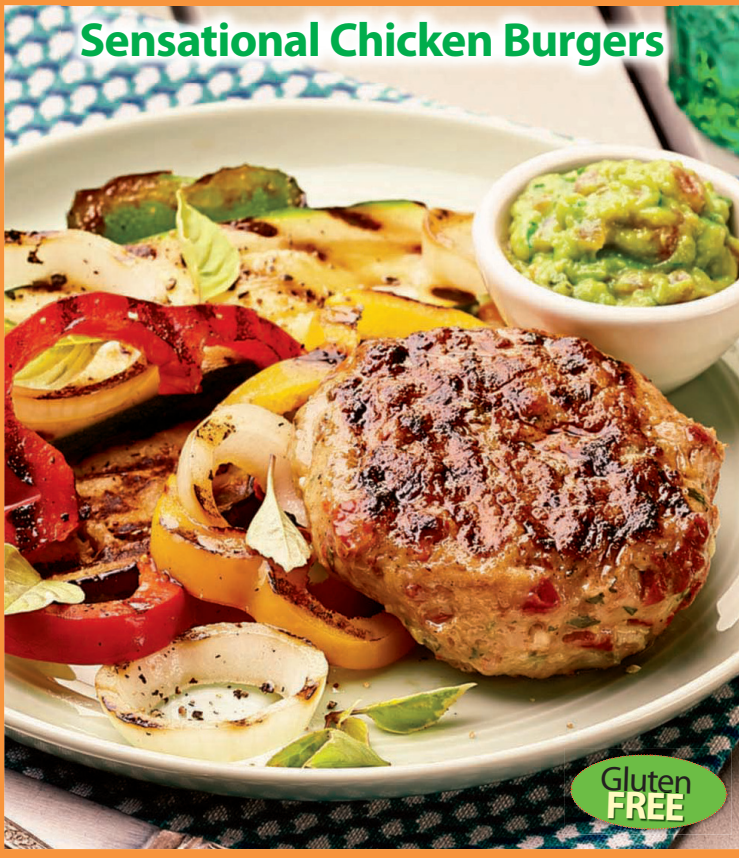


Family favorites under 300 calories!

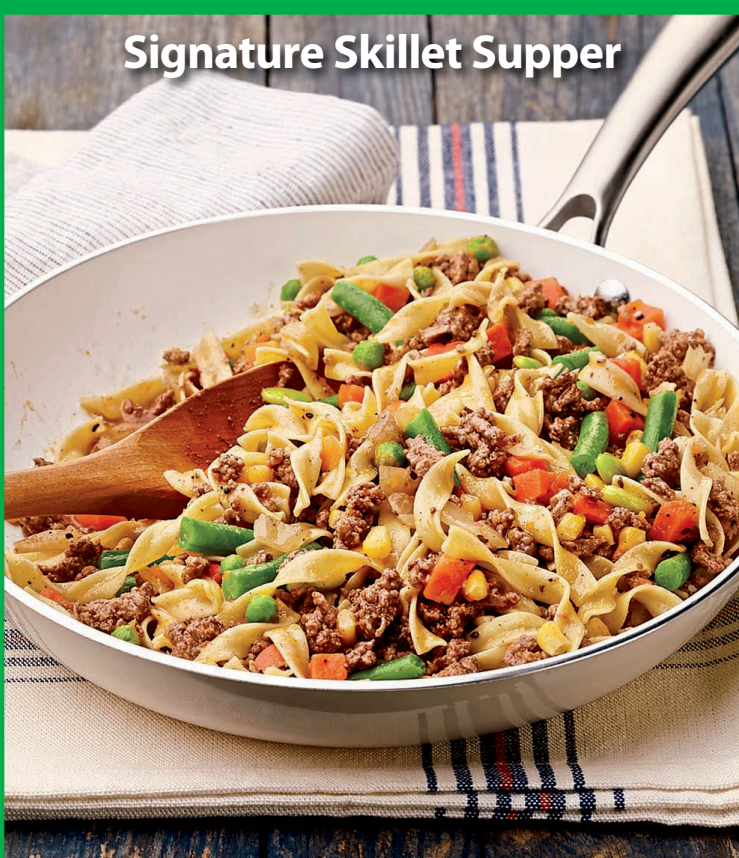
Sensational Chicken Burgers



Italian-Style Meatballs or Meatloaf



Signature Skillet Supper



Oven Fried Chicken



Family favorites under 300 calories!

Italian-Style Meatballs or Meatloaf

Extra-lean ground beef guarantees these meatballs or meatloaves—take your pick!—cook up with all the flavor and only a fraction of the fat!

- 1/2 cup dry Italian-style breadcrumbs**
- 1/2 cup chopped fresh parsley**
- 1/2 cup egg substitute**
- 1/4 cup low-sodium beef broth or red wine**
- 1/4 cup freshly grated Parmesan cheese, optional**
- 1 small onion, minced**
- 1 Tbs. chopped fresh basil**
- 1 clove garlic, minced**
- 1/2 tsp. fine sea salt**
- 1/2 tsp. ground pepper**

2 lbs. extra-lean (90%) ground beef
Marinara sauce, heated, optional

● Preheat oven to 425°F. Line rimmed baking sheet with foil or parchment paper. In large bowl, combine breadcrumbs, parsley, egg substitute, broth, cheese, onion, basil, garlic, salt and pepper. Add beef and gently mix just until combined. Roll into 20 meatballs or form into 2 meatloaves. If mixture does not hold together, add additional 1/4 cup breadcrumbs.

● Place meatballs or meatloaves on baking sheet. Bake meatballs 20 minutes or meatloaves 1 hour or until cooked through. If desired, serve with marinara sauce.

Servings: 8
Calories: 220
Protein: 25 g.
Fat: 10 g. (4 g. sat.)
Trans fat: 1 g.
Chol.: 70 mg.
Carbs.: 7 g.
Sodium: 345 mg.
Fiber: 1 g.
Sugar: 1 g.
Diabetic Exchanges/Choices:
1/2 Carbohydrate;
3 Protein, lean; 1 Fat.
Kitchen time:
30 minutes.
Total time: 50 minutes.

Sensational Chicken Burgers

A 165-calorie burger? You bet! These ground chicken patties are extra-delicious thanks to tangy sun-dried tomatoes, fragrant basil and parsley, onion and garlic mixed right in!

- 8 oz. ground chicken breast**
- 8 oz. ground chicken (mixed light and dark)**
- 1/4 cup chopped sun-dried tomatoes (not in oil)**
- 1/4 cup chopped onion**
- 1/4 cup chopped fresh basil**
- 1/4 cup chopped fresh Italian parsley**
- 1 clove garlic, minced**
- 1/2 tsp. fine sea salt**
- 1/2 tsp. cracked pepper**
- Grilled vegetables and guacamole, optional**

● Prepare grill for direct-heat cooking or heat grill pan on stovetop.

● In large bowl, mix ground chicken, tomatoes, onion, basil, parsley, garlic, salt and pepper.

Form mixture into 4 (3/4" thick) patties.

● Grill patties, turning once, until no longer pink in centers, 4-5 minutes on each side. If desired, serve with vegetables and guacamole.

Servings: 4
Calories: 165
Protein: 24 g.
Fat: 6 g. (2 g. sat.)
Trans fat: 0 g.
Chol.: 80 mg.
Carbs.: 4 g.
Sodium: 400 mg.
Fiber: 1 g.
Sugar: 2 g.
Diabetic Exchanges/Choices:
1 Vegetable;
3 Protein, lean.
Kitchen time:
25 minutes.
Total time: 25 minutes
+ grill prep time.



For more heart-healthy recipes, look for *Secrets of Healthy Cooking: A Guide to Simplifying the Art of Heart Healthy and Diabetic Cooking* by Barbara Seelig-Brown.

Oven Fried Chicken

Seasoned boneless chicken thighs "fry" up fuss-free in your oven!

- 2 cups Italian-style whole-wheat breadcrumbs**
- 1 clove garlic**
- 1 Tbs. Stress Free Cooking Italian Seasoning Blend, recipe below**
- 1/2 cup all-purpose flour**
- 2 eggs**
- 4 egg whites**
- 8 boneless, skinless chicken thighs, about 2 lbs.**

Cooking Italian Seasoning in food processor. Process until well blended.

● Place flour in pie pan or plate. In separate pie plate, whisk eggs with 1 Tbs. water; stir in egg whites. Place breadcrumb mixture in third pie pan or plate.

● Line large baking sheet with parchment paper. Dip chicken in flour and coat on all sides, then in egg and then in breadcrumbs.

Coat evenly. Place on parchment-lined baking sheet. If time, refrigerate chicken for 30 minutes before cooking.

● Bake chicken 25-30 minutes until crispy and browned. Can be made ahead and frozen. Defrost before reheating in very hot oven.

Servings: 8
Calories: 240
Protein: 25 g.
Fat: 8 g. (2 g. sat.)
Trans fat: 0 g.
Chol.: 150 mg.
Carbs.: 14 g.
Sodium: 320 mg.
Fiber: 2 g.
Sugar: 1 g.
Diabetic Exchanges/Choices:
1 Starch; 3 Protein, lean;
1/2 Fat.
Kitchen time:
25 minutes.
Total time: 55 minutes.

Stress Free Cooking Italian Seasoning Blend: Mix 1 Tbs. onion powder, 1 Tbs. garlic powder, 1 Tbs. celery seed, 1 Tbs. fine sea salt, 1 Tbs. pepper, 1 tsp. dried oregano, 1 tsp. dried rosemary and 1 tsp. dried parsley and store in airtight container at room temperature. Makes about 6 Tbs.

Signature Skillet Supper

Serve up this ready-in-a-flash skillet meal packed with lean ground beef, veggies and noodles—for just 285 calories a serving!

- 1 Tbs. extra-virgin olive oil**
- 1 lb. lean (93%) ground beef**
- 1 cup chopped onion**
- 1 clove garlic, minced**
- 4 cups frozen mixed vegetables**
- 2 tsp. togarashi (Japanese pepper blend)***
- 3 cups uncooked no-yolk medium noodles, about 6 oz.**
- 4 cups low-sodium beef broth**

● Heat olive oil in large sauté pan or skillet over medium-high heat. Add beef, onion and garlic and cook, stirring occasionally, until beef is browned. Add vege-

tables and seasoning and mix well. Add noodles and mix well. Add broth and enough water, 1-2 cups, to cover mixture.

● Bring mixture to boil. Reduce heat to medium and cook until noodles are tender, 12-15 minutes.

Servings: 6
Calories: 285
Protein: 23 g.
Fat: 8 g. (3 g. sat.)
Trans fat: 0 g.
Chol.: 50 mg.
Carbs.: 28 g.
Sodium: 165 mg.
Fiber: 6 g.
Sugar: 5 g.
Diabetic Exchanges/Choices:
1 1/2 Starch; 1 Vegetable; 2 Protein, lean; 1 Fat.
Kitchen time:
20 minutes.
Total time: 35 minutes.

*Togarashi is a Japanese pepper blend. You can find it in Asian markets or online, or you can substitute any of your favorite mixed pepper blends, such as Lemon & Pepper.

