

Recipes and Diet Suggestions

For weight loss surgery patients

This section of the Guide to Your Weight Loss Surgery gives recipes that may be helpful after surgery.

Protein Products

Protein products may be premade drinks you can buy or powders to mix on your own. The best powders are made from whey, whey protein isolate, or egg protein. Here are some protein products you can try:

- Advantedge
- EAS Myoplex Lite
- Champion
- Designer Whey
- Premier Protein
- Med Rx
- Premier Protein
- Pure Protein
- Unjury
- Bariatric Advantage
Chicken Soup
- Muscle Milk Light
- Nectar
- Optisource
- Slimfast High Protein
- Sugar-free Carnation Instant
Breakfast with nonfat milk
- Dried milk powder
- Dried egg white or liquid egg
substitute
- Protein waters like Isopure Zero,
Gatorade G3 Protein Recovery, or
Muscle Milk Protein Water

Blended Recipes

Blended drinks can be used during the first 2 weeks after surgery, and any time you want to add a high protein drink to your meal plan.

Cautions

- During the first 2 weeks, do **not** use frozen or fresh berries unless you pour the drink through a strainer to remove the seeds.
- Where you see an asterisk (*), do **not** use unpasteurized raw eggs due to the risk of food-borne illness.



Blended drinks are a good way to add extra protein to your diet.

Milk Mixture

Serving size (makes 4 servings) 1 cup (8 ounces)
Calories per serving 195
Protein per serving 18 grams

Ingredients

1 quart skim (nonfat) milk
1 cup nonfat powdered milk

Instructions

Mix ingredients together. Chill well. Use in place of regular milk for cooking or in special drinks.

Breakfast in a Glass

Calories per serving 195
Protein per serving 14 grams

Ingredients

½ cup Milk Mixture
¼ cup orange or pineapple juice
¼ cup liquid egg substitute*
½ banana
1 packet sugar substitute

Instructions

Blend all ingredients until smooth.

Eggnog

Serving Information

Calories per serving 245
Protein per serving 23 grams

Ingredients

1 cup Milk Mixture
¼ cup liquid egg substitute*
½ teaspoon vanilla flavoring
1 packet sugar substitute

Instructions

Blend all ingredients until mixed well.

Fruit Nog

Calories per serving 270
Protein per serving 23 grams

Ingredients

1 cup Milk Mixture
½ teaspoon almond flavoring

1 packet sugar substitute
½ cup peaches (canned or fresh without skin)
¼ cup liquid egg substitute*

Instructions

Blend all ingredients until smooth.

Instant Breakfast Shake

Calories per serving.....110
Protein per serving..... 14 grams

Ingredients

½ cup Milk Mixture
1 package sugar-free Instant Breakfast
½ cup ice

Instructions

Blend all ingredients until smooth.

Orange Julius

Calories per serving.....175
Protein per serving..... 14 grams

Ingredients

½ cup orange juice
½ cup Milk Mixture
¼ cup liquid egg substitute*
1 packet sugar substitute such as Equal

Instructions

Blend all ingredients until mixed well.

Yogurt Nog

Calories per serving..... 130
Protein per serving..... 10 grams

Ingredients

½ cup sugar-free nonfat fruit-flavored yogurt (no seeds)
½ cup orange juice
¼ cup liquid egg substitute*
1 packet sugar substitute such as Equal

Instructions

Blend all ingredients until mixed well.

Yogurt Shake

Calories per serving.....145
Protein per serving..... 11 grams

Ingredients

- ½ cup Milk Mixture
- ¼ cup sugar-free nonfat fruit-flavored yogurt
- ¼ cup unsweetened canned fruit

Instructions

Blend all ingredients until smooth.

Fruit Milk Shake

Calories per serving130
Protein per serving (without protein powder added)..... 9 grams

Ingredients

- ½ cup skim milk (made with Milk Mixture recipe)
- ½ cup sliced fruit without seeds or skins (such as peach, banana, melon, pear)
- 2 ice cubes
- ½ teaspoon vanilla extract

Sweetener to taste: 1 to 2 teaspoons sugar substitute such as Splenda

Optional: 1 scoop protein powder

Instructions

Blend first four ingredients until smooth. Sweeten to taste.

Basic Banana Smoothie

Calories per serving210
Protein per serving 23 grams

Ingredients

- ½ cup nonfat sugar-free vanilla yogurt
- ½ frozen banana
- 1 scoop protein powder

Instructions

Blend ingredients until smooth.

Creamsicle

Calories per serving255
Protein per serving21 grams

Ingredients

- ⅓ cup Milk Mixture
- 6 ounces orange-flavored “light” yogurt (about 100 calories)
- ½ cup orange juice
- ½ teaspoon vanilla flavoring
- 1 packet sugar substitute
- ¼ cup liquid egg substitute*
- Ice

Instructions

Blend all ingredients until mixed well.

Cherry Delight

Calories per serving 295
Protein per serving 30 grams

Ingredients

- 1 cup Milk Mixture
- 6 ounces cherry-flavored “light” yogurt (about 100 calories)
- 1 teaspoon almond extract
- 2 tablespoons chopped Maraschino cherries
- 1 packet sugar substitute

Optional: ¼ cup liquid egg substitute*, 1 tablespoon cherry juice

Instructions

Blend all ingredients until smooth.

Coconut Cream Pie Drink

Calories per serving 290
Protein per serving 21 grams

Ingredients

- ½ cup Milk Mixture
- ¼ cup liquid egg substitute*
- ½ cup pineapple juice
- 6 ounces coconut or piña colada-flavored “light” yogurt (about 100 calories)
- ½ teaspoon vanilla flavoring
- 1 packet sugar substitute

Instructions

Blend all ingredients until mixed well.

Strawberry-Orange Shake

Serving size (makes 4 servings) ½ cup
Calories per serving 60
Protein per serving 4 grams

Ingredients

- ½ cup orange juice
- ½ cup strawberries
- ½ cup liquid egg substitute*
- ½ cup Milk Mixture

Instructions

Blend all ingredients until smooth.

Apricot Shake

Serving size (makes 4 servings) ½ cup
Calories per serving..... 150
Protein per serving..... 6 grams

Ingredients

¾ cup apricot nectar
½ cup Milk Mixture
1 cup nonfat yogurt, plain or vanilla-flavored
Dash lemon juice

Instructions

Blend all ingredients until mixed well.

Peanut Butter Smoothie

Calories per serving.....170
Protein per serving..... 7 grams

Ingredients

½ cup skim milk (made with Milk Mixture)
1 tablespoon peanut butter
½ banana

Instructions

Blend ingredients until smooth.

Yogurt Smoothie

Calories per serving..... 105
Protein per serving..... 23 grams

Ingredients

½ cup nonfat plain yogurt or sugar-free fruit-flavored yogurt (no seeds)
½ cup fresh sliced fruit such as peaches, melon, banana, or pears (peeled)
2 ice cubes
¼ teaspoon vanilla
1 scoop protein powder
Sugar substitute to taste

Instructions

Blend all ingredients until smooth.

Mexican Mocha

Calories per serving.....195
Protein per serving..... 18 grams

Ingredients

1 tablespoon granulated Splenda
2 teaspoon cocoa powder

1 teaspoon instant coffee granules
Dash salt
1 cup Milk Mixture

Instructions

Mix all dry ingredients in a small saucepan. Add Milk Mixture and stir until all ingredients dissolve. Heat and stir until mocha reaches serving temperature.

High-Protein Pudding

Serving size (makes 4 servings) ½ cup
Calories per serving.....200
Protein per serving..... 25 grams

Ingredients

16 ounces nonfat cottage cheese
1 small package of sugar-free, fat-free instant Jell-O pudding
¼ cup nonfat milk
12 ounces fat-free or lite Cool Whip
1 scoop vanilla whey protein powder

Optional: Fresh or canned fruit

Instructions

Blend cottage cheese, pudding, milk, and protein powder in a blender until creamy and smooth. Pour into a bowl. Slowly fold in the Cool Whip. The mixture should be creamy. Place mixture in the refrigerator to chill and set (about 2 hours).

Cheesecake Pudding

Serving size (makes 4 servings) ½ cup
Calories per serving.....145
Protein per serving..... 14 grams

Ingredients

1 small package sugar-free, fat-free instant Jell-O Cheesecake Pudding
2 cups cold Milk Mixture
1 scoop vanilla protein powder
½ teaspoon vanilla flavoring

Instructions

Blend all ingredients in bowl with a wire whisk for 2 minutes. Pour into individual ½ cup serving dishes and refrigerate for 5 minutes.

This recipe also works well with other pudding flavors such as white chocolate, chocolate, or butterscotch.

Vegetable Soup

Serving size (makes 8 servings) ½ cup
Calories per serving 60
Protein per serving 4 grams

Ingredients

1 cup mashed potatoes
1 cup Milk Mixture
1 cup beef or chicken broth
4½ ounces strained baby food carrots
3½ ounces strained baby food beef or chicken

Instructions

Heat all ingredients. Stir until smooth.

Baked Potato Soup

Serving size (makes 4 servings) ½ cup
Calories per serving 60
Protein per serving 4 grams

Ingredients

1 cup Milk Mixture
½ cup mashed potato
¼ cup low-fat shredded cheddar cheese
2 tablespoons nonfat sour cream
1 drop onion juice or onion powder to taste
Salt and/or pepper to taste

Instructions

Warm all ingredients in saucepan. Pour into blender and blend until smooth.

Tomato Soup

Serving size (makes 3 servings) ½ cup
Calories per serving 100
Protein per serving 6 grams

Ingredients

½ can tomato soup
½ cup Milk Mixture
¼ cup liquid egg substitute*
Dash salt and nutmeg

Instructions

Heat and blend until smooth.

Northeast Clam Chowder

Serving size (makes 6 servings) ½ cup
Calories per serving 105
Protein per serving 7 grams

Ingredients

10 ounces canned minced clams, completely drained
½ cup Milk Mixture
½ cup fat-free half-and-half
¼ cup mashed potatoes
1 tablespoon vegetable oil
½ teaspoon onion juice
Salt and pepper to taste

Instructions

Heat and pour into blender. Blend until smooth and serve.

Chicken Dinner

Serving size (makes 3 servings) ½ cup
Calories per serving 60
Protein per serving 9 grams

Ingredients

1 cup chicken broth
Chicken gravy mix
Onion and/or garlic powder to taste
½ cup cooked chicken, or baby food chicken

Instructions

Blend ingredients together. Pour into saucepan and heat through.

Sugar-Free Hot Cocoa

Serving size (makes 4 servings) ¾ cup
Calories per serving 79
Protein per serving 15 grams
Fat per serving less than 1 gram

Ingredients

4 tablespoons unsweetened cocoa
2 tablespoons sugar substitute, such as Splenda
¾ cups Milk Mixture
½ teaspoon vanilla

Instructions

In medium heavy saucepan, mix cocoa and sugar substitute. Over medium heat, add ½ cup Milk Mixture, stirring constantly with wire whisk until dry ingredients dissolve. Slowly add the rest of the Milk Mixture. Cook and stir just until mixture bubbles. Remove from heat and stir in vanilla. Serve right away.

Old-Time Lemonade

Serving size (makes 6 servings)	1 cup
Calories per serving.....	10
Protein per serving.....	less than 1 gram
Fat per serving.....	0 grams
Carbohydrates per serving.....	2 grams
Sodium per serving	less than 1 milligram

Ingredients

1 cup sugar substitute such as Splenda
1 cup fresh lemon juice
5 cups water, divided
Lemon slices for garnish
Mint sprigs for garnish

Instructions

In large pitcher, mix sugar substitute, lemon juice and 1 cup water and stir until sugar substitute dissolves. Add 4 cups water. Serve over ice with lemon slices and mint sprigs.

Hot Cranberry Tea

Serving size (makes 3 servings)	1 cup
Calories per serving.....	56
Protein per serving.....	less than 1 gram
Fat per serving.....	2 grams
Carbohydrates per serving.....	14 grams
Sodium per serving	49 milligrams

Ingredients

10 whole cloves
1 cinnamon stick, broken
 $\frac{1}{3}$ cup sugar substitute, such as Splenda
1 cup reduced-calorie cranberry juice cocktail
4 (regular size) tea bags

Instructions

In saucepan, heat 1 cup water until it boils. Place cinnamon and cloves in cheesecloth or metal tea holder and add to water. Reduce heat, cover, and simmer 10 minutes. Add 1 cup water, sugar substitute, and cranberry juice, and heat to boiling again. Remove from heat, add tea bags, and cover. Let stand 5 minutes. Remove tea bags and spices, and serve.

Note: Try different kinds of tea to vary the flavor.

Flavoring Ideas

These flavorings work great in any of the blended drink recipes, or added to packaged drinks such as Boost or Ensure to enhance the flavor:

- Sugar-free coffee syrups
- Sugar-free Kool-Aid powder or Crystal Light
- Extracts such as rum, coconut, almond, lemon, or vanilla
- Cocoa powder
- Espresso powder

Other Ideas

- Use beef, vegetable, or chicken bouillon to flavor recipes.
- Add 1 can of nonfat milk (made with Milk Mixture) to canned soup instead of water.
- Add a jar of baby food meat or pureed meats to a can of pureed soup.
- Blend and freeze leftovers in ice cube trays. This will make it easier to prepare future meals and control portion size.
- Make frozen treats out of protein drinks. Freeze the drink in ice cube trays or popsicle molds.

Soft Recipes

Use these recipes starting 3 weeks after surgery.

Spinach and Ham Quiche Cups

Serving size (makes 6 servings) 1 muffin cup
Calories per serving 127
Protein per serving 13 grams

Ingredients

4 ounces turkey ham, minced
 $\frac{1}{3}$ cup onion, minced
1 clove garlic, minced
 $1\frac{1}{2}$ cups baby spinach, chopped
5 eggs (or use egg substitute equal to 5 eggs)
Salt and/or pepper (optional)
1 cup low-fat cheddar cheese, grated

Instructions

Preheat oven to 350°. Coat 6 cups of a large-cup muffin pan with nonfat cooking spray. Spray nonstick skillet with nonfat cooking spray.

Sauté turkey ham, onion, and garlic in the skillet until the onion softens. Add the chopped spinach and toss until wilted, about 2 minutes. Remove from heat and divide mixture among the muffin cups.

Whip eggs. Add cheese, salt, and pepper to taste (turkey ham is salty, so go easy on the added salt). Mix until well-blended. Pour egg-cheese mixture over spinach mixture in cups until nearly full.

Bake for about 15 minutes, or until the eggs have set. Let stand for 2 minutes before removing from cups (you might need to gently separate quiches from pan with a knife). Place on bed of baby spinach and serve with melon or other fresh fruit. These yummy quiche cups also freeze well for quick reheating later.

Judy's Swedish Meatballs

Serving size (makes 6 servings) 2 meatballs
Calories per serving..... 180
Protein per serving..... 16 grams

Ingredients

1 teaspoon Beaumont seasoning or other seasoning blend
1 small chopped onion
1 pound ground beef
1 egg, slightly beaten
¼ cup bread crumbs
Salt and pepper to taste
1 can fat-free cream of mushroom soup, diluted with ½ can nonfat milk (made with Milk Mixture)

Instructions

Mix all ingredients except soup. Form 1-ounce meatballs. Brown in skillet sprayed with nonstick nonfat cooking spray. Place in a 9-inch by 13-inch baking dish and pour the soup over the top. Bake at 350° for 20 to 25 minutes, until the meatballs are cooked through and the soup is hot.

Perfect Deviled Eggs

Serving size (makes 12 servings) 1 deviled egg half
Calories per serving..... 50
Protein per serving..... 3 grams

Ingredients

6 eggs
3 tablespoons light or fat-free mayonnaise
2 teaspoons Dijon-style or yellow mustard
⅛ to ¼ teaspoon salt-free Creole, paprika, or other seasoning, divided

Instructions

In saucepan, heat 4 inches water to boiling. With large spoon, carefully lower each egg into boiling water. Keep at medium boil and cook eggs for 10 minutes. Remove eggs and plunge them into cold water. Remove shells from eggs and slice in half lengthwise.

With a fork, carefully remove egg yolks and place them in a bowl. Mash them thoroughly. Add mayonnaise, mustard, and seasoning, keeping out a

small amount of seasoning for garnish. Beat with fork until mixture is creamy and smooth. Mound egg yolk mixture evenly into holes in cooked egg whites. Sprinkle each with dash of seasoning. Cover and chill before serving.

Salmon Patties

Serving size (makes 6 servings) 1 patty
Calories per serving 129
Protein per serving 12 grams

Ingredients

12 ounces canned salmon
 $\frac{1}{3}$ cup finely chopped onion
1 egg, beaten, or $\frac{1}{4}$ cup egg substitute
11 multigrain or saltine crackers, crushed

Instructions

Drain salmon and remove skin and bones. Place in a bowl, and flake with a fork. Stir in onion, egg, and about $\frac{1}{4}$ cup cracker crumbs. Pack salmon mixture for each patty into $\frac{1}{3}$ cup measuring cup. Remove mixture from cup, flatten slightly, and coat both sides with crushed crackers.

Preheat nonstick skillet over high heat. Spray 1 side of each patty with plenty of nonfat cooking spray. Place patty sprayed-side down in skillet.

Lower heat to medium. Cook each patty for 3 minutes on the first side. Spray top of patty and turn carefully with spatula. Cook 2 to 3 minutes more, or until patty is golden brown on the bottom. Move cooked patties to a serving plate and keep warm until all patties are cooked.

Cheese and Broccoli Quiche

Makes 4 servings.
Calories per serving 145
Protein per serving 16 grams

Ingredients

$\frac{3}{4}$ cup fresh mushrooms, chopped
 $\frac{1}{4}$ cup onions, chopped
20 ounces frozen chopped broccoli
1 tablespoon water
 $\frac{1}{4}$ cup egg substitute
 $\frac{1}{2}$ cup skim milk
 $\frac{1}{2}$ cup low-fat Swiss cheese, grated
 $\frac{1}{4}$ teaspoon ground nutmeg

Instructions

Spray a microwaveable casserole dish with nonfat cooking spray. Add mushrooms and onions. Microwave in covered dish on high for 1 minute.

Place frozen broccoli and water on top of mushroom mixture. Cover and microwave on high for 3½ minutes.

Uncover and break up broccoli. Cover again and microwave on high for 3½ minutes. Remove from microwave and drain liquid.

In separate bowl, mix egg substitute and milk. Stir in grated cheese and nutmeg. Pour egg mixture over broccoli mixture and replace cover. Microwave on high for 4 minutes.

Picante Meatloaf

Serving size (makes 6 servings)..... 1-inch slice
Calories per serving 255
Protein per serving..... 24 grams

Ingredients

- 1 pound extra-lean ground beef or ground turkey
- 2/3 cup soft whole-wheat breadcrumbs
- ½ cup chopped onion
- ¼ cup coarsely chopped carrot
- 2 egg whites, lightly beaten
- ¼ teaspoon salt
- ¼ teaspoon rubbed sage
- ¼ teaspoon pepper
- ½ cup mild picante sauce

Instructions

Coat cooking rack with nonfat cooking spray. Mix all ingredients except for picante sauce. Shape mixture into a 6-inch by 4-inch by 2-inch loaf, and place on cooking rack. Place rack in a shallow roasting pan. Bake at 400° for 35 minutes.

Brush picante sauce over loaf. Return to oven, and bake 5 more minutes. Let stand 5 minutes before slicing.

Shrimp Salad Spread

Serving size (makes 5 servings)..... ½ cup
Calories per serving 115
Protein per serving..... 12 grams

Ingredients

- ½ teaspoon olive oil
- 1 pound medium shrimp, peeled and deveined
- ¼ cup light mayonnaise
- 1 tablespoon lemon juice
- ½ small yellow onion, chopped
- 1 teaspoon Old Bay Seasoning

Instructions

Heat the olive oil in a large nonstick skillet over medium-high heat. Add shrimp and sauté, stirring constantly, until just done, about 2 to 3 minutes. Shrimp will be opaque throughout when done. Put into a small bowl and set aside.

Blend the mayonnaise, lemon juice, green onions, and Old Bay Seasoning in a food processor until smooth. Add the shrimp and pulse until they are very finely chopped and the mixture is well blended. Put into a serving bowl and cover. Chill before serving.

Lime Yogurt Marinated Chicken

Serving size (makes 8 servings) ½ chicken breast (2 ounces)
Calories per serving 55
Protein per serving 14 grams

Ingredients

- ¾ cup plain nonfat yogurt
- 1 teaspoon grated lime rind
- 2 tablespoons lime juice
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground white pepper
- ⅛ teaspoon curry powder
- ⅛ teaspoon salt
- 4 cloves garlic, minced
- 4 skinned, boned chicken breast halves (4 ounces each)

Optional: Lime slices

Instructions

Mix all ingredients except for chicken in an 11-inch by 7-inch by 2-inch baking dish. Stir well. Take out half of this mixture and set aside. Add chicken to the yogurt mixture in the baking dish, turning to coat. Cover and marinate in refrigerator 15 minutes. Remove chicken from yogurt mixture, discard this yogurt mixture. Coat a baking sheet with nonfat cooking spray. Place chicken on baking sheet, brush with the yogurt mixture you set aside, and bake at 400° for 15 to 20 minutes. Put chicken on individual serving plates. Garnish with a lime slice, if desired.

Hummus

Serving size (makes 24 servings) 1 tablespoon
Calories per serving 18
Protein per serving 0.8 grams

Ingredients

- 15 ounces canned garbanzo beans, rinsed and drained
- 1 green onion, cut into ½-inch pieces

- 2 tablespoons plain nonfat yogurt
- 2 tablespoons sesame seeds
- 1 tablespoon lemon juice
- 1 small clove garlic

Instructions

Place all ingredients in food processor and process until mixture is smooth. Spoon into a small serving bowl. Cover and chill thoroughly. Serve with crackers, Melba toast, or pita chips. This can also be used on the Advanced Diet with vegetables such as carrots, celery, snow peas, broccoli flowerets, and radishes.

Chunky Beef Stew

Serving size (makes 12 servings) ½ cup
 Calories per serving 95
 Protein per serving 10 grams

Ingredients

- 1 pound lean, boneless top round steak
- 2½ tablespoons all-purpose flour
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 2 cups water
- ¾ cup coarsely chopped onion
- 2 teaspoons beef-flavored bouillon
- ½ teaspoon dried whole sage
- ¼ teaspoon dried whole thyme
- 2 bay leaves
- ¾ pound new potatoes, cut into 1-inch pieces
- 3 large stalks celery, diagonally cut into 1-inch pieces
- 3 large carrots, scraped and diagonally cut into 1-inch pieces

Instructions

Trim fat from beef. Combine flour, salt, and pepper. Dredge beef in flour mixture and set aside. Place beef in a 10-inch microwave-safe browning skillet. Microwave on high, uncovered, for 6 minutes or until beef is browned, stirring after 3 minutes. Drain.

Place beef, water, and next 5 ingredients in a deep 3-quart casserole. Cover with heavy-duty plastic wrap. Microwave on high for 5 minutes. Stir in potato, celery, and carrot. Lower microwave temperature to medium; cover and microwave 20 to 30 minutes or until vegetables are tender, stirring every 10 minutes. Remove and throw away bay leaves before serving.

Ravioli Lasagna

Serving size (makes 12 servings) ½ cup
Calories per serving 200
Protein per serving 10 grams

Ingredients

26 ounces pasta sauce
26 ounces frozen cheese ravioli
10 ounces frozen chopped spinach, thawed and squeezed to remove excess water (may also use broccoli, zucchini, or eggplant)
1½ cups part-skim mozzarella cheese, grated

Instructions

Spread ⅓ of the pasta sauce over the bottom of a 9-inch by 13-inch baking dish. Place half of the frozen ravioli over the sauce in a single layer. Top with ⅓ of the pasta sauce. Cover with spinach and ½ of the mozzarella. Add rest of ravioli in a single layer. Top with rest of sauce and cheeses. Cover with foil and bake 25 minutes. Uncover and bake until bubbling, about 5 to 10 more minutes. Freeze leftovers.

Advanced Recipes

You may start using these recipes about 6 weeks after surgery.

Dilled Garden Dip

Serving size (makes 28 servings) 1 tablespoon
Calories per serving 13
Protein per serving 2 grams

Ingredients

16 ounces 1% cottage cheese
2 tablespoons tarragon vinegar
1 tablespoon finely chopped green onions
1 tablespoon dried parsley flakes
½ teaspoon dried whole dill weed
1 tablespoon skim milk
Dash of coarsely ground pepper
Optional: Fresh parsley sprigs

Instructions

Place cottage cheese and vinegar in electric blender or food processor and process until smooth. Put cottage cheese mixture, green onions, and the next 4 ingredients in a medium bowl. Stir well. Spoon cheese mixture into a small serving bowl; cover and chill. If desired, garnish with parsley sprigs and serve with Shrimp Dippers (see next recipe).

Shrimp Dippers

Serving size (makes 28 servings)1 appetizer
Calories per serving7
Protein per serving.....1.4 grams

Ingredients

14 fresh snow pea pods, trimmed
28 large cooked, peeled, and deveined shrimp

Instructions

Place snow peas in a vegetable steamer over boiling water. Cover and steam 1 minute or until crisp-tender. Remove snow peas and chill. Separate snow peas lengthwise into 2 pieces. Wrap a snow pea half around each shrimp, and hold in place with a plastic pick. Goes well with Dilled Garden Dip (see recipe on page 95).

Pronto Pita Pizza

Serving size (makes 8 servings)..... 1 round
Calories per serving 305
Protein per serving..... 26 grams

Ingredients

4 pita breads (6 inches across)
2 cups canned pasta spaghetti sauce
¼ cup chopped fresh herbs OR ½ tablespoon finely chopped dried basil or oregano leaves
8 ounces low-fat mozzarella cheese, grated (2 cups)
2 tablespoons parmesan cheese, grated
Garlic-flavor nonstick nonfat cooking spray

Choice of toppings:

½ cup ripe black olives, chopped
2 cups mushrooms, sliced
1 cup Roma tomatoes, chopped
Pre-cooked pepperoni or sausage
2 cups grilled chicken, chopped
2 small red onions, thinly sliced
1 cup chopped red pepper

Instructions

Split pita bread around edge with knife to make 2 rounds. Spray the bottom of the pita with garlic-flavor nonfat cooking spray and place on baking sheet. Spread pasta sauce on pita top. Add choice of toppings. Lay on tomatoes first, then meat, followed by mushrooms, onion, and olives. Sprinkle with the cheeses. Dust with basil or oregano. Bake on cookie sheet or baking pan at 350° until cheese is hot and bubbly, about 10 minutes.

Grilled Sesame-Ginger Chicken

Serving size (makes 8 servings) ½ chicken breast (2 ounces)
Calories per serving..... 100
Protein per serving..... 13 grams

Ingredients

1 tablespoon sesame seeds, toasted
2 tablespoons honey
2 tablespoons reduced-sodium soy sauce
1 teaspoon ginger powder
4 skinned, boned chicken breast halves (4 ounces each)

Optional: Thin strips of green onion

Instructions

Put first 4 ingredients in a small bowl. Stir well and set aside. Place chicken between 2 sheets of heavy-duty plastic wrap. Flatten to ¼-inch thickness using a meat mallet or rolling pin. Throw away plastic wrap. Coat grill rack with nonfat cooking spray. Place on grill over medium-hot coals, or use propane grill set at medium. Place chicken on rack, cook for 4 minutes on each side or until done. Baste often with soy sauce mixture. Place chicken on a serving platter; garnish with green onion strips if desired.

Chicken Parmesan

Serving size (makes 12 servings) ½ chicken breast (2 ounces)
Calories per serving..... 90
Protein per serving..... 14 grams

Ingredients

6 skinned, boned chicken breast halves (4 ounces each)
½ teaspoon pepper
1 tablespoon reduced-calorie margarine
½ cup sliced fresh mushrooms
1 tablespoon sliced green onions
1 tablespoon all-purpose flour
1 cup skim milk
3 tablespoons grated parmesan cheese
⅛ teaspoon pepper

Optional: Green onion tops

Instructions

Place chicken between 2 pieces of heavy-duty plastic wrap. Flatten to ¼-inch thickness, using a meat mallet or rolling pin. Throw away plastic wrap. Sprinkle chicken with ½ teaspoon pepper. Coat large nonstick skillet with nonfat cooking spray; place over medium-high heat until hot. Add chicken and sauté 8 minutes or until done, turning once. Place chicken on a serving platter; keep warm.

Wipe skillet dry with a paper towel. Add margarine, mushrooms, and sliced green onions to skillet. Sauté until tender. Add flour and stir well. Slowly add milk, cooking 1 minute or until thickened, stirring constantly. Add cheese and pepper. Stir well. Spoon sauce over chicken. Garnish with green onion tops if desired.

Grilled Italian-Style Scallop Kabobs

Serving size (makes 6 servings) 1 skewer
Calories per serving..... 120
Protein per serving..... 22 grams

Ingredients

36 sea scallops (about 1 pound)
5 ounces lean, smoked sliced ham, cut into ½-inch-wide strips (to make about 36 strips)
2 cloves garlic, minced
¼ cup lemon juice
2 tablespoons minced fresh parsley
¾ teaspoon dried whole oregano

Instructions

Wrap each scallop with a strip of ham. Thread 6 scallops each onto 6 (12-inch) skewers. Set aside. Coat a small nonstick skillet with nonfat cooking spray, place over medium heat until hot. Add garlic. Sauté until browned. Remove from heat, stir in lemon juice, parsley, and oregano. Coat grill rack with nonfat cooking spray. Place rack on grill over medium-hot coals, or use propane grill set at medium-high. Place kabobs on rack. Cook for 9 minutes, turning and basting often with lemon juice mixture. Serve warm.

Grilled Garlic Chicken

Serving size (makes 12 servings) ½ chicken breast (2 ounces)
Calories per serving..... 70
Protein per serving..... 10 grams

Ingredients

½ cup balsamic vinegar
3 tablespoons honey
2 teaspoons lemon juice
2 teaspoons vegetable oil
½ teaspoon onion powder
¼ teaspoon ground white pepper
4 cloves garlic, chopped
6 skinned, boned chicken breast halves (4 ounces each)

Optional: Lemon and lime wedges

Instructions

Put first 7 ingredients in a small bowl, stir well. Place chicken in a shallow dish. Pour marinade over chicken. Cover and marinate in refrigerator at least 30 minutes.

Remove chicken from marinade. Pour marinade into a small saucepan; bring to a boil over medium heat. Reduce heat and simmer 5 minutes. Coat grill rack with nonfat cooking spray, place rack on grill over medium-hot coals, or use propane grill set at medium-high. Place chicken on rack, and cook 5 minutes or until cooked through. Place chicken on a serving platter and pour cooked marinade over it. If desired, garnish with lemon and lime wedges.

Flank Steak Broil

Serving size (makes 8 servings) 2 ounce portion of meat
Calories per serving 115
Protein per serving 11 grams

Ingredients

- 1 pound lean flank steak
- ¼ cup Burgundy or other dry red wine
- 2 tablespoons unsweetened orange juice
- 1 teaspoon dry mustard
- 1 teaspoon honey

Instructions

Trim fat from steak. Pierce steak several times with a fork. Place in a shallow dish. Combine Burgundy and next 3 ingredients, pour over steak. Cover and marinate in refrigerator at least 8 hours. Turn a few times.

Remove steak from marinade. Pour marinade into a small saucepan; bring to a boil. Reduce heat and simmer 5 minutes. Set aside. Place steak on a rack or broiler pan coated with nonfat cooking spray. Broil 3 inches from heat for 7 minutes on each side, or to desired degree of doneness, basting often with marinade. Slice steak diagonally across grain into ¼-inch slices, and serve right away.

Steak or Chicken Diane

Serving size (makes 8 servings) 2-ounce portion of meat
Calories per serving 122
Protein per serving 13 grams

Ingredients

- 1 tablespoon reduced-calorie margarine, melted
- 2 tablespoons low-sodium Worcestershire sauce
- ¾ pound fresh mushrooms, sliced OR 8 ounces sliced canned mushrooms, drained
- 1 cup chopped onion

4 beef tenderloin steaks OR 4 chicken breast halves (4 ounces each)
¼ cup Dijon mustard, divided
¼ cup beef or chicken broth

Instructions

Combine margarine and Worcestershire sauce in a large nonstick skillet. Place over medium heat until hot. Add mushrooms and onions. Sauté until tender.

Place meat between 2 sheets of heavy-duty plastic wrap. Flatten to ¼-inch thickness, using a meat mallet or rolling pin. Throw plastic wrap away. Spread 1½ teaspoons mustard on one side of each piece of meat. Move mushroom mixture to 1 side of skillet; add meat, mustard side down. Cook meat 3 to 4 minutes over medium heat. Stir mushroom mixture once in a while.

Spread 1½ teaspoons mustard on top side of each piece of meat. Turn and cook 3 to 4 minutes on second side of meat or to desired degree of doneness. Lightly pierce meat in several places with a fork. Pour broth over meat. Cover, reduce heat, and simmer 1 minute. Place meat on heated platter. Spoon mushroom mixture over meat before serving.

Mandarin Steak

Serving size (makes 8 servings) 2-ounce meat portion
Calories per serving 135
Protein per serving 11 grams

Ingredients

1 pound lean flank steak
¾ cup unsweetened orange juice
2 tablespoons olive oil
¾ teaspoon hot sauce
5 green onions cut into 1-inch pieces
2 teaspoons cornstarch
⅛ teaspoon salt
11 ounces canned mandarin oranges in light syrup, drained
¼ cup chow mein noodles

Instructions

Trim fat from steak. Combine orange juice and next 3 ingredients in an 11-inch by 7-inch by 2-inch baking dish. Add steak, turning to coat. Cover and marinate 10 minutes.

Remove steak from marinade, saving ¼ cup marinade. Place steak on a rack in a roasting pan coated with nonfat cooking spray. Broil 5½ inches from heat for 5 minutes. Turn steak, and broil 2 minutes more. Top steak with green onions. Broil 2 minutes or to degree of doneness desired. Slice steak diagonally across grain into ¼-inch slices. Place steak and onions on a serving platter. Set aside, and keep warm.

Mix the saved marinade, cornstarch, and salt in a small saucepan. Stir well. Bring to a boil. Reduce heat, and cook 1 minute or until thickened, stirring constantly. Add marinade mixture and mandarin oranges to steak mixture. Toss gently and top with noodles.

Steamed Halibut with Vegetables

Serving size (makes 8 servings) 2-ounce meat portion
Calories per serving 65
Protein per serving 12 grams

Ingredients

4 halibut steaks (4 ounces each)
1 cup small frozen broccoli flowerets, thawed
½ cup shredded carrots
2 tablespoons chopped green onions
2 tablespoons Chablis or other dry white wine
¾ teaspoon garlic powder
½ teaspoon dried whole dill weed

Instructions

Cut 4 pieces of heavy-duty aluminum foil into 18-inch by 12-inch pieces. Center 1 halibut steak on lower half of each piece of foil. Top each with ¼ cup broccoli, 2 tablespoons carrot, and 1½ teaspoons green onions.

In a bowl, combine wine, garlic powder, and dill. Stir well. Spoon wine mixture evenly over fish and vegetables. Fold upper halves of foil over the fish steaks to meet the bottom edges of foil. Seal edges together, making a tight, ½-inch fold. Fold again. Allow space for heat to circulate. Fold side edges of foil to seal.

Place packets on a baking sheet. Bake at 450° for 10 minutes. Remove from oven. Cut an “X” in tops of packets and fold foil back to remove. Be careful to avoid steam that will be released when you do this. Place vegetable-topped steaks on warm plates, spooning juices from the foil packets over each serving.

Peachy Pork Stir-Fry

Serving size (makes 8 servings) ¾ cup
Calories per serving 155
Protein per serving 13 grams

Ingredients

1 pound lean boneless pork loin
½ teaspoon ground white pepper
¼ teaspoon salt
⅓ cup low-sugar apricot spread
¼ cup peach nectar
1 tablespoon cornstarch
1 teaspoon peeled, minced ginger

3 cups sliced frozen peaches, thawed
6 ounces fresh snow pea pods, trimmed

Instructions

Trim fat from pork. Partly freeze pork. Slice diagonally across grain into thin strips. Sprinkle with pepper and salt and set aside. Mix apricot spread, peach nectar, and cornstarch in a small bowl. Stir well, and set mixture aside. Coat a large nonstick skillet or wok with nonfat cooking spray. Place over medium-high heat until hot. Add ginger. Stir-fry 30 seconds. Add sliced pork, stir-fry 3 minutes. Add apricot mixture; cook 1 minute or until well-heated.

Tortilla Flats Pie

Serving size (makes 12 servings)..... ½ cup
Calories per serving..... 140
Protein per serving..... 10 grams

Ingredients

¾ pound lean ground beef
1½ teaspoons chili powder
1 clove garlic, minced
1½ cups red kidney beans, rinsed and drained
½ cup sliced green onions
2 tablespoons red wine vinegar
2 tablespoons tomato paste
5 corn tortillas (6 inches across)
1¼ cups canned no-salt-added chicken broth, undiluted
1 tablespoon plus 2 teaspoons instant-blending flour
½ teaspoon ground cumin
4 ounces canned chopped green chilies
¾ cup grated 40% less-fat cheddar cheese (3 ounces)

Instructions

Place first 3 ingredients in a nonstick skillet. Cook over medium-high heat until browned. Stir to crumble meat. Drain. Pat dry with paper towels. Wipe drippings from skillet with a paper towel.

Return mixture to skillet. Stir in kidney beans, onions, vinegar, and tomato paste. Cut each tortilla into 6 wedges. Wrap tortillas in aluminum foil, and bake at 350° for 8 minutes. Bring broth to a boil in a saucepan. Reduce heat and let simmer. Add flour and cumin. Cook, stirring constantly, until slightly thickened. Remove from heat. Stir in chilies. Set aside.

Coat a 9-inch pie plate with nonfat cooking spray. Line pie plate with 14 tortilla wedges. Top with meat mixture. Spoon broth mixture over meat. Repeat layers twice, using 10 tortilla wedges on a second layer, and 6 on a 3rd layer. Sprinkle with cheese. Bake at 375° for 10 minutes or until cheese melts. Let stand 5 minutes on a wire rack.

Stuffed Peppers

Makes 8 servings.

Calories per serving.....260

Protein per serving..... 18 grams

Ingredients

1 package frozen chopped spinach, drained well

1 large onion, chopped

3 tablespoons butter

3 eggs or liquid egg substitute equal to 3 eggs

8 ounces feta cheese, crumbled

1 cup cottage cheese

Pepper to taste

4 medium red and yellow peppers, sliced vertically in half

½ cup parmesan cheese, grated

Instructions

Preheat oven to 375°. Sauté onion in butter until tender. Remove from heat. In a bowl, beat eggs together and then add spinach. Stir in feta cheese, cottage cheese, sautéed onions, and black pepper. Fill peppers with spinach mixture and place in buttered casserole dish. Sprinkle with parmesan cheese. Bake for 30 minutes.

Curried Chicken

Serving size (makes 6 servings) 1/3 cup

Calories per serving..... 185

Protein per serving..... 25 grams

Ingredients

10¾ ounces canned fat-free cream of mushroom condensed soup

1 teaspoon curry powder

4 boneless, skinless chicken breast halves, cooked, cubed

1/3 cup slivered almonds, toasted

Instructions

In large saucepan, combine soup, ½ soup can of water, and curry. Stir in cubed chicken. Heat and stir until mixture heats through. Sprinkle with almonds just before serving.

“Fried” Chicken

Serving size (makes 4 servings) 1 chicken breast

Calories per serving..... 261

Protein per serving..... 38 grams

Ingredients

1 cup skim milk

4 boneless, skinless chicken breast halves

1 to 1½ cups whole grain or whole-wheat Melba toast crumbs
1 teaspoon dried herbs of your choice

Instructions

In a container with lid, soak chicken breasts in milk. Cover and chill about 30 minutes.

Preheat oven to 375°. Mix toast crumbs and herbs. Drain chicken breasts and coat both sides with crumbs. Press down lightly on crumbs so they stick. Place chicken on baking sheet lightly sprayed with nonfat cooking spray. Bake 20 minutes and pierce chicken with knife to test for doneness. Chicken is done when meat is tender and juices run clear.

Grilled Pork Chops with Apples

Serving size (makes 4 servings) 1 chop with ¼ cup applesauce
Calories per serving 206
Protein per serving 25 grams

Ingredients

4 boneless pork chops (3-inch by 4-inch)
½ teaspoon Mrs. Dash or other herb seasoning blend
2 unpeeled tart apples, cored, thinly sliced
1 to 2 tablespoons sugar-free maple syrup

Instructions

Sprinkle pork chops with seasoning. Broil or grill pork chops about 10 minutes per side. Place on serving plate and keep warm.

Place apple slices in skillet sprayed with nonfat cooking spray. Cook at medium heat. Spray tops of apple slices with cooking spray. Cook and stir apples until brown on both sides. Add ¼ cup water and maple syrup, cover and simmer 10 to 15 minutes or until apples are soft. Remove cover, increase heat to high, and stir until water is gone. Spoon over pork chops and serve.

Chicken and Peanut Wraps

Serving size (makes 4 servings) 2-ounce portion chicken
Calories per serving 250
Protein per serving 24 grams

Ingredients

6 tablespoons reduced-fat peanut butter
4 teaspoons fresh ginger, peeled and minced OR 1½ teaspoons powdered ginger
2 cloves garlic, minced
¼ cup fresh lime juice
8 teaspoons soy sauce
¼ teaspoon red pepper flakes
¼ cup green onion, chopped

8 ounces cooked chicken breast, shredded
½ cup fresh cilantro, chopped
1 cup red bell pepper, stemmed, seeded, and sliced into thin strips
1 apple, peeled, cored, and sliced into thin strips
4 Bibb lettuce leaves

Instructions

In a medium bowl, mix first 6 ingredients. Stir the green onion, chicken, and cilantro into peanut sauce. Mix well. Spoon ¼ of the peanut-chicken mixture onto a Bibb lettuce leaf. Top with ¼ of the red pepper and apple. Roll up and serve.

Tuna and Mostaccioli Salad

Serving size (makes 10 servings) 1 cup
Calories per serving..... 163
Protein per serving..... 10 grams

Ingredients

8 ounces mostaccioli pasta, uncooked
¾ cup water
3 tablespoons olive oil
2 tablespoons balsamic vinegar
1 teaspoon dried whole oregano
¼ teaspoon ground white pepper
⅛ teaspoon salt
14 ounces canned artichoke hearts, drained and quartered
9¼ ounces canned water-packed tuna, drained
2 cups coarsely shredded romaine lettuce
12 cherry tomatoes, halved

Optional: Red leaf lettuce

Instructions

Cook pasta according to package directions, without adding salt or fat. Drain pasta well. Mix water and next 5 ingredients in a small bowl. Stir well with a wire whisk. Place pasta in a large bowl. Pour ½ cup vinegar mixture over pasta. Toss gently. Add rest of vinegar mixture, artichoke hearts, tuna, romaine lettuce, and tomato. Toss gently to coat. Cover and chill. To serve, spoon pasta mixture on lettuce-lined salad plates, if desired.

Mexican Turkey-Bean Salad

Serving size (makes 10 servings) 1 cup
Calories per serving..... 67
Protein per serving..... 7 grams

Ingredients

¼ cup water mixed with 2 tablespoons salsa, divided
¼ cup water mixed with 2 tablespoons vinegar, divided

½ pound freshly ground raw turkey
 ½ teaspoon chili powder
 ¼ teaspoon dried whole oregano
 ⅛ teaspoon pepper
 15 ounces canned dark red kidney beans, drained and rinsed well
 8 cherry tomatoes, quartered
 ⅓ cup thinly sliced green onions
 ⅓ cup chopped sweet yellow pepper
 3 cups torn iceberg lettuce
 3 cups torn curly endive
 1 cup frozen green beans, thawed and drained

Instructions

Place 3 tablespoons water/salsa mixture and 3 tablespoons water/vinegar mixture in a small jar. Cover tightly and shake well. Set aside.

Coat a medium skillet with nonfat cooking spray; place over medium heat until hot. Add turkey and next 3 ingredients; cook until turkey is browned, stirring to crumble. Drain and pat dry with paper towels.

Put turkey mixture, kidney beans, tomato, green onions, and yellow pepper in a large bowl. Toss gently. Add the rest of the water/salsa mixture and the water/vinegar mixture (about 3 tablespoons each). Toss gently.

Place iceberg lettuce and curly endive in a large bowl. Spoon turkey mixture over lettuce mixture. Top with green beans, and drizzle with reserved salsa mixture.

Raspberry Ice Tea

Serving size (makes 8 servings) about 1 cup
 Calories per serving..... 34
 Protein per serving..... 0 grams

Ingredients

6 cups water
 6 tea bags (Lipton, Red Rose, or other Darjeeling-like tea)
 Juice and zest of 1 lemon
 ½ cup sugar substitute such as Splenda
 1 cup raspberries, frozen

Optional: Lemon or lime slices

Instructions

In a medium saucepan, place water and tea bags (strings cut off). Over medium-high heat, bring mixture to a boil. Lower heat, and simmer for 2 minutes. Remove from heat and cool. Carefully press water out of tea bags, then remove from pan. Add juice and zest of lemon and sugar substitute. Mix well. Pour cool mixture into a large pitcher.

Place 2 cups tea mixture and frozen raspberries in a blender and blend until smooth. Pour raspberry mixture into pitcher. Stir well to mix.

Fill 8 tall glasses with ice. Pour tea mixture over the ice. Garnish with a slice of lemon or lime if desired. Serve right away. **Do not drink more than 3 cups a day.**

Strawberry Lemonade

Serving size (makes 8 servings) about 1 cup
Calories per serving25
Protein per serving 0 grams

Ingredients

1 tub Crystal Light lemonade powder
6 cups cold water
1½ cups frozen strawberries

Instructions

In a large pitcher, mix Crystal Light powder and water, stirring well. Put strawberries and 2 cups of Crystal Light lemonade in a blender and blend until smooth. Add blended mixture to rest of lemonade and mix well. Pour over tall glasses with ice. **Do not drink more than 3 cups a day.**

Desserts

Most desserts are high in fat and calories, so it is best not to eat them every day. When you do want to treat yourself, choose desserts that have some nutritional value from high-protein ingredients or fruit.

Banana Pudding

Makes 10 servings.
Calories per serving 137
Protein per serving2 grams

Ingredients

2/3 package Murray sugar-free pecan shortbread cookies
1 tablespoon butter, melted
1 small package of Jell-O sugar-free vanilla pudding, cooked variety
2 cups skim milk
2 teaspoons pure vanilla or coconut extract
1 large ripe banana
1 cup Reddi Whip light whipped cream OR 1 cup Splenda-sweetened whipped cream

Instructions

Preheat oven to 350°. Pulse cookies in a food processor into fine crumbs. Blend the crumbs with melted butter until moist and evenly mixed. Press into a 9-inch glass pie plate and bake for 10 minutes or until crust begins to turn golden in color. Remove to a rack and cool while making the filling.

Cook the pudding mix using the directions on the package. Remove from heat, stir in the coconut or vanilla extract, and set aside. Peel the banana,

cut into thin slices, and arrange evenly over the crust. Pour the slightly cooled filling over the banana pieces. Chill 2 to 4 hours until set. To serve, cut into wedges and top with swirls of Reddi Whip or whipped cream.

Grilled Peaches with Raspberry Puree

Makes 4 servings.

Calories per serving99

Protein per serving 0.6 grams

Ingredients

10 ounces frozen raspberries, slightly thawed

1½ teaspoons lemon juice

2 medium peaches, halved and pitted

1½ tablespoons brown sugar

¼ teaspoon ground cinnamon

1½ teaspoons rum or almond flavoring

1½ teaspoons margarine

Instructions

Place raspberries and lemon juice in a blender or food processor. Blend until smooth. Strain puree and discard seeds. Cover and chill.

Cut 1 sheet of heavy-duty aluminum foil to a square 18 inches by 18 inches. Place peach halves, cut side up, on foil. Mix brown sugar and cinnamon, spoon evenly into center of each peach half. Sprinkle with flavoring and dot with margarine. Fold foil over peaches and loosely seal.

Place grill rack over medium flame or coals. Place peach bundle on rack, and cook 15 minutes or until peaches are thoroughly heated. To serve, spoon 2 tablespoons raspberry puree over each grilled peach half.

Mango Maniac

Serving size (makes 6 servings) ½ cup

Calories per serving 60

Protein per serving 0 grams

Ingredients

2 wild raspberry herbal tea bags

1 cup hot water

2 cups frozen mango chunks

1 cup frozen or fresh strawberries, coarsely chopped

Instructions

Add tea bags to water, steep for 5 minutes. Remove tea bags and cool. Put mango chunks, strawberries, and chilled raspberry tea into a blender. Blend until smooth. Pour into glasses or freeze in ice cube trays or popsicle molds. Mango ice cubes taste great added to club soda or iced tea.

Individual Lime Cheesecakes

Makes 12 servings.

Calories per serving 132

Protein per serving 5.4 grams

Ingredients

12 vanilla wafers

¾ cup 1% cottage cheese

8 ounces Neufchatel cheese, softened

¼ cup plus 2 tablespoons sugar

2 eggs

1 tablespoon grated lime rind

1 tablespoon lime juice

1 teaspoon vanilla extract

¼ cup vanilla low-fat yogurt

2 medium kiwifruit, peeled, sliced, and halved

Instructions

Line 12 muffin pans with paper baking liners. Place 1 vanilla wafer in the bottom of each liner. Spoon cottage cheese into a blender and process until smooth. Put Neufchatel and cottage cheese in a medium bowl. Beat at medium speed of electric mixer until creamy. Slowly add sugar. Mix well. Add eggs, lime rind, lime juice, and vanilla. Beat until smooth.

Spoon cheese mixture evenly over vanilla wafers. Bake at 350° for 20 minutes or until cheesecakes are almost set. Do not overbake. Let cheesecakes cool completely on wire rack. Remove from pans. Chill well. Spread vanilla yogurt evenly over cheesecakes. Top each with 3 kiwi slices.

Blueberry Pudding

Makes 6 servings.

Calories per serving 130 (85 for sugar-free version*)

Protein per serving 1 gram

Ingredients

2 cups blueberries

¼ cup water

1¼ cup bread cubes

⅓ cup sugar*

1 tablespoon butter

⅛ teaspoon lemon rind

1 tablespoon lemon juice

Instructions

Place blueberries in a saucepan and add water. Bring to a boil. Lower heat and simmer uncovered about 5 minutes. Add rest of ingredients and stir until blended. Keep warm over low heat for 15 to 20 minutes.

*For a sugar-free version, use an artificial sweetener such as Splenda in place of the sugar.

Double Chocolate Cupcakes

Serving size (makes 12 servings)1 cupcake
Calories per serving150 (120 for sugar-free version*)
Protein..... 2 grams

Ingredients

- 1½ cups all-purpose flour
- ½ cup sugar*
- ¼ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup unsweetened orange juice
- ⅓ cup water
- 3 tablespoons canola oil
- 1 tablespoon cider vinegar
- 1 teaspoon vanilla flavoring
- ⅓ cup semisweet chocolate chips
- 1 teaspoon powdered sugar

Instructions

Mix first 5 ingredients in a medium bowl; make a well in the center of the mixture. In a separate bowl, mix orange juice, water, oil, vinegar, and vanilla. Add orange juice mixture to dry ingredients, stirring just until moistened. Fold in chocolate chips.

Spoon into greased or paper-lined muffin cups, filling ²/₃ full. Bake at 375° for 12 minutes or until a toothpick inserted in the center comes out clean. Remove from pans right away. Cool on a wire rack. Sprinkle with powdered sugar.

*For a sugar-free version, use an artificial sweetener such as Splenda in place of the sugar.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Center for Bariatric Surgery: 206-598-2274