

# Southern-Inspired Meal Plan

You can use this meal plan as a starting point for building your own custom meal plan on Diabetes Food Hub. Create your free account online, save recipes, and drag-and-drop them into the interactive meal planner.

## Sunday

### Breakfast



Easy Egg Muffins



Banana



Guilt-Free Breakfast Sausage Patties

### Lunch



Southern Broccoli Salad



Cajun Fish Sandwiches With Crunchy Slaw

### Dinner



Skillet Caraway Cornbread



Cajun-Style Corn Soup



Simple Summer Cucumber and Tomato Salad

### Other



Power Snack Mix

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	305	435	425	165	1330
<b>Total carbs</b>	30g	45g	49g	17g	141g
<b>Total fat</b>	11g	16g	17g	10g	54g
<b>Protein</b>	25g	30g	20g	4g	79g

# Monday

## Breakfast



High-Fiber Zucchini Muffins



Hard Boiled Egg

## Lunch



Cajun-Style Corn Soup



Southern Broccoli Salad

## Dinner



Skillet Caraway Cornbread



Collard Greens with Yellow Squash



Slow-Cooked Meat Loaf

## Other



Berries and Cream

	Breakfast	Lunch	Dinner	Other	Total
Calories	263	315	485	95	1158
Total carbs	29g	39g	35g	20g	123g
Total fat	11g	11g	23g	1g	46g
Protein	11g	19g	32g	2g	64g

# Tuesday

## Breakfast



Easy Egg Muffins



Banana



Guilt-Free Breakfast Sausage Patties

## Lunch



Slow-Cooked Meat Loaf



Skillet Caraway Cornbread



Veggie Dip Cups

## Dinner



Smoky Pan Roasted Chicken with Potatoes and Beans

## Other



Peanut Butter Banana Oat Bites

	Breakfast	Lunch	Dinner	Other	Total
Calories	305	475	430	75	1285
Total carbs	30g	40g	39g	8g	117g
Total fat	11g	19g	17g	4g	51g
Protein	25g	34g	32g	3g	94g

# Wednesday Jul 22

## Breakfast



High-Fiber Zucchini Muffins



Easy Egg Muffins

## Lunch



Smoky Chicken and Three Bean Salad

## Dinner



Creamy Gravy



Grape Tomato Succotash



Air Fryer Buttermilk Fried Chicken

## Other



Berries and Cream

	Breakfast	Lunch	Dinner	Other	Total
Calories	285	390	400	95	1170
Total carbs	30g	35g	39g	20g	124g
Total fat	12g	13g	13g	1g	39g
Protein	17g	36g	35g	2g	90g

# Thursday Jul 23

## Breakfast



Guilt-Free Breakfast Sausage Patties



Budget-Friendly Egg, Ham and Spinach Sandwich

## Lunch



Roast Beef Rollups



Veggie Dip Cups

## Dinner



Tomato & Sweet Onion Stovetop Okra



Slow Cooker BBQ Chicken Sliders

## Other



Power Snack Mix

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	334	385	420	165	1304
<b>Total carbs</b>	25g	53g	54g	17g	149g
<b>Total fat</b>	15g	10g	9g	10g	44g
<b>Protein</b>	28g	24g	34g	4g	90g

# Friday Jul 24

## Breakfast



Hard Boiled Egg



High-Fiber Zucchini Muffins

## Lunch



Tomato & Sweet Onion Stovetop Okra



Slow Cooker BBQ Chicken Sliders

## Dinner



Zucchini With Corn and Peppers



Traditional Lump Crab Cakes

## Other



Apple Crisp

	Breakfast	Lunch	Dinner	Other	Total
Calories	263	420	345	145	1173
Total carbs	29g	54g	23g	27g	133g
Total fat	11g	9g	15g	4g	39g
Protein	11g	34g	30g	2g	77g

# Saturday

## Breakfast



Whole Grain Chicken and Waffles

## Lunch



Veggie Dip Cups



Zucchini With Corn and Peppers



Traditional Lump Crab Cakes

## Dinner



Crispy Baked Broccoli



Budget-Friendly Slow-Cooker Chicken & Sweet Potatoes

## Other



Apple Crisp

	Breakfast	Lunch	Dinner	Other	Total
<b>Calories</b>	400	300	335	145	1180
<b>Total carbs</b>	44g	27g	38g	27g	136g
<b>Total fat</b>	10g	13g	9g	4g	36g
<b>Protein</b>	35g	21g	23g	2g	81g

# Air Fryer Buttermilk Fried Chicken



Prep time  
25 min



Cook time



Servings  
4 Servings



Serving size  
1 (4 oz) piece  
of chicken

## Nutrition Facts

4 Servings

Serving Size 1 (4 oz) piece of chicken

Amount per serving

**Calories** **160**

Total Fat 3.5g

Saturated Fat 1g

Cholesterol 65mg

Sodium 190mg

Total Carbohydrate 7g

Dietary Fiber 1g

Total Sugars 0g

Protein 24g

Potassium 230mg

Phosphorus 190mg

## Ingredients

low-fat buttermilk	1/3 cup
hot sauce	1/4 tsp
boneless, skinless chicken breasts (cut in half lengthwise to make 4 equal portions)	1 lbs
corn flakes	6 tbsp
stone-ground cornmeal	3 tbsp
garlic powder	1 tsp
paprika	1 tsp
salt	1/4 tsp
coarse-ground black pepper	1/4 tsp
nonstick cooking spray	1



## Directions

- 1** In a small, deep bowl, stir together the buttermilk and hot sauce. Place the chicken in the buttermilk mixture. Allow to stand 15 minutes.
- 2** Place the cornflakes into the work bowl of a food processor. Process until coarse crumbs form. Add the cornmeal, garlic powder, paprika, salt, and pepper and pulse until evenly mixed. Pour the crumbs into a shallow bowl. (if you don't have a food processor, you can crush the cornflakes in a plastic bag with a rolling pin.)
- 3** Drain the chicken, allowing the excess buttermilk to drip back into bowl. Coat the chicken pieces evenly in the cornflake mixture. Place the coated chicken pieces on a wire rack.
- 4** Place the chicken in the air fryer basket. Spray with nonstick cooking spray for 2 seconds (do not crowd the chicken; cook in batches if all the chicken doesn't fit). Set the temperature to 375° F and air fry for 7 minutes. Turn the chicken pieces. Air fry for an additional 7-10 minutes or until the chicken is done and a meat thermometer inserted in the center registers 165° F.

# Apple Crisp



 Prep time  
15 min

 Cook time

 Servings  
7 Servings

 Serving size  
1/2 cup

## Nutrition Facts

7 Servings

Serving Size 1/2 cup

Amount per serving

**Calories** 145

Total Fat 4g

Saturated Fat 1g

Cholesterol 0mg

Sodium 40mg

Total Carbohydrate 27g

Dietary Fiber 2g

Protein 2g

## Ingredients

nonstick cooking spray	1
packed brown sugar	1/4 cup
all-purpose flour	1/4 cup
old-fashioned rolled oats (not quick cooking)	1/2 cup
margarine (softened)	2 tbsp
ground cinnamon	1 tsp
ground nutmeg	1/2 tsp
vanilla extract	1 tsp
red apples (peeled, sliced, about 5 apples)	5 cup

## Directions

- 1 Preheat oven to 375° F. Coat a 13 x 9-inch pan with cooking spray.
- 2 In a small bowl, combine brown sugar, flour, oats, margarine, cinnamon, nutmeg, and vanilla. Blend with a fork until moistened (mixture should be crumbly).
- 3 Layer apples in a pan and sprinkle brown sugar mixture evenly over top. Bake 30 minutes.

# Berries and Cream



Fresh berries (a true power food!) and a dollop of creamy topping let you enjoy summer by the spoonful. This yummy dessert takes only five minutes to prepare.

  
**Prep time**  
5 min

  
**Cook time**

  
**Servings**  
4 Servings

  
**Serving size**  
1 cup berries with topping

## Nutrition Facts

4 Servings

**Serving Size** 1 cup berries with topping

Amount per serving

**Calories** **95**

**Total Fat** 1g

Saturated Fat 0.5g

**Cholesterol** 0mg

**Sodium** 80mg

**Total Carbohydrate** 20g

Dietary Fiber 3g

Total Sugars 13g

**Protein** 2g

**Potassium** 230mg

## Ingredients

sugar-free vanilla pudding ((prepared with fat-free milk))	1/2 cup
light whipped topping (thawed)	4 tbsp
blueberries	2 cup
strawberries (sliced)	2 cup

## Directions

- 1 In a small bowl, mix together the pudding and whipped topping.
- 2 In a small bowl, mix together the blueberries and strawberries. For each serving, place 1 cup berries in a parfait or juice glass and top with 2 1/2 Tbsps. pudding mixture.

# Budget-Friendly Egg, Ham and Spinach Sandwich



Need a quick, delicious and inexpensive meal for breakfast or dinner? Here is your answer. Eggs are a cheap, high-quality protein source and are fine to eat in moderation.



Prep time  
15 min



Cook time



Servings  
4 Servings



Serving size  
1 sandwich

## Nutrition Facts

4 Servings

Serving Size 1 sandwich

Amount per serving

**Calories** 234

Total Fat 10g

Saturated Fat 2.5g

Cholesterol 195mg

Sodium 430mg

Total Carbohydrate 24g

Dietary Fiber 6g

Total Sugars 3g

Protein 16g

Potassium 540mg

## Ingredients

nonstick cooking spray	1
deli-style smoked ham ((2 ounces total))	4 slice
olive oil	1 tbsp
baby spinach	4 cup
garlic powder	1/4 tsp
fresh ground black pepper	1/4 tsp
eggs	4
Parmesan cheese (freshly grated)	4 tsp
whole wheat sandwich thins (1-1/2 oz each, toasted)	4

## Directions

- 1 Spray a nonstick oven-proof skillet with cooking spray and heat over medium heat. Add ham slices and cook for 1 minute per side. Remove from pan and set aside.
- 2 Add olive oil to pan and add spinach to pan, sprinkle with garlic powder and pepper. Sauté until spinach is wilted; remove from pan and set aside.
- 3 Crack the eggs into pan; break yolk with spatula to make it run. Cook until egg starts to firm about 30-60 seconds and flip egg. Sprinkle each egg with 1 Tsp. Parmesan cheese. Cook until done and top each egg with 1 ham slice and spoonful of cooked spinach. Place each egg (topped with ham and spinach) on whole-wheat sandwich thin and top with other slice of sandwich thin.

# Budget-Friendly Slow-Cooker Chicken & Sweet Potatoes



## Nutrition Facts

4 Servings

**Serving Size** 1 chicken thigh + 2-3 sweet potato rounds (about ½ sweet potato)

Amount per serving

**Calories** **275**

Total Fat 7g

Saturated Fat 2g

Cholesterol 105mg

Sodium 310mg

Total Carbohydrate 32g

Dietary Fiber 3g

Total Sugars 12g

Protein 21g

Potassium 590mg



**Prep time**  
20 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 chicken thigh + 2-3 sweet potato rounds (about ½ sweet potato)

## Ingredients

chicken thighs (4-ounce, boneless, skinless)	4
onion(s) (chopped)	1
large sweet potatoes ((about 1 pound total), peeled and sliced into large rounds)	2
low sodium chicken broth (low-sodium, low-fat, (gluten-free if needed))	1 1/2 cup
Splenda Brown Sugar blend	3 tbsp
dried thyme (dried)	1/4 tsp
Dijon mustard	2 tbsp
bay leaves	1

## Directions

- 1 Place chicken in a slow cooker. Top chicken with onions and sweet potatoes.
- 2 Add remaining ingredients and cook on low for 5-7 hours or until chicken is done.
- 3 Remove bay leaf and serve.

# Cajun Fish Sandwiches With Crunchy Slaw



## Nutrition Facts

4 Servings

Serving Size 1 fish sandwich

Amount per serving

**Calories** 350

Total Fat 12g

Saturated Fat 3g

Cholesterol 115mg

Sodium 440mg

Total Carbohydrate 34g

Dietary Fiber 4g

Total Sugars 6g

Protein 27g

Potassium 560mg

Phosphorus 390mg



Prep time  
15 min



Cook time  
15 min



Servings  
4 Servings



Serving size  
1 fish  
sandwich

## Ingredients

shredded cabbage or coleslaw mix	6 oz (about 3 cups)
light mayonnaise	2 tbsp
apple cider vinegar	1 tbsp
honey	1/2 tbsp
salt	1/8 tsp
black pepper	1/8 tsp
all-purpose flour	3/4 cup
Cajun or Old Bay seasoning	2 tsp
eggs	1
butter	2 tsp
extra virgin olive oil	1 tbsp
flounder, catfish, tilapia, or other thin white fish fillets (cut into 4 even pieces)	1 lbs
whole wheat hamburger buns	4

# Directions

- 1** In a medium serving bowl, combine the slaw, mayonnaise, vinegar, honey, salt, and pepper. Set it aside. (If possible, make this up to 24 hours in advance and refrigerate it until you are ready to serve. Mix it well before serving.)
- 2** In a shallow dish or bowl, combine the flour and Cajun or Old Bay seasoning. In another shallow bowl, beat the egg.
- 3** In a large heavy skillet (a cast iron pan works great for this), heat the butter and oil over medium heat until it is bubbling.
- 4** Dip the fish pieces in the flour mixture to coat them. Dip them in the egg, letting the excess drip back into the bowl. Dip them back into the flour mixture to recoat. Cook the fish until it is nicely browned and crispy, about 2-3 minutes per side. Remove the fish to a plate.
- 5** Toast the buns. Serve the fish inside the buns and topped with the slaw.
- 6** **FLAVOR BOOSTER** Serve the sandwiches topped with barbecue sauce or your favorite sandwich spread. Finely grate 1/4 onion into the coleslaw.



# Cajun-Style Corn Soup



Letting this soup simmer for an hour creates a thick, rich soup, perfect for a cold day. It's well worth the wait!



**Prep time**  
30 min



**Cook time**  
1 hr 20 min



**Servings**  
12 Servings



**Serving size**  
1 cup

## Ingredients

canola oil	1 tbsp
onion(s) (chopped)	1 1/2 cup
green onions (sliced)	5 stalks
green bell pepper (chopped)	1 cup
garlic (chopped)	2 clove
all-purpose flour	1/2 cup
water	5 cup
boneless, skinless chicken thighs (chopped)	4
canned diced tomatoes	1 (14.5 oz) can
fresh tomatoes (chopped)	2 cup
no-salt-added tomato paste	6 oz
salt	1/8 tsp
black pepper	1/8 tsp
reduced fat turkey sausage crumbles, such as Jimmy Dean (cooked)	12 oz
frozen corn	32 oz
lean cooked ham (chopped)	4 oz

## Nutrition Facts

12 Servings

Serving Size 1 cup

Amount per serving

**Calories 230**

Total Fat 7g

Saturated Fat 1.5g

Cholesterol 55mg

Sodium 440mg

Total Carbohydrate 28g

Dietary Fiber 4g

Total Sugars 8g

Protein 16g

Potassium 710mg

Phosphorus 230mg

## Directions

- 1 Heat the oil in a large soup pot and saute the onion, green onion, bell pepper, and garlic until tender. Add the flour and cook, stirring constantly, until bubbly.
- 2 Add the water, chicken, diced tomatoes and juice, fresh tomatoes, tomato paste, salt, and pepper.
- 3 Add the sausage to the soup pot, along with the corn and ham. Bring to a boil, stirring frequently.
- 4 Reduce the heat to low and simmer, uncovered, for 1 hour, stirring occasionally.

# Collard Greens with Yellow Squash



Collard greens are a nutritional superfood, high in many essential vitamins and minerals. In Southern cuisine, collards are traditionally made with large amounts of pork fat and salt, but this version has all the flavor without the saturated fat and sodium.



**Prep time**  
10 min



**Cook time**  
25 min



**Servings**  
4 Servings



**Serving size**  
3/4 cups

## Nutrition Facts

4 Servings

Serving Size 3/4 cups

Amount per serving

**Calories** 100

Total Fat 8g

Saturated Fat 1.5g

Cholesterol 10mg

Sodium 130mg

Total Carbohydrate 5g

Dietary Fiber 2g

Total Sugars 2g

Added Sugars 0g

Protein 3g

Potassium 260mg

Phosphorus 65mg

## Ingredients

collard greens (washed and dried)	1 bunch (about 8 oz)
olive oil	2 tbsp
turkey bacon	2 slices
garlic (minced)	2 clove
yellow squash (cut into half moons)	1 med
low sodium vegetable broth	1 cup
black pepper	1/8 tsp

## Directions

- 1 Remove the woody stems that run down the center of the collard leaves. Neatly pile several leaves and tightly roll them up, then slice into ribbons. Repeat for the remaining collard greens.
- 2 Heat 1 tablespoon of the olive oil in a medium sauté pan over medium heat. When the oil is shimmering, add the turkey bacon and cook until golden brown, 3 minutes on each side. Remove the bacon and set aside to slightly cool. Dice the bacon once cool.
- 3 Heat the remaining 1 tablespoon of olive oil in the same sauté pan over medium heat. When the oil is shimmering, add the garlic and cook until fragrant, 30 seconds. Add the collard greens and squash and cook until the collards have wilted and the squash begins to soften, about 5 minutes. Add the vegetable broth and bring the mixture to a boil. Lower the heat and simmer, covered, until the vegetables are cooked through, 10 minutes.
- 4 Add 1/8 teaspoon salt (optional),\* the black pepper, and cooked turkey bacon and toss to combine.  
*\*Optional salt not included in nutrition analysis; 1/8 teaspoon salt adds 75 mg of sodium per serving.*

# Creamy Gravy



Prep time



Cook time  
5 min



Servings  
4 Servings



Serving size  
2 tbsp

## Nutrition Facts

4 Servings

Serving Size 2 tbsp

Amount per serving

**Calories** 50

Total Fat 3g

Saturated Fat 1g

Cholesterol 0mg

Sodium 40mg

Total Carbohydrate 4g

Dietary Fiber 0g

Total Sugars 2g

Protein 2g

Potassium 70mg

Phosphorus 45mg

## Ingredients

reduced-fat stick margarine (such as I Can't Believe It's Not Butter Stick Original)	1 tbsp
all-purpose flour	1 1/2 tbsp
coarse-ground black pepper	1/4 tsp
skim milk	2/3 cup

## Directions

- 1 Melt reduced-fat stick margarine in a small saucepan over medium-high heat. Stir in all-purpose flour and cook for 1 minute, stirring constantly and blending until the mixture is smooth. Season with coarse ground black pepper. Gradually blend in skim milk. Cook, stirring constantly, until mixture bubbles and thickens.

# Crispy Baked Broccoli



Here's a tasty and easy vegetable dish that you can make using a budget-friendly bag of frozen broccoli. Aim to fill half of your plate with nonstarchy vegetables like broccoli, carrots, greens and more!



Prep time



Cook time



Servings  
4 Servings



Serving size  
1/4 of recipe

## Nutrition Facts

4 Servings

Serving Size 1/4 of recipe

Amount per serving

**Calories** 60

Total Fat 2g

Saturated Fat 0g

Cholesterol 0mg

Sodium 95mg

Total Carbohydrate 6g

Dietary Fiber 3g

Total Sugars 3g

Protein 2g

Potassium 290mg

## Ingredients

Nonstick cooking spray	1
frozen broccoli florets (16-ounce)	1 package
garlic powder	1 tsp
onion powder	1/2 tsp
soy sauce (reduced-sodium)	1 tbsp
olive oil	1 tbsp

## Directions

- 1 Preheat the oven to 375 degrees F. Prep a cookie sheet with nonstick cooking spray.
- 2 Defrost the broccoli and drain.
- 3 Combine the remaining ingredients in a gallon-sized Ziploc bag. Add the broccoli florets to the plastic bag and shake until coated.
- 4 Place the florets on the prepared baking sheet with space between them. Discard the leftover marinade.
- 5 Bake for 45 minutes to an hour. The broccoli will be soft inside but crisp at the edges.

# Easy Egg Muffins



These low-carb egg "muffins" are a simple breakfast, great for meal prepping. They store well in the in the fridge for up to a week, or you can freeze them and store for up to three months. This version call for frozen spinach, but you could use 1 cup of any fresh or frozen vegetables that you have on hand. You can eat these muffins as is, or get creative: make a sandwich with toast or a whole-wheat english muffin; cut in half and make a breakfast burrito with some other favorite fillings; or serve on top of a bed of lettuce for a low-carb, veggie-packed breakfast or lunch.



**Prep time**  
10 min



**Cook time**  
25 min



**Servings**  
12 Servings



**Serving size**  
1 muffin

## Nutrition Facts

12 Servings

Serving Size 1 muffin

Amount per serving

**Calories** 50

Total Fat 3g

Saturated Fat 1g

Cholesterol 95mg

Sodium 135mg

Total Carbohydrate 1g

Dietary Fiber 1g

Total Sugars 0g

Added Sugars 0g

Protein 6g

Potassium 105mg

Phosphorus 75mg

## Ingredients

nonstick cooking spray	1
thawed and squeezed frozen chopped spinach	1 cup
eggs	6
egg whites	4
plain nonfat Greek yogurt	1/4 cup
salt	1/4 tsp
black pepper	1/4 tsp
grated Parmesan cheese	1/4 cup

# Grape Tomato Succotash



Prep time



Cook time



Servings  
4 Servings



Serving size  
1 rounded cup  
each

## Nutrition Facts

4 Servings

Serving Size 1 rounded cup each

Amount per serving

**Calories** 190

Total Fat 6g

Saturated Fat 1.5g

Cholesterol less than 5mg

Sodium 360mg

Total Carbohydrate 28g

Dietary Fiber 6g

Total Sugars 5g

Protein 9g

Potassium 670mg

Phosphorus 250mg

## Ingredients

extra virgin olive oil	2 tsp
medium red onion (diced)	1
thawed frozen lima beans (or 2 cups shelled fresh lima beans)	10 oz
sweet corn (fresh (from 2 medium ears) or thawed frozen yellow)	1 cup
small jalapeño pepper, with seeds (thinly sliced crosswise)	1/2
sunflower milk beverage or almond milk (plain unsweetened)	3/4 cup
salt	1/2 tsp
grape tomatoes (quartered lengthwise)	1 pints
apple cider vinegar	1 tbsp
cilantro (finely chopped fresh)	3 tbsp

## Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the onion, lima beans, corn, and jalapeño, and sauté until the vegetables are heated through, about 3 minutes. Add the sunflower milk beverage and salt, and sauté until the vegetables are tender and liquid is fully reduced, about 6 minutes. Add the tomatoes and vinegar, and sauté until the tomatoes are heated through, about 1 minute. Stir in the cilantro. Adjust seasoning.
- 2 Transfer to a serving bowl or individual bowls, garnish with additional cilantro, if desired, and serve.



# Guilt-Free Breakfast Sausage Patties



## Nutrition Facts

14 Servings

Serving Size 2 patties

Amount per serving

**Calories** 100

Total Fat 4.5g

Saturated Fat 1.5g

Cholesterol 50mg

Sodium 130mg

Total Carbohydrate 1g

Dietary Fiber 0g

Total Sugars 1g

Protein 12g

Potassium 150mg

Phosphorus 125mg



Prep time  
10 min



Cook time  
10 min



Servings  
14 Servings



Serving size  
2 patties

## Ingredients

lean ground turkey	2 lbs
poultry seasoning	1 tsp
fennel seeds	1 tsp
onion powder	1/2 tsp
fresh parsley (chopped)	1 tbsp
crushed red pepper flakes (optional)	1/4 tsp
salt	1/2 tsp
black pepper	1/4 tsp
maple syrup	1 tbsp

## Directions

- 1 Combine all ingredients in a large bowl and mix well. Shape mixture into 28 (2-inch) patties
- 2 In a large skillet over medium-low heat, cook patties 3-5 minutes per side, or until no longer pink in center. Serve immediately.

# Hard Boiled Egg



  
Prep time  
2 min

  
Cook time  
20 min

  
Servings  
6 Servings

  
Serving size  
1 egg

## Nutrition Facts

6 Servings

Serving Size 1 egg

Amount per serving

**Calories** **78**

Total Fat 5g

Saturated Fat 1.5g

Cholesterol 185mg

Sodium 60mg

Total Carbohydrate less than 1g

Dietary Fiber 0g

Total Sugars less than 1g

Added Sugars 0g

Protein 6g

Potassium 65mg

## Ingredients

eggs	6 large
water	4 cup

## Directions

- 1 Lay the eggs in a single layer on the bottom of a large sauce pan and cover with cold water so that there is about an inch of water over the eggs.
- 2 Place the pan on a stovetop burner but before turning on the heat, set a timer for 20 minutes.
- 3 Start the timer then turn the heat to high and bring to a boil. Once boiling, reduce to a gentle simmer and simmer until the timer goes off.
- 4 When the timer goes off, immediately drain the water from the pan then gently shake the eggs in the pan to crack the shells.
- 5 Cover in ice water and let sit in the ice water for 15 minutes.
- 6 Drain the ice water, then gently roll each egg on a paper towel to loosen the shell, and peel the shell off of the egg.
- 7 Store in an airtight container in the refrigerator for up to one week.

# High-Fiber Zucchini Muffins



The pureed black beans boost the fiber in this recipe without affecting flavor. You'll be surprised how moist these gluten-free muffins turn out, and no one would guess that they are made with beans.



Prep time  
20 min



Cook time



Servings  
12 Servings



Serving size  
1 muffin

## Nutrition Facts

12 Servings

Serving Size 1 muffin

Amount per serving

**Calories** 185

Total Fat 6g

Saturated Fat 0.5g

Cholesterol 20mg

Sodium 340mg

Total Carbohydrate 28g

Dietary Fiber 3g

Total Sugars 10g

Protein 5g

Potassium 210mg

## Ingredients

nonstick cooking spray	1
black beans (15-ounce, rinsed and drained)	1 can
water	1/4 cup
zucchini (grated, (about 1 1/2 medium zucchini))	2 cup
baking mix (gluten-free, (such as Pamela's))	2 cup
salt	1/2 tsp
ground cinnamon	2 tsp
ground nutmeg	1/4 tsp
eggs	1
egg whites	2
Splenda Sugar Blend	1/2 cup
canola oil	3 tbsp
vanilla extract	1 tsp
apple cider vinegar	1 tsp

# Directions

- 1 Preheat oven to 350 degrees. Line muffin tins with muffin papers and spray with cooking spray.
- 2 Place black beans and water in a food processor and blend for 2-3 minutes, until you reach pumpkin consistency. Set aside.
- 3 Use a paper towel to wring out excess moisture from grated zucchini, set aside.
- 4 In a large bowl combine baking mix, salt, cinnamon and nutmeg.
- 5 In another bowl, whisk together eggs, Splenda Sugar Blend, oil, vanilla and vinegar. Add black bean mixture and mix well.
- 6 Make a well in dry ingredients and add wet ingredients. Mix well.
- 7 Gently fold zucchini into muffin batter.
- 8 Spoon batter into 12 muffin cups.
- 9 Bake for 22-25 minutes or until a toothpick inserted in center comes out clean.
- 10 Remove from oven and let muffins cool in pan for 10 minutes. Remove muffins from pan and cool completely on a wire rack.
- 11 **Note:** If you don't need to eat gluten-free, you can try making these muffins with a regular baking mix.

# Peanut Butter Banana Oat Bites



These satisfying high-fiber bites make a great snack or quick breakfast. You can freeze a couple bites in a snack-size plastic bag for a grab and go breakfast too!

  
Prep time  
15 min

  
Cook time

  
Servings  
24 Servings

  
Serving size  
2 bites

## Nutrition Facts

24 Servings

Serving Size 2 bites

Amount per serving

**Calories** **75**

Total Fat 4g

Saturated Fat 0.5g

Cholesterol 10mg

Sodium 130mg

Total Carbohydrate 8g

Dietary Fiber 1g

Total Sugars 2g

Protein 3g

Potassium 90mg

Phosphorus 60mg

## Ingredients

eggs	1
ripe banana (mashed)	1
peanut butter (heated in microwave for 30 seconds)	1/2 cup
vanilla extract	1 tsp
Splenda Brown Sugar blend	2 tbsp
old-fashioned rolled oats (not quick cooking) (gluten-free if needed)	2 cup
baking soda	1 tsp
salt	1/2 tsp
ground flax seed	1/4 cup

## Directions

- 1 Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
- 2 In a medium bowl whisk together peanut butter, banana, egg, vanilla and Splenda Brown Sugar blend.
- 3 In a small bowl mix together oats, baking soda and salt. Add milled flaxseed.
- 4 Add oat mixture to peanut butter mixture and mix well.
- 5 Scoop batter into 1 Tbsp. balls and place on baking sheet. Bake for 10-12 minutes. Cool on wire rack.

# Power Snack Mix



Dried fruit is high in carbs so using a little bit, like in this recipe, can be a good way to add a sweet and fruity taste without too many carbs. This snack mix can appeal to both kids and adults!



Prep time  
5 min



Cook time



Servings  
6 Servings



Serving size  
1/3 cup

## Nutrition Facts

6 Servings

Serving Size 1/3 cup

Amount per serving

**Calories** 165

Total Fat 10g

Saturated Fat 1.5g

Cholesterol 0mg

Sodium 20mg

Total Carbohydrate 17g

Dietary Fiber 3g

Total Sugars 9g

Protein 4g

Potassium 180mg

## Ingredients



6

multigrain cheerios	1 cup
mini-chocolate chips	3 tbsp
almonds	3/4 cup
dried cherries	1/3 cup

## Directions

- 1 In a medium bowl, mix together all ingredients. Portion into 1/2 cup servings.

# Roast Beef Rollups



These wraps are a quick and easy lunch to pack for the work day. Just pack the olive oil and red wine vinegar together in a separate container and add to the wrap right before eating.



Prep time  
15 min



Cook time



Servings  
6 Servings



Serving size  
1 rollup

## Nutrition Facts

6 Servings

Serving Size: 1 Rollup

Amount per serving

**Calories** **295**

Total Fat 6g

Saturated Fat 1.5g

Cholesterol 30mg

Sodium 600mg

Total Carbohydrate 43g

Dietary Fiber 6g

Total Sugars 3g

Protein 19g

Potassium 480mg

## Ingredients

whole wheat flour tortillas (10-inch)	6
large romaine lettuce leaves	6
cooked deli roast beef (thinly sliced)	12 oz
tomato(es) (diced)	1 cup
red bell pepper (diced)	1 cup
olive oil	1 tbsp
red wine vinegar	1 tbsp
cumin	1 tsp
freshly ground black pepper	1/4 tsp

## Directions

- 1 For each rollup, tear a 15-inch piece of either waxed paper or foil. Place the tortilla flat on the paper or foil. Place a romaine lettuce leaf on top of each tortilla. Divide the beef onto the lettuce leaves.
- 2 Combine the tomatoes, red peppers, oil, vinegar, cumin, and pepper. Divide the tomato mixture over the beef.
- 3 Roll the paper or foil over the tortilla to encase the filling. Roll until the sandwich is completely rolled up. Fold the excess paper or foil over the top and bottom of each rollup. To eat, peel back the paper or foil.

# Simple Summer Cucumber and Tomato Salad



Don't let this simple salad fool you - it may be simple but it's also incredibly refreshing and delicious. It makes the perfect side at a summer barbecue!



**Prep time**  
15 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 cup

## Nutrition Facts

4 Servings

Serving Size 1 cup

Amount per serving

**Calories** **70**

Total Fat 5g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 4g

Dietary Fiber 1g

Total Sugars 3g

Protein 1g

Potassium 280mg

## Ingredients

black pepper	1/8 tsp
red wine vinegar	2 tbsp
cherry tomatoes (cut in half)	10 1/2 oz
large cucumber (peeled and cut in half)	1
olive oil	1 1/2 tbsp
pinch salt (optional)	1

## Directions

- 1 Cut each cucumber half in half and slice into large chunks. Place the cucumber in a salad bowl with the cherry tomatoes.
- 2 In a small bowl, whisk together the dressing ingredients. Pour the dressing over the cucumbers and tomatoes and serve.



# Skillet Caraway Cornbread



NOTE: The bread may also be prepared in an 8-inch square baking pan coated with nonstick cooking spray. You won't need the 2 tsp. vegetable oil.



**Prep time**  
15 min



**Cook time**  
20 min



**Servings**  
16 Servings



**Serving size**  
1 wedge

## Nutrition Facts

16 Servings

Serving Size 1 wedge

Amount per serving

**Calories** 125

Total Fat 5g

Saturated Fat 0.5g

Cholesterol 25mg

Sodium 170mg

Total Carbohydrate 17g

Dietary Fiber 1g

Total Sugars 5g

Protein 3g

Potassium 75mg

Phosphorus 105mg

## Ingredients

caraway seeds	1 tsp
vegetable oil (divided)	2 tsp
cornmeal	1 cup
whole wheat flour	1 cup
baking powder	1 1/2 tsp
baking soda	1/2 tsp
salt	1/2 tsp
eggs	2
low-fat buttermilk	1 cup
honey	1/4 cup

## Directions

- 1 Preheat the oven to 400 degrees. In a small, dry skillet, toast the caraway seeds over medium heat for 2 to 3 minutes, just until lightly browned and fragrant; set aside. When the oven is hot, add 2 tsp. of the vegetable oil to a 9-inch cast-iron skillet. Heat the pan in the oven for 5 minutes.
- 2 Meanwhile, in a large bowl, mix the cornmeal, flour, baking powder, baking soda, salt, and caraway seeds.
- 3 In a separate bowl, beat the eggs with a wire whisk. Add the buttermilk, honey, and the 1/4 cup vegetable oil.
- 4 Add the wet ingredients to the dry ingredients and mix until just combined.
- 5 Carefully add the batter to the hot skillet and bake for 20 to 22 minutes, or until the cornbread is cooked through and a cake tester or toothpick inserted in the middle comes out clean. Let the cornbread cool for 5 minutes. Cut into 16 same-sized wedges and serve warm.

# Slow Cooker BBQ Chicken Sliders



## Nutrition Facts

8 Servings

Serving Size 1 slider

Amount per serving

**Calories 180**

Total Fat 3.5g

Saturated Fat 1g

Cholesterol 30mg

Sodium 240mg

Total Carbohydrate 22g

Dietary Fiber 3g

Total Sugars 5g

Protein 16g

Potassium 230mg

Start the chicken in a slow cooker and assemble these fun mini sandwiches when your guests arrive.



Prep time  
15 min



Cook time  
6 hr 15 min



Servings  
8 Servings



Serving size  
1 slider

## Ingredients



chicken breasts (boneless, skinless)	1 lbs
garlic powder	1/2 tsp
black pepper	1/4 tsp
small onion (sliced)	1
water	1 cup
barbeque sauce	1/3 cup
mini whole wheat buns ( split)	8

## Directions

- 1 Place the chicken breasts in a slow cooker. Sprinkle with the garlic powder and pepper. Place the sliced onion on top of the chicken. Pour in 1 cup water. Cover and cook on low for 6 hours, or until done.
- 2 Drain the cooking water from the slow cooker. Shred the chicken with two forks. Mix in the barbeque sauce and stir to coat the chicken. Heat through for an additional 15 minutes.
- 3 Assemble the sandwiches, using 1/3 cup BBQ chicken for each bun.

# Slow-Cooked Meat Loaf



Prep time  
15 min



Cook time  
6 hr



Servings  
8 Servings



Serving size  
4 oz

## Nutrition Facts

8 Servings

Serving Size 4 oz

Amount per serving

**Calories** 260

Total Fat 10g

Saturated Fat 3g

Cholesterol 135mg

Sodium 490mg

Total Carbohydrate 13g

Dietary Fiber 1g

Total Sugars 6g

Protein 26g

Potassium 390mg

Phosphorus 280mg

## Ingredients

eggs	2
1% milk	3/4 cup
dried seasoned bread crumbs	2/3 cup
dried minced onion	2 tsp
salt	1/2 tsp
dried sage	1/2 tsp
fennel seeds	1/2 tsp
white (button) mushrooms (finely diced)	1/2 cup
lean ground turkey	2 lbs
ketchup	1/4 cup
brown sugar	2 tbsp
mustard powder	1 tsp
Worcestershire sauce	1/2 tsp

## Directions

- 1 Combine eggs, milk, bread crumbs, onion, salt, sage, fennel, and mushrooms in a large bowl. Break up ground turkey over mixture and stir well to combine. Shape into a round loaf; place in a 5-quart slow cooker. Cover and cook on low until a meat thermometer reads 165° F, 5-6 hours. (Or, if desired bake in 350° F oven [325° F for a convection oven] for 35-45 minutes until meat reaches an internal temperature of 165° F.)
- 2 Whisk ketchup, brown sugar, mustard, and Worcestershire sauce in a small bowl; spoon sauce over meat loaf. Return to slow cooker and cook on low until heated through, about 15 minutes. Let stand 10 minutes before cutting.

# Smoky Chicken and Three Bean Salad



Smoked paprika and cumin give the chicken a delicious smoky flavor. This all-in-one meal is perfect for budget-friendly meal prepping: pack each serving in a tightly sealed container for a grab-and-go lunch throughout the week!



Prep time  
10 min



Cook time  
20 min



Servings  
4 Servings



Serving size  
3 cups

## Nutrition Facts

4 Servings

Serving Size 3 cups

Amount per serving

**Calories** 390

Total Fat 13g

Saturated Fat 3g

Cholesterol 155mg

Sodium 340mg

Total Carbohydrate 35g

Dietary Fiber 9g

Total Sugars 13g

Protein 36g

Potassium 820mg

Phosphorus 400mg

## Ingredients

smoked paprika	2 tsp
cumin	2 tsp
honey	2 tbsp
olive oil spray	1
boneless, skinless chicken thighs (visible fat removed)	1 1/2 lbs
fresh or frozen green beans (trimmed and cut into 1 inch pieces)	1/2 lb
low sodium canned chickpeas (rinsed and drained)	3/4 cup
low-sodium canned kidney beans (rinsed and drained)	1 cup
black pepper	1/4 tsp
reduced-fat oil-and-vinegar dressing	1/4 cup
romaine lettuce or other salad green	4 cup

## Directions

- 1** In a small bowl, mix the smoked paprika, cumin, and honey together to form a smooth, thick paste. Set aside.
- 2** Heat a large nonstick skillet over medium-high heat. Mist the skillet with olive oil spray. Add the chicken, smooth side down. Brown for 2 minutes. Flip and brown for 2 more minutes.
- 3** Spoon the honey mixture over the chicken. Cover the skillet with a lid, lower the heat to medium, and cook for 5 minutes, until the chicken reaches an internal temperature of 170° F.
- 4** While the chicken finishes cooking, place the green beans in a large microwave-safe bowl and microwave on high for 2 minutes.
- 5** When the chicken is done cooking, chop into 1-inch pieces. Mix the chicken with the cooked green beans, chickpeas, kidney beans, and dressing. Toss well. Add the pepper and toss again.
- 6** Divide the chicken-and-bean salad mixture into 4 servings (3 cups each) and spoon onto individual romaine leaves to create lettuce “boats.” Or place 1 cup of chopped romaine on each plate, topping each with 3 cups of the chicken mixture.


# Smoky Pan Roasted Chicken with Potatoes and Beans



  
Prep time  
10 min

  
Cook time

  
Servings  
4 Servings

  
Serving size  
5 oz chicken,  
3/4 cup  
potatoes, and 1  
cup green  
beans

## Nutrition Facts

4 Servings

Serving Size 5 oz chicken, 3/4 cup potatoes, and  
1 cup green beans

Amount per serving

**Calories** **430**

Total Fat 17g

Saturated Fat 3.5g

Cholesterol 155mg

Sodium 400mg

Total Carbohydrate 39g

Dietary Fiber 6g

Total Sugars 11g

Protein 32g

Potassium 950mg

Phosphorus 340mg

## Ingredients

smoked paprika	2 tsp
cumin	2 tsp
honey	2 tbsp
red or yellow baby potatoes (washed and cut into 1-inch pieces)	1 lbs
olive oil spray	1
boneless, skinless chicken thighs (visible fat removed)	1 1/2 lbs
fresh green beans (trimmed and cut into 1-inch pieces)	1 lbs
fresh cilantro (chopped)	1/2 cup
olive oil	2 tbsp
salt	1/2 tsp
black pepper	1/4 tsp



## Directions

- 1** In a small bowl, mix the smoked paprika, cumin, and honey together to form a smooth, thick paste. Set aside.
- 2** Place the potatoes in a large saucepan. Fill the pan with enough cold water to cover the potatoes. Cover with a lid and simmer for 10 minutes.
- 3** While the potatoes are simmering, heat a large nonstick skillet over medium-high heat. Mist the skillet with olive oil spray. Add the chicken, smooth side down. Brown for 2 minutes. Flip and brown for 2 more minutes.
- 4** Spoon the honey mixture over the chicken. Cover the skillet with a lid, lower the heat to medium, and cook for 5 minutes, until the chicken reaches an internal temperature of 170° F.
- 5** While the chicken finishes cooking, add the green beans to the pan with the potatoes and continue to simmer, uncovered, for 5 minutes, or until the potatoes are cooked through.
- 6** Remove the chicken from the stove. Drain the vegetables, place them in a bowl, and toss with the olive oil, salt, and pepper. Serve the veggies with the chicken.

# Southern Broccoli Salad



This refreshing broccoli salad pairs well with any barbecued chicken, grilled fish or pork chops.



Prep time



Cook time



Servings  
6 Servings



Serving size  
2/3 cup

## Nutrition Facts

6 Servings

Serving Size 2/3 cup

Amount per serving

**Calories** 85

Total Fat 4g

Saturated Fat 1g

Cholesterol less than 5mg

Sodium 290mg

Total Carbohydrate 11g

Dietary Fiber 1g

Total Sugars 8g

Protein 3g

Potassium 200mg

## Ingredients

black pepper	1/8 tsp
salt	1/2 tsp
honey	2 tbsp
plain yogurt (non-fat)	1/4 cup
light mayonnaise	1/4 cup
cheddar cheese (reduced-fat, shredded , 1 1/2 ounces)	1/3 cup
celery (chopped)	3/4 cup
onion(s) (finely chopped)	1/4 cup
broccoli florets	3 cup

## Directions

- 1 In a medium bowl, combine broccoli, onion, celery, and cheese; set aside.
- 2 In a small bowl, combine remaining ingredients. Add mayonnaise mixture to vegetable mixture and toss.
- 3 Cover and refrigerate at least 2 hours to “marry” the flavors.

# Tomato & Sweet Onion Stovetop Okra



Quick, easy, and comforting—this stovetop okra tastes like it's been stewed for hours, but it's actually ready in less than 15 minutes! Canned tomatoes with green chiles add flavor and spice, but you could use regular canned diced tomatoes as well. Use frozen okra, sliced or whole, or fresh (fresh will take longer to cook).



**Prep time**  
10 min



**Cook time**  
12 min



**Servings**  
8 Servings



**Serving size**  
3/4 cup

## Nutrition Facts

8 Servings

Serving Size 3/4 cup

Amount per serving

**Calories** 60

Total Fat 2g

Saturated Fat 0g

Cholesterol 0mg

Sodium 220mg

Total Carbohydrate 10g

Dietary Fiber 3g

Total Sugars 4g

Added Sugars 0g

Protein 2g

Potassium 340mg

Phosphorus 55mg

## Ingredients

avocado oil or sunflower oil	1 tbsp
large Vidalia or other sweet onion	1
garlic (minced)	2 clove
frozen cut or whole okra (thawed)	1 (16-oz) package)
diced tomatoes with green chilies	2 (10-oz) cans
dried thyme	3/4 tsp

## Directions

- 1 Heat the oil in a large saucepan over medium-high heat. Add the onion and cook while stirring until lightly golden, about 5 minutes. Add the garlic and cook while stirring until fragrant, about 1 minute.
- 2 Stir in thawed okra, canned tomatoes (with liquid), and thyme, and cook uncovered until liquids are reduced to desired consistency, about 5 minutes, stirring occasionally. Serve.

# Traditional Lump Crab Cakes



This crab cake is all about the crab and has just enough breading and mayo to bind it together. Refrigerating for a half hour is really what keeps these minimally breaded crab cakes together and makes them supremely delicious.



**Prep time**  
10 min



**Cook time**  
16 min



**Servings**  
7 Servings



**Serving size**  
1 crab cake

## Nutrition Facts

7 Servings

Serving Size 1 crab cake

Amount per serving

**Calories** **135**

Total Fat 6g

Saturated Fat 1g

Cholesterol 120mg

Sodium 470mg

Total Carbohydrate 6g

Dietary Fiber 0g

Total Sugars 1g

Protein 14g

## Ingredients

lump crabmeat (picked over to remove any cartilage and shells)	1 lbs
light mayonnaise (such as Hellmann's Light)	3 tbsp
dry breadcrumbs	3 tbsp
Dijon mustard	2 tbsp
green onion (scallion) (minced)	3 tbsp
parsley (minced)	1 tbsp
Old Bay seasoning	1 tsp
red pepper flakes (crushed)	1/4 tsp
eggs	1
all-purpose flour	3 tbsp
canola oil	1 tbsp

## Directions

- 1 Combine all ingredients except the flour and canola oil in a large bowl and mix well. Shape the mixture into 7 crab cakes and set on a plate. Cover and refrigerate for 30 minutes to set.
- 2 Heat the canola oil in a large 12-inch skillet (preferably cast iron) over medium heat. Dredge each crab cake with flour to lightly coat both sides. Add the cakes to the skillet and cook for about 4-5 minutes per side. Drain on paper towels.

# Veggie Dip Cups



Pre-portioning veggies and dip together helps control portion size, and you can double dip in your own cup! Package these in sealable cups to go, or make a larger batch to serve as a healthy appetizer when entertaining. If you don't have all of the dried herbs and spices on hand, you could use 1 tablespoon of ranch dressing powder mix instead.



**Prep time**  
20 min



**Cook time**



**Servings**  
4 Servings



**Serving size**  
1 cup

## Nutrition Facts

4 Servings

Serving Size 1 cup

Amount per serving

**Calories** **90**

Total Fat 4g

Saturated Fat 0.5g

Cholesterol less than 5mg

Sodium 260mg

Total Carbohydrate 10g

Dietary Fiber 2g

Total Sugars 6g

Protein 5g

Potassium 350mg

Phosphorus 90mg

## Ingredients

low-fat buttermilk	1/4 cup
low fat plain greek yogurt	1/2 cup
light mayonnaise	1/4 cup
fresh parsley (minced)	1 tbsp
dried dill	1/2 tsp
garlic powder	1/2 tsp
onion powder	1/2 tsp
salt	1/8 tsp
black pepper	1/4 tsp
assorted vegetable sticks for dipping (carrots, cucumbers, celery, bell pepper, etc)	4 cup

## Directions

- 1 In a medium bowl, combine buttermilk, yogurt, mayonnaise, parsley, dill, garlic powder, onion powder, salt, and pepper.
- 2 Pour 1/4 of the dip into a plastic or glass cocktail cup.
- 3 Arrange 1 cup of assorted vegetable sticks in the cup so all of them are touching the dip.
- 4 Repeat process for 3 more cups. If not serving immediately, store vegetable sticks separately, and add to cups with dip before serving.

# Whole Grain Chicken and Waffles



Here's a lighter version of a usually deep-fried, high carbohydrate, high-calorie meal. Note that you'll need a waffle iron to make this dish.



Prep time  
20 min



Cook time



Servings  
5 Servings



Serving size  
2 waffles (4-  
inch square) +  
3 chicken  
strips

## Nutrition Facts

5 Servings

Serving Size 2 waffles (4-inch square) + 3  
chicken strips

Amount per serving

**Calories** 400

Total Fat 10g

Saturated Fat 1.5g

Cholesterol 90mg

Sodium 460mg

Total Carbohydrate 44g

Dietary Fiber 5g

Total Sugars 5g

Protein 35g

Potassium 530mg

## Ingredients

whole wheat flour	1/4 cup
egg whites	3
nonstick cooking spray	1
hot sauce	1 tbsp
cornmeal	1/2 cup
salt (optional)	1/2 tsp
black pepper	1/2 tsp
chicken breasts (boneless, skinless)	1 lbs
large egg	1
skim milk	1 cup
plain nonfat Greek yogurt (non-fat)	1/2 cup
canola oil	2 tbsp
baking soda	1/2 tsp
whole wheat flour	1 1/2 cup
baking powder	1 1/2 tsp
egg whites	3

# Directions

- 1 Preheat the oven to 375 degrees F. Coat a baking sheet with cooking spray. Set aside.
- 2 In a small bowl, add the whole wheat flour. In a second small bowl, whisk together the egg whites and hot sauce. In a third small bowl, mix together the corn meal, salt (optional), and pepper.
- 3 Slice chicken breasts lengthwise into 1-inch thick strips (this should make 15 strips). Dredge each strip in the flour (and shake off the excess), then dip in the egg white, then coat in the corn meal, and lay on the prepared baking sheet.
- 4 Once all of the chicken strips are coated, spray each strip with cooking spray on both sides. Bake for 20 minutes.
- 5 While the chicken is cooking, preheat a waffle iron according to manufacturer directions (set it to high). In a small bowl, whisk together the egg, milk, yogurt, and oil.
- 6 In a large bowl, sift together the baking soda, whole wheat flour and baking powder.
- 7 In another bowl, whip the egg whites to stiff peaks.
- 8 Mix the wet ingredients into dry ingredients until combined. Gently fold in the whipped egg whites until combined. Cook the waffles according to your waffle iron instructions. For 4-inch square waffles, each waffle uses 1/2 cup batter. Cook the waffles until they are dark golden brown.
- 9 Serve two waffles with 3 strips of chicken.



# Zucchini With Corn and Peppers



  
Prep time  
25 min

  
Cook time  
12 min

  
Servings  
8 Servings

  
Serving size  
1 cup

## Nutrition Facts

8 Servings

Serving Size 1 cup

Amount per serving

**Calories** **75**

Total Fat 3g

Saturated Fat 0g

Cholesterol 0mg

Sodium 150mg

Total Carbohydrate 11g

Dietary Fiber 2g

Total Sugars 4g

Protein 2g

Potassium 300mg

Phosphorus 55mg

## Ingredients

olive oil	1 1/2 tbsp
salt	1/2 tsp
black pepper	1/4 tsp
onion(s) (chopped)	1
ears corn (husked, silks removed, kernels sliced off cob (1 1/2 cups kernels))	2 whole
jalapeño pepper (seeded and minced)	1/2
zucchini (thinly sliced)	4
red bell pepper (cored, seeded, and diced)	1
garlic (minced)	2 clove

## Directions

- 1 In a large skillet, heat the oil over medium heat. Add the onion and sauté for 5 minutes. Add the garlic and red and jalapeño peppers and sauté for 2 minutes.
- 2 Add the zucchini and sauté for 3 to 4 minutes. Add the corn to the skillet and sauté for 2 to 4 minutes. Season with the salt and black pepper.

# Grocery List

## Fresh Produce

<input type="checkbox"/>	assorted vegetable sticks	12 cup	<input type="checkbox"/>	green onion (scallion)	19
<input type="checkbox"/>	baby spinach	4 cup	<input type="checkbox"/>	jalapeño pepper	1 1/2
<input type="checkbox"/>	bananas	3	<input type="checkbox"/>	new potatoes	1 lbs
<input type="checkbox"/>	blueberries	4 cup	<input type="checkbox"/>	onion(s)	12 1/2
<input type="checkbox"/>	broccoli	6 cup	<input type="checkbox"/>	packaged coleslaw mix	3/4 cup
<input type="checkbox"/>	cherry tomatoes	1 1/3 cup	<input type="checkbox"/>	parsley	1/4 cup
<input type="checkbox"/>	cilantro	3 tbsp	<input type="checkbox"/>	red apples	10 cup
<input type="checkbox"/>	collard greens	1	<input type="checkbox"/>	red bell pepper	3
<input type="checkbox"/>	cucumber(s)	1	<input type="checkbox"/>	red onion	1
<input type="checkbox"/>	ears corn	4	<input type="checkbox"/>	romaine lettuce	10
<input type="checkbox"/>	fresh cilantro	1/2 cup	<input type="checkbox"/>	strawberries	4 cup
<input type="checkbox"/>	fresh green beans	1 lbs	<input type="checkbox"/>	sweet potatoes	2 lbs
<input type="checkbox"/>	fresh parsley	1/2 cup	<input type="checkbox"/>	tomato(es)	5
<input type="checkbox"/>	garlic	14 clove	<input type="checkbox"/>	white (button) mushrooms	1 cup
<input type="checkbox"/>	grape tomatoes	2 cup	<input type="checkbox"/>	yellow squash	1
<input type="checkbox"/>	green bell pepper	2	<input type="checkbox"/>	zucchini	14

## Fresh Meat, Poultry, & Seafood

<input type="checkbox"/>	chicken breasts	6	<input type="checkbox"/>	lean ground turkey	160 oz
<input type="checkbox"/>	chicken thighs	8 3/4 lbs	<input type="checkbox"/>	turkey bacon	2 slice
<input type="checkbox"/>	cooked deli roast beef	12 oz	<input type="checkbox"/>	turkey sausage	24 oz
<input type="checkbox"/>	lean cooked ham	8 oz	<input type="checkbox"/>	white fish	1 lbs

## Dairy

<input type="checkbox"/>	1% milk	1 1/2 cup	<input type="checkbox"/>	margarine	5 tbsp
<input type="checkbox"/>	butter	3/4 tbsp	<input type="checkbox"/>	Parmesan cheese	1 2/3 cup
<input type="checkbox"/>	cheddar cheese	10 2/3 tbsp	<input type="checkbox"/>	plain nonfat Greek yogurt	3 1/2 cup
<input type="checkbox"/>	eggs	107	<input type="checkbox"/>	plain yogurt	1/2 cup
<input type="checkbox"/>	light whipped topping	8 tbsp	<input type="checkbox"/>	skim milk	1 2/3 cup
<input type="checkbox"/>	low-fat buttermilk	4 1/8 cup			

## Sauces & Condiments

<input type="checkbox"/>	barbeque sauce	1 1/3 cup	<input type="checkbox"/>	Italian salad dressing	1/4 cup
<input type="checkbox"/>	Dijon mustard	8 tbsp	<input type="checkbox"/>	ketchup	1/2 cup
<input type="checkbox"/>	honey	20 1/2 tbsp	<input type="checkbox"/>	maple syrup	3 tbsp
<input type="checkbox"/>	hot sauce	1 1/8 tbsp	<input type="checkbox"/>	Worcestershire sauce	1/2 tbsp

## Baking & Spices

<input type="checkbox"/>	all-purpose flour	2 3/4 cup	<input type="checkbox"/>	garlic powder	5 3/4 tsp
<input type="checkbox"/>	apple cider vinegar	1/4 cup	<input type="checkbox"/>	ground cinnamon	8 tsp
<input type="checkbox"/>	baking mix	6 cup	<input type="checkbox"/>	ground nutmeg	1 3/4 tsp
<input type="checkbox"/>	baking powder	6 tsp	<input type="checkbox"/>	mini-chocolate chips	1/2 cup
<input type="checkbox"/>	baking soda	3 tsp	<input type="checkbox"/>	mustard powder	2 tsp
<input type="checkbox"/>	bay leaves	1	<input type="checkbox"/>	Old Bay seasoning	3 tsp
<input type="checkbox"/>	black pepper	7 1/2 tsp	<input type="checkbox"/>	onion powder	3 1/2 tsp
<input type="checkbox"/>	bread crumbs	1 3/4 cup	<input type="checkbox"/>	paprika	1 tsp
<input type="checkbox"/>	brown sugar	12 tbsp	<input type="checkbox"/>	poultry seasoning	3 tsp
<input type="checkbox"/>	Cajun or Old Bay seasoning	2	<input type="checkbox"/>	red pepper flakes	3/4 tsp
<input type="checkbox"/>	caraway seeds	3 tsp	<input type="checkbox"/>	red wine vinegar	3 tbsp
<input type="checkbox"/>	cornmeal	3 3/4 cup	<input type="checkbox"/>	salt	13 tsp
<input type="checkbox"/>	crushed red pepper flakes	3/4	<input type="checkbox"/>	smoked paprika	4 tsp
<input type="checkbox"/>	cumin	5 tsp	<input type="checkbox"/>	Splenda Brown Sugar blend	5 tbsp
<input type="checkbox"/>	dried dill	1 1/2 tsp	<input type="checkbox"/>	Splenda Sugar Blend	1 1/2
<input type="checkbox"/>	dried sage	1 tsp	<input type="checkbox"/>	vanilla extract	6 tsp
<input type="checkbox"/>	dried thyme	1 3/4 tsp	<input type="checkbox"/>	whole wheat flour	4 3/4 cup
<input type="checkbox"/>	fennel seeds	4 tsp			

## Dry Packaged Foods

<input type="checkbox"/>	almonds	1 1/2	<input type="checkbox"/>	multigrain cheerios	2 cup
<input type="checkbox"/>	corn flakes	1/2 cup	<input type="checkbox"/>	old-fashioned rolled oats (not quick cooking)	3 cup
<input type="checkbox"/>	dried cherries	2/3 cup	<input type="checkbox"/>	peanut butter	8 tbsp
<input type="checkbox"/>	dried minced onion	4 tsp	<input type="checkbox"/>	sugar-free vanilla pudding	1 cup
<input type="checkbox"/>	ground flax seed	4 tbsp			

## Canned Food

---

<input type="checkbox"/> black beans	3	<input type="checkbox"/> kidney beans	1
<input type="checkbox"/> canned diced tomatoes	28 oz	<input type="checkbox"/> low sodium chicken broth	1 1/2 cup
<input type="checkbox"/> chickpeas (garbanzo beans)	3/4	<input type="checkbox"/> low sodium vegetable broth	1 cup
<input type="checkbox"/> corn	1 cup	<input type="checkbox"/> lump crabmeat	3
<input type="checkbox"/> diced tomatoes with green chilies	4	<input type="checkbox"/> tomato paste	24 tbsp

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## Oils / Fats

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<input type="checkbox"/> avocado oil	2 tbsp	<input type="checkbox"/> nonstick cooking spray	17
<input type="checkbox"/> canola oil	16 tbsp	<input type="checkbox"/> olive oil	34 1/2 tsp
<input type="checkbox"/> extra virgin olive oil	1 3/4 tbsp	<input type="checkbox"/> vegetable oil	6 tsp
<input type="checkbox"/> light mayonnaise	31 tbsp		

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## Ethnic Foods

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<input type="checkbox"/> soy sauce	1 tbsp	<input type="checkbox"/> whole wheat flour tortillas	6
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## Fresh or frozen

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<input type="checkbox"/> fresh or frozen green beans	1/2 lbs
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## Frozen Food

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<input type="checkbox"/> frozen broccoli florets	1	<input type="checkbox"/> frozen lima beans	10
<input type="checkbox"/> frozen corn	8 cup	<input type="checkbox"/> frozen spinach	6
<input type="checkbox"/> frozen cut okra	4 cup		

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## Bakery

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<input type="checkbox"/> mini whole wheat buns	32	<input type="checkbox"/> whole wheat sandwich thins	4 oz
<input type="checkbox"/> whole wheat hamburger buns	4		

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## Beverages

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<input type="checkbox"/> sunflower milk beverage or almond milk	3/4 cup
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