

Recipes for Health and Energy

Black Beans with Corn and Tomatoes

Note this is a combine ie corn + beans have all the essential amino acid hence creating a net Carbohydrate and complete Protein.

1 cup no sodium, no fat added cooked black beans or
1 can low sodium, no fat added black beans (15 oz can)
1 cup corn drained
1 cup fresh diced tomatoes
1 clove of garlic, chopped
1 tsp. fresh parsley, chopped
¼ tsp. cayenne pepper or to taste
½ tsp. Chili powder or to taste

Drain and rinse beans and corn

Combine beans, corn, tomatoes and garlic in bowl
Add Spices. Combine and serve.

Approx. 6 Servings: Per Serving: Calories: 71, Carbohydrate (17 grams), Protein (4g) Fat (0 grams), Saturated Fat , (0 grams), Fiber (4 grams), Sodium (151 mg)

Power Breakfast

The following recipe is full of clean protein and offers moderate carbohydrate energy.

1/4 cup of uncooked rolled oatmeal will yield approximately ½ cup of cooked oatmeal (instant oatmeal can be used in a pinch, but rolled oatmeal is a higher nutritional value) 10 egg whites, whisked (or equivalent in egg white substitute)
1/4 apple, diced

In a medium sized saucepan, combine uncooked oatmeal and 2 cups of water. Bring to a boil, cook at moderate heat until all water is gone or oatmeal is soft to taste.

Pour cooked oatmeal into the egg whites. Mix thoroughly and put back into saucepan at moderate heat. Cook until the egg whites are slightly solid. Add diced apple and pour into 3 small containers. Eat one serving and refrigerate the other two for later. If you want you can reheat the extra servings in your microwave or on stovetop.

* Options: ¼ cup of cooked brown rice or ½ of a portion of cream of rice can replace oatmeal. Pears, berries, apricots can replace apples; you might even add 2 oz. of chopped almonds (the adding of nuts will increase the fat content), cinnamon without the sugar

Yields: 3 servings. Content per serving: One serving: fat (6g) carbohydrate (9g), protein (13g)

Grilled Mediterranean Chicken and Vegetable Kebabs

A taste of lemon, oregano, and olive oil will guarantee that you will not feel deprived. Serve with a tossed green salad and add vitamins, nutrients and fiber to this high protein meal.

¼ cup of fresh lemon juice
2 tablespoons dry oregano
Add, garlic, black pepper to taste
2 tablespoons olive oil
1 ½ lb. of chicken breast, cut into strips
18 slices of green pepper
24 cherry tomatoes
Pam Cooking Spray

Combine First four ingredients in zip-top plastic bag, seal shake well. Marinate in refrigerator 20 minutes. Prepare grill. Place cut chicken strips, green peppers, and cherry tomatoes on skewer. Grill 6 to 8 minutes or until chicken is done.

Yield: approximately 5 servings. Content per serving: Calories: 194, Fat (6.2g), Carbohydrate (6.4g), Protein (28g)

Shrimp with Gazpacho and Couscous Dinner

Please note Couscous in this dish is the complex carbohydrate. It is best to have complex carbohydrates before 5:00 P.M. or simply limit your portion to ¼ cup.

1 pound medium shrimp, peeled
two 14.5-ounce cans diced tomatoes with green pepper and onion
1 small cucumber, diced
1 yellow bell pepper, seeded and diced
2 tablespoons chopped fresh cilantro
1/2 teaspoon ground coriander
Salt and ground black pepper

Prepare couscous according to package directions. Meanwhile, in a large saucepan over medium-high heat, combine shrimp and enough water to cover. Bring to a boil. Once water boils (shrimp will be bright pink and cooked through; about 2 minutes), drain and plunge shrimp into ice water.

In a large bowl, combine tomatoes, cucumber, bell pepper, cilantro and coriander. Mix well. Add shrimp and toss to combine. Season to taste with salt and pepper.

Transfer couscous to four plates and top with shrimp mixture.

Yield: 4 servings. Contents per serving: 348 calories, 5% fat (2g), 64% carbohydrate (56g), 31% protein (27g)

Toasted Pumpernickel-Salmon Salad

Many people have trouble getting enough protein in their diets. Here is a recipe that's a good example of a high-protein meal that fits well in the 30/40/30 (a.k.a. the Zone) type of plan. If you eliminate the pumpernickel bread and reduce the portion, you save complex carbohydrates.

Olive-oil spray

8 slices pumpernickel bread, preferably whole grain, cut into 1/2-inch cubes (4 cups)

1/2 teaspoon seasoned salt

1 pound fresh salmon fillet (or two 6-ounce cans, drained)

2 tablespoons drained capers

2 tablespoons chopped fresh dill

1/2 cup red wine vinegar

4 teaspoons mustard

1 teaspoon olive oil

8 red lettuce leaves

Preheat oven to 400 F. Coat a large baking sheet with olive-oil spray. Place bread cubes on baking sheet, spray with olive oil and sprinkle with seasoned salt. Bake 10 minutes, until toasted. Meanwhile, put salmon in a shallow, microwave-safe dish (skip the cooking step when using canned). Cover with plastic and microwave on high 3 minutes, until fish is fork-tender, rotating dish halfway through cooking.

Alternatively, poach salmon: Place fish in a large saucepan and add enough water to cover. Set pan over high heat and bring water to a boil. Once water boils, immediately remove pan from heat. Let stand 10 minutes. Drain and use as directed.

Using two forks, break up fish into 2-inch pieces. Discard skin and transfer salmon to a large bowl. Add capers and dill; toss to combine.

To prepare vinaigrette, in a small bowl whisk together vinegar, mustard and olive oil. Pour half of the mixture over salmon and toss to coat. Add bread cubes; toss to combine. Arrange lettuce on four plates. Top with pumpernickel-salmon mixture. Drizzle remaining vinaigrette over top.

Yield: 3 servings. Content per serving: 339 calories, 28% fat (good fat, Omega 3 Fats) 39% carbohydrate (33 g), 33% protein (28 g)

Zucchini Chicken Cover

This is a good dish to have in the refrigerator for creating a variation of your cooked chicken. This dish also freezes well. This recipe is full of fibrous carbohydrates and acceptable after 5:00 PM. It is also excellent as a side dish for other meat main courses. The Kalamata Olives adds a salty taste, but feel free to add paprika, garlic powder and black pepper to taste.

Pam cooking spray
2 cups zucchini, diced
½ cups onions, sliced
¼ cup of meatless tomato sauce (preferably homemade)
6 cherry tomatoes, quartered
8 Kalamata olives, pitted and chopped
1 tablespoon capers
½ cup broccoli, steamed

Spray deep frying pan with cooking spray. Sauté' zucchini and onions in pan until zucchini is bright green and onions are soft. Add tomato sauce, lower heat to simmer. When zucchini is cooked to your liking, add remaining ingredients. Serve atop Chicken breast, or add diced, cooked chicken breast to mix at the very end.

Yield: 2 servings. Content per serving: fat (2 g), carbohydrate (15 g), Protein (2.5g) add ½ Chicken Breast increase protein 22 grams. Store-bought tomato sauce may add sugar (carbohydrates) and fat - read the label. Serve with a tossed green salad and add even more fibrous carbohydrates.

Chicken Marsala

Busy days often leave us at a loss for what to have for dinner. Chicken is the mainstay of the clean, high-protein diet. A few variations can make eating more interesting.

2 pre-cooked chicken breast, sliced thin the long way
2 small lemons
1 tablespoon tamari sauce (wheat-free soy sauce recommended)
Pam cooking spray
2 tablespoon of capers
2 tablespoons of low-fat parmesan cheese

Spray large frying pan with cooking spray. Bring to medium heat and lay chicken on hot pan. Squeeze lemons and combine juice with tablespoon of tamari sauce. Allow first side to brown slightly and turn over each piece to brown second side. Pour juice mixture over chicken, allow to boil away slightly, add capers. Remove from pan and top each portion with 1 tablespoon of grated, low-fat Parmesan cheese.

Yield: 2 servings. Content per serving: fat (2g), carbohydrate (5g), Protein (22g)
Serve with a tossed green salad, broccoli, or string beans. This dish is so simple that you can make some pasta for guests and make extra chicken for yourself.

Beef Stroganoff

This recipe calls for flank steak, a very lean cut of beef and a treat. Rather than mixing in the noodles – as with the traditional recipe – simply drape this delicious meat combination over a ¼ cup of cooked, wide, whole wheat noodles to make this a high protein meal with a small amount of carbohydrates.

Pam Cooking Spray
1 lb. lean beef flank steak, cut in thin strips
1 medium onion, thinly sliced
1 garlic clove, minced
8 ounces mushrooms, thinly sliced
¼ cup of water
1 cup low-fat yogurt
1 tablespoon low-fat buttermilk
dash each paprika, Tabasco sauce, pepper

Spray large frying pan with cooking spray. Sauté beef until browned over high heat. Reduce heat add onion, mushrooms, garlic, water; cook 10 minutes, stirring frequently. Remove from heat. Add yogurt, buttermilk and remaining spices. Serve over ¼ cup wide, whole-wheat noodles. A tossed green salad or leafy green vegetables will keep this meat mixture low in complex carbohydrates.

Yield: 4 servings. Content per serving: fat, (7g), carbohydrate (9g), protein (36g). ¼ cup of noodles increase the grams of carbohydrates by approximately 7 grams.

Salmon Dip for Baked Crackers or Chips

The following dip contains dairy and should therefore be used sparingly. This dip is a good alternative when entertaining and maintaining a healthy eating regimen.

1 cup low-fat plain yogurt
2 teaspoons mustard
¼ cup dry dill weed
17 oz. salmon, cooked and mashed
½ cup water-packed cut up artichoke hearts
2 oz. water-packed pimentos
1 tablespoon onion powder
1 teaspoon paprika
2 cups low-fat cottage cheese, small curd

Place all ingredients except 1 cup of yogurt in a blender. Blend until smooth. Add yogurt and whisk to mix. Serve with your favorite baked chips or rice crackers.

Yield: 4 cups. Content per TABLESPOON: fat, Omega 3-Fatty Acids (0.5g), carbohydrate (1g), protein (3g). Crackers increase the grams of carbohydrates - 1 rice cake = 16 grams of carbohydrates. Cracker alert, avoid all products with hydrogenated fats

Turkey Meatballs in Tomato Sauce

44 oz. (2lb, 12 oz.) of ground turkey meat
½ cup apple, cut fine
¼ cup onion, cut fine and cooked
½ cup walnuts, chopped fine
½ cup dried cranberries
1 whole egg
22 oz. homemade tomato sauce

Combine first six ingredients and stir until thoroughly mixed. Make meatballs using a tablespoon as a measure to yield approximately 45 meatballs). Broil, turning to brown all sides. Line bottom of a crock-pot with homemade spaghetti sauce, alternate with meatballs until you fill pot three quarters full. Cook on low for 5 to 7 hours.

Yield: 45 meatballs. Content per meatball: Total Fat (5g) Sat. Fat. (1.5), Carbohydrate (3g), Protein (7g)

Crab and Lime Quiche

6 egg whites
Lime Juice (¼ cup)
2 scallions, diced
6 ounces of Crab Meat, well rinsed and drained
1 Tbl. of fresh chives, chopped
1 Roma tomato, finely diced (adds color and tastes great)

Use mini muffin tin, the small size enable these treats to cook thoroughly. Coat tins with cooking spray (nonfat preferred or Olive Oil Spray will do). Combine all ingredients. Bake 15 minutes at 350 degrees or until golden brown.

Yield: 12 mini quiches. Content per quiche: Total Fat (1.5 g) Sat. Fat (1g), Carbohydrate (1), Protein (4)

Baked Yam Chips

2 small yams, cut into 1/8 slices
½ Tsp. each of dried basil, oregano, onion powder

Preheat oven to 325 degrees, in a self-sealing bag combine all ingredients and shake to cover yams completely. Remove from bag. Spray non-stick baking sheet with Non-Fat cooking spray and bake for ½ hour or until golden brown. To increase crispness, cool and bake for a few minutes.

Yield: 2 servings. Content per Serving: Fat (1), Carbohydrates (35), Protein (2)

This is a good alternative when you just need something crunchy! It is not an acceptable treat after 5:00 p.m. due to the carbohydrate content and glycemic value.