 1/2 cup store bought peanut sauce
(or *Pad Thai sauce*)
- 4 10-inch flour tortillas

Procedure:

1. If using chicken, spray large skillet with non-stick cooking spray, and place over medium high heat. Season chicken breasts with salt and pepper, and sear in pan. Let cook for 5-8 minutes before flipping. Turn chicken breasts over, and cook for an additional 5-8 minutes, or until cooked through. Let chicken cool on cutting board, then cut into bite sized pieces.
2. If using tofu, remove the tofu from its packaging. Line a plate with a folded paper towel and set the tofu on top. Set a small plate on top of the tofu and weigh it down with something heavy, like a 28-ounce can of tomatoes.
Press for 15 to 30 minutes. You will see liquid collect around the tofu. Remove the weight and drain off the excess liquid. Pat the tofu dry. Cut into cubes.
3. Combine chicken or tofu pieces, green onions, cilantro, and both cheeses in a large bowl.
4. Spread 2 Tbsp peanut sauce on each tortilla, leaving a 1" border around the edge.
5. Divide chicken or tofu mixture amongst 4 flour tortillas and spread mixture out over half of the tortilla.
Fold each tortilla in half.
6. Spray non-stick pan with canola oil spray, and place over medium heat. Cook until tortilla is until golden brown on each side. Serve immediately.

Exchanges: 1 quesadilla = 2 Grains, 3 Proteins, 2 Fats, 1 Vegetable

Stuffed Zucchini

Prep time: 40 minutes, *plus baking time* | Servings: 4

Ingredients:

1 cup cooked wild rice	Dash Tabasco sauce
2 zucchinis	2 eggs
1/2 Tbsp butter	1/2 cup cottage cheese
1/4 cup diced carrot	1/2 cup shredded cheddar cheese
1/4 cup diced yellow onion	1/2 tsp salt
1/4 cup diced celery	1/4 tsp black pepper
1/4 cup diced button mushrooms	1/4 Panko or Italian seasoned bread crumbs
1 tsp soy sauce	

Procedure:

1. Prepare wild rice according to package directions. Set aside.
2. Preheat oven to 375 degrees.
3. Cut zucchini in half lengthwise. Using a spoon, scoop out center of zucchini to create a boat (*reserve insides for filling*). Slice a thin slice off the rounded side of each zucchini half, to keep it from rolling.
4. Add butter to large skillet, and place over medium-high heat. Sauté carrot, onion, celery and mushrooms until softened, about 5-7 minutes.
5. Chop reserved zucchini centers, and add to skillet. Cook for an additional 3-4 minutes.
6. Stir in soy sauce and Tabasco Sauce and remove from heat.
7. In a large bowl, stir together egg, cottage cheese, and cheddar cheese. Mash with fork to break up pieces of cottage cheese curds. Stir in cooked wild rice and cooked vegetable mixture. Divide filling amongst the 4 zucchini boats, and place on a foil lined baking sheet. Top each zucchini with a sprinkling of breadcrumbs, and bake for 30-40 minutes.

Exchanges: 1 stuffed zucchini = 1 Grains, 3 Proteins, 1 Fat, 1 Veg



Ideas to complete the meal:

Serve with Corn Muffin (*see page 66*).

Spinach Ricotta Quiche

Prep time: 10 minutes (*plus time for cooking*) | Servings: 6

Ingredients:

1 10" pie shell	15 ounce container ricotta cheese
7 cups fresh spinach	1 cup shredded cheddar cheese
1/3 cup diced yellow onion	3 eggs
1/2 tsp dried basil	2 1/2 Tbsp flour
1/2 tsp salt	1/8 tsp ground nutmeg
1/8 tsp black pepper	1/8 tsp paprika

Procedure:

1. Preheat oven to 375 degrees.
2. Spray a large sauté pan with non-stick cooking spray.
Add spinach, onion, dried basil, salt and pepper, and sauté over medium high heat until spinach is wilted (*about 5 minutes*).
3. Allow spinach mixture to cool. Transfer to a mesh strainer, and squeeze out all excess liquid using the back of a large spoon.
4. In a medium bowl, combine spinach mixture, ricotta, cheddar, eggs, flour and nutmeg. Mix well.
5. Add spinach ricotta mixture to the pie shell and spread evenly.
6. Top quiche with generous sprinkle of paprika.
7. Bake in a 375 degree oven for 40 to 45 minutes, or until knife inserted in center comes out clean. Allow quiche to cool slightly and slice pie into 6 slices.

Exchanges: 1 slice = 3 Proteins, 2 Grains, 2 Fats

Asparagus Potato Frittata

Prep Time: 25 minutes | Servings: 8

Ingredients:

1 1/2 Tbsp olive oil	1 tsp salt
2 medium red bliss potatoes, sliced into thin slices	1 tsp black pepper
1 1/2 cups asparagus, cut into 1 inch pieces	12 eggs
1/2 cup chopped shallots	1/2 cup half & half
	1 cup grated Gruyere cheese
	1/2 cup grated Parmesan cheese

Procedure:

1. Preheat oven to 350 degrees.
2. Heat a large oven-proof skillet over medium high heat.
Add oil and allow pan to get hot while slicing potatoes.
(A cast iron skillet works well).
3. Add sliced potatoes, and sauté for 7 to 10 minutes or until potatoes are browned on both sides.
4. Add asparagus, shallots, salt and pepper, and stir to combine.
Reduce heat to medium, and cook for another 5 minutes.
5. Crack eggs into a large measuring cup. Add half and half and beat mixture until well mixed. Pour into skillet.
6. Sprinkle cheeses over the top and place into preheated oven.
Bake for 20 minutes, or until knife inserted in the center comes out clean.
7. Let Frittata sit for 10 minutes before slicing.

Exchanges: 1 slice = 2 Proteins, 1 Grain, 1 Fat, 1 Vegetable



Ideas to complete the meal:

Consider serving with a slice of toast with butter for an additional grain and fat.

Variations: Add fresh chives *(or other herbs)* to egg mixture before pouring into skillet.



Sides

Coconut Rice

Prep time: 35 minutes

Servings: 6

Ingredients:

1 Tbsp butter
1 Tbsp fresh minced garlic
1 Tbsp fresh minced ginger
2 cups white rice
1 13.5-ounce can coconut milk
2 1/4 cups water
1/2 tsp salt

Procedure:

1. Heat butter in a large skillet over medium heat, until melted.
2. Add ginger and garlic and sauté for 2 minutes.
3. Add rice and toss to coat with butter.
4. Add coconut milk, water and salt. Bring to a boil. Reduce to a simmer, and cover. Cook until liquid is absorbed and rice is tender.

Exchanges: 2/3 cup = 2 Grains



Ideas to complete the meal:

Try with Macadamia Crusted Mahi Mahi (see page 45) and a side salad with dressing.

Cornbread Muffins

Prep Time: 15 minutes | Servings: 12 muffins

Ingredients:

3/4 cup yellow cornmeal	1 tsp salt
1 1/4 cups all-purpose flour, spooned into measuring cup and leveled-off	2 eggs
1 Tbsp baking powder	2 Tbsp honey
1/2 cup sugar	3/4 cup 1% milk
	1 stick (1/2 cup) unsalted butter, melted and cooled

Procedure:

1. Preheat the oven to 350 degrees. Line a muffin pan with paper liners or spray with non-stick cooking spray.
2. In a large bowl, whisk together the cornmeal, flour, baking powder, sugar and salt.
3. In a separate bowl, break up the eggs with a whisk. Whisk in the honey and then the milk.
4. Add the milk mixture and melted butter to the dry ingredients. Stir until just blended. Do not overmix; it's okay if there are a few lumps.
5. Spoon the batter evenly into the prepared muffin pan, filling each cup almost full.
6. Bake for 17-20 minutes, or until the tops are set and golden. Cool the muffins for a few minutes in the pan, then serve warm.

Exchanges: 1 Muffin = 1 Grain, 1 Fat



Ideas to complete the meal:

Serve with White Bean Chicken Chili (see page 40).

Variations: Add shredded cheddar cheese and green chilies to batter for a kick!

Corn Salsa

Prep Time: 10-15 minutes | Servings: About 12-16 (*makes 2 cups*)

Ingredients:

2 tsp olive oil
2/3 cup frozen corn, thawed
1/3 cup diced yellow onion
3 medium tomatoes, diced
1 1/2 tsp freshly squeezed lime juice
1 tsp chili powder
1 tsp minced garlic
1/8 tsp salt
1/8 tsp ground cumin
1/8 tsp ground oregano

Procedure:

1. Heat a large sauté pan over high heat. Add 1 tsp oil and corn kernels, and cook for 5 minutes, stirring occasionally. Once corn begins to darken in color, transfer to a medium sized bowl.
2. Reduce heat to medium heat and add remaining tsp oil. Add onion and sauté for about 5 minutes. Transfer to bowl with corn.
3. Add tomatoes, lime juice, chili powder, garlic, salt, cumin, and oregano to bowl and mix well. Cool in refrigerator.

Exchanges: 2 Tbsp = 1 Vegetable



Ideas to complete the meal:

Serve about 2 Tbsp on top of the Marinated Grilled Salmon (*see page 44*). Leftover salsa can be eaten with tortilla chips as a snack.

Guacamole

Prep time: 10 minutes | Servings: 16 (*makes about 2 cups*)

Ingredients:

2 avocados
1/3 cup finely chopped red onion
3 Tbsp chopped cilantro
1 clove garlic, minced
1 ripe tomato, chopped
1 lime, juiced
1 jalapeno, deseeded and chopped
1/8 tsp salt
1/8 tsp white pepper

Procedure:

1. Peel and mash avocado in a medium bowl.
2. Stir in remaining ingredients.
3. Chill for half an hour to blend flavors.

Exchanges: 2 Tbsp = 1 Fat



Ideas to complete the meal:

Serve with White Bean Chicken Chili (*see page 40*)
or Chicken Fajitas (*see page 37*).



Desserts

Blondie

Prep time: 15-20 minutes | Servings: 20 bars

Ingredients:

1 1/2 cups packed brown sugar
1/2 cup butter, melted
2 eggs, lightly beaten
1 tsp vanilla extract
1 1/2 cups all-purpose flour
1/2 tsp baking powder
1/2 tsp salt
1 cup semi-sweet chocolate chips

Procedure:

1. Preheat oven to 350 degrees.
2. Add brown sugar, butter, eggs and vanilla to a large bowl and beat on medium speed with an electric hand mixer, until just combined.
3. In a separate bowl combine flour, baking powder and salt.
4. Add flour mixture to sugar mixture, and beat on low speed until just combined.
5. Stir in chocolate chips.
6. Spread mixture evenly onto a greased 13-in x 9-in baking pan. Bake at 350 degrees for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Cool on a wire rack for 15 minutes, and cut into 20 bars.

Exchanges: 1 bar = 1 Dessert

Variations: Add 1/2 cup peanut butter chips in place of 1/2 cup chocolate chips for a creamy peanut butter flavor!

Lemon Bars

Prep time: 40 minutes *(plus baking time)* | Servings: 32 bars

Ingredients:

For the crust:

1 cup unsalted butter,
at room temperature
1/2 cup sugar
2 cups flour
1/8 tsp salt

For the filling:

6 eggs
3 cups sugar
2 Tbsp grated lemon zest
(4 to 6 lemons)
1 cup freshly squeezed lemon juice
1 cup flour
Powdered sugar, for dusting

Procedure:

1. Preheat oven to 350 degrees.
2. For the crust, cream the butter and sugar until light in the bowl of an electric mixer fitted with the paddle attachment. Combine the flour and salt and, with the mixer on low, add to the butter until just mixed.
3. Dump the dough onto a well-floured surface and gather into a ball. Flatten the dough with floured hands and press it into a 9 x 13 x 2-inch baking sheet, building up a 1/2-inch edge on all sides. Chill in refrigerator for 30 minutes.
4. Bake the crust for 15 to 20 minutes, until very lightly browned. Let cool for 10 minutes. Leave the oven on.
5. For the filling, whisk together the eggs, sugar, lemon zest, lemon juice, and flour. Pour over the crust and bake for 25 to 35 minutes, until the filling is set.
6. Let cool to room temperature. Cut into 32 bars, and dust with powdered sugar.

Exchanges: 1 bar = 1 Dessert

Apple Crisp

Prep Time: 45 minutes | Servings: 12

Ingredients:

3/4 cup sugar	3 Tbsp unsalted butter, softened
1 Tbsp cornstarch	
1/4 tsp salt	1/2 cup packed light brown sugar
1/2 tsp cinnamon	2 1/2 Tbsp all-purpose flour
4 medium Granny Smith or Fuji apples, cored and sliced	1/4 cup old-fashioned oats
2 slices white bread	1 pinch salt

Procedure:

1. Preheat oven to 400 degrees.
2. In a medium bowl, combine sugar, cornstarch, 1st listed salt and cinnamon. Mix well.
3. Add apples to sugar mixture and toss to coat apples evenly.
4. Pulse sliced bread in food processor, just until coarse crumbs are formed.
5. Place butter, brown sugar, flour, bread crumbs, oatmeal and 2nd listed salt in a large bowl. Using a hand-held electric mixer, cream mixture for 2-3 minutes, until well blended.
6. Spray a 9x13 glass baking dish well with non-stick spray. Spread apples evenly over the bottom of the pan, and evenly spread creamed butter mixture over apples.
7. Bake for 30 minutes, or until apples are bubbly and the topping is browned.
8. Allow to cool for 5-10 minutes before serving.

Exchanges: 1/2 cup = 1 Dessert

Golden Graham Treat

Prep time: 20 minutes

Servings: 24

Ingredients:

1/3 cup butter

6 cups mini marshmallows

7 cups Golden Graham Cereal

Procedure:

1. Spray a 9x13 baking dish with non-stick spray
2. Place a large heat-proof glass or metal bowl over a sauce pan with 2 cups simmering water. Add marshmallows and butter and stir until melted. Remove from heat.
3. Place cereal in a large bowl. Pour marshmallow mixture over cereal and stir until well mixed.
4. Pour into baking dish. Spray a rubber spatula or spoon with non-stick cooking spray. Use spoon or spatula to press cereal mixture into an even layer.
5. Allow to cool at room temperature. Cut into 24 squares.

Exchanges: 1 square = 1 Dessert

Strawberry Shortcake

Prep Time: 15 minutes

Servings: 12

Ingredients:

5 cups strawberries, hulled and sliced

1 cup heavy cream

3 Tbsp powdered sugar

1 tsp vanilla

1 loaf pound cake

Procedure:

1. Place half of the strawberries in small bowl, and mash with a potato masher or back of a fork until strawberries start to break down and give off their juices.
2. Add the remaining strawberries to the mashed strawberries and stir until combined.
3. Place heavy cream, powdered sugar and vanilla in a medium bowl. Using a hand-held electric mixer, beat cream until light and fluffy.
4. Frozen or fresh pound cake can be used. If using frozen, thaw pound cake at room temperature before serving.
5. Slice pound cake into 1/2 inch slices.
Top each slice with 1/4 cup strawberries and
1 Tbsp whipped cream.

Exchanges: 1 slice pound cake with 1/4 cup strawberries and whipped cream = 1 Dessert

Pineapple Upside-Down Cake

Prep time: 1 hour | Servings: 12

Ingredients:

1/4 cup butter or margarine

1 cup packed brown sugar

1 can (20 oz) pineapple slices in juice, drained, juice reserved

1 box yellow cake mix (*such as Betty Crocker*)

Vegetable oil and eggs called for on cake mix box

Procedure:

1. Preheat oven to 350 degrees.
2. Place 1/4 cup butter in 13X9-inch baking pan. Place pan in oven and allow butter to melt. Remove from oven and sprinkle brown sugar evenly over melted butter.
3. Arrange pineapple slices on bottom of the pan, and reserve pineapple juice in can.
4. Add enough water to reserved pineapple juice to measure 1 cup. Make cake batter as directed on box, substituting pineapple juice mixture for the water. Pour batter over pineapple slices.
5. Bake for 30-40 minutes, or until toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake. Place large heatproof serving platter upside down onto pan (*platter should completely cover the pan*). Turn platter and pan over. Leave pan over cake for 5 minutes, so brown sugar topping can drizzle over cake; remove pan. Cool 30 minutes.
6. Slice into 12 servings. Serve warm or cool.

Exchanges: 1 serving = 1 Dessert

Black Forest Cobbler

Prep time: 30 minutes

Servings: 12

Ingredients:

1 box store-bought brownie mix

(plus additional ingredients needed for mix)

1 cup Oreo cookie crumbs

1 21-ounce can cherry pie filling

Procedure:

1. Preheat oven to 350 degrees.
2. Prepare brownie mix according to directions on box.
3. If using whole Oreo cookies, place in a plastic zip lock bag, and crush using a rolling pin, or meat mallet.
4. Stir Oreo crumbs into brownie mix.
5. Evenly spread cherry pie filling into the bottom of a greased 13-in x 9-in baking pan.
Top with brownie mixture, and spread evenly.
6. Bake at 350 degrees for the amount of time listed on the brownie mix box. Allow to cool and cut into 12 servings.

Exchanges: 1 serving = 1 Dessert



About Eating Recovery Center

Eating Recovery Center (ERC) is the only national, vertically integrated, health care system dedicated to the treatment of serious eating and related disorders at any stage of the illness. ERC offers best-in-class treatment programs for all patients, no matter their age or gender, struggling from: anorexia, bulimia, binge eating disorders, as well as comorbid, co-occurring and dual diagnoses. Led by the world's leading experts in recovery services through an unmatched network of multiple locations across seven states.

To learn more visit: www.eatingrecovery.com

For a free assessment by a Masters-level clinician

call: 877-700-1925 **or email:** info@eatingrecovery.com