

## *Meal Ideas*

### **Meal #1: Chicken Caesar Salad**

- Baked or broiled chicken breast (can use pre-cooked chicken strips or rotisserie chicken if desired) (3 ounces)
- Romaine lettuce (2 ½ cups)
- Tomatoes (1/2 cup)
- Newman's Own Lighten Up Caesar Dressing (2 tablespoons) or other Light Caesar Dressing
- Pita bread toasted w/olive oil, prefer whole grain (1 whole)
- Olive oil (1 teaspoon)
- Skim milk (8 ounces)

**Exchanges:** 3 meat/protein, 3 non-starchy vegetable, 2 fats, 2 starches, 1 milk/dairy  
Calories 455; Carbohydrate 54g; Fat 10.5g; Protein 29g; Sodium 570mg;

### **Meal #2: Black Bean Tortilla Bake**

- Black Bean Tortilla Bake (1/6 dish)
- Corn (1/2 cup)
- Salad (2 cups)
- Salad dressing (2 tablespoons light or 1 teaspoon ea of vinegar and oil)

**Exchanges:** 1 meat/protein, 2 non-starchy vegetables; 1 fat, 3 starches, 1 milk/dairy  
Calories 464; Fat 10g; Carbohydrate 72g; Protein 23g; Sodium 746mg;

### **Recipe: Black Bean Tortilla Bake**

**Source:** Recipezaar

#### **Ingredients:**

- 1 garlic clove minced
- ½ cup chopped onion
- ½ cup chopped green onion
- 1 cup chopped tomatoes
- ½ teaspoon chili powder
- 2 teaspoons cumin powder
- 1 (8 oz) can tomato sauce
- 1 (16 oz) can black beans, rinsed and drained
- 1 tablespoon chopped cilantro (can also used dried cilantro)
- Salt and Pepper
- 12 soft corn tortillas
- 8 ounces low fat cheese (reserve 2 tablespoons)

**Directions:** Preheat oven to 350 degrees Fahrenheit. Spray a large skilled with cooking spray. Add garlic, onions, tomato, green onion, cumin and chili powder. Cook on medium heat until onion is tender. Add tomato sauce and cook 5 minutes more. Stir in beans, cilantro, salt and pepper. Spray a square baking dish with cooking spray. Layer 4 tortillas, 1/3 cheese and 1/3 bean mixture. Repeat two more times. Top with 2 tablespoons reserved cheese. Bake 20-25 minutes covered. Then bake an additional 10 minutes uncovered or until bubbly. **Makes 6 servings.**

### **Meal # 3: Spicy Chicken Stir-Fry**

- Spicy Chicken Stir-Fry (1 ¾ cup)
- Tossed Salad (2 cups)
- Light Salad Dressing (2 tablespoons)

**Exchanges:** 3 meat/protein, 3 non-starchy vegetables, 2 ½ starches, 2 ½ fat  
Calories 525; Fat 20g; Carbohydrate 55g; Protein 31g; Sodium 610 mg;

**Recipe: Spicy Chicken Stir-Fry**

**Source:** Kraft

#### **Ingredients:**

- 1 lb. boneless skinless chicken breasts, cut into thin strips
- 1/2 cup KRAFT Asian Toasted Sesame Dressing, divided
- 1 tsp. hot pepper sauce
- 1 pkg. (16 oz.) frozen stir-fry vegetables, thawed, drained
- 1 can (8 oz.) pineapple chunks in juice, drained
- 1/4 cup PLANTERS Lightly Salted COCKTAIL Peanuts
- 2 cups hot cooked whole grain brown rice

**Directions:** TOSS chicken with 1/4 cup of the dressing and the hot sauce; set aside. Heat remaining 1/4 cup dressing in large nonstick skillet on medium-high heat. Add vegetables; stir-fry 1 min. Add chicken mixture; stir-fry 4 to 5 min. or until chicken is done. **STIR** in pineapple and peanuts; cook 1 min. or until heated through, stirring occasionally. **SERVE** over rice. **Makes 4 servings 1 ¾ cups each.**

### **Meal # 4: Grilled Veggie Focaccia**

- Grilled Veggie Focaccia (1 whole sandwich)
- Carrot sticks (1 cup)
- Apple (1 medium)
- Light yogurt (1 container)

**Exchanges:** 1 meat/protein, 3 starches, 3 non-starchy vegetable, 1 fruit, 1 dairy/milk  
Calories 479; Fat 9g; Carbohydrate 75g; Protein 30g; Sodium 467mg;

**Recipe: Grilled Veggie Focaccia**

**Source:** Power 90X

#### **Ingredients:**

- 1 large Portobello mushroom, sliced thin
- 1 large zucchini, sliced thin
- 1 ounce part skim mozzarella cheese
- 2 slices focaccia bread

**Directions:** Grill or broil vegetables for 3 to 5 minutes, using non-stick spray. Place mozzarella cheese on one slice of bread and toast until cheese is melted. Place vegetables on same side as cheese and top with second slice of bread. **Makes 1 serving.**

### **Meal #5: Hummus/Veggie Wrap**

- Hummus/Veggie Wrap (1 count, see recipe)

- Strawberries (1 ¼ cup)
- Skim milk (8 ounces)

**Exchanges:** 1 meat/protein, 1 non-starchy vegetables, 1 fruit; 2 fats, 2 1/2 starches, 1 milk/dairy

Calories 529; Fat 17 g; Carbohydrate 67g; Protein 18g; Sodium 594mg;

**Recipe: Hummus/Veggie Wrap**

**Ingredients:**

- 2 tablespoons hummus
- 1 cup salad
- 1 tablespoon roasted red peppers
- ¼ cup feta cheese
- 1 tortilla (prefer whole grain)

**Directions:** Spread hummus on tortilla. Chop salad and place on top of tortilla and hummus. Add roasted red peppers, feta cheese and vinaigrette dressing. Wrap and slice in half. Hold in place with tooth pick if desired. Makes 1 serving.

**Meal #6: Chef Salad**

- Chef Salad (1 count, see recipe)
- Roll, prefer whole grain (1 oz)
- Unsweetened applesauce (4 oz)

**Exchanges:** 3 meat/protein, 2 ½ non-starchy vegetables, 1 fruit; 2 fats, 1 starch

Calories 463; Fat 8g; Carbohydrate 14g; Protein 29g; Sodium 515mg;

**Recipe: Chef Salad**

**Source: Power 90X**

**Ingredients:**

- 3 ounces fat-free turkey breast chopped
- 1 ½ ounces fat free mozzarella cheese, shredded or chopped
- ½ Roma tomato, chopped
- 2 cups romaine lettuce, chopped
- ¼ cup hearts of palm, chopped
- 1 ounce avocado, diced
- 2 tablespoons low fat ranch dressing

**Directions:** Toss ingredients together in a bowl and drizzle with dressing Makes 1 serving.

**Meal #7: Easy Honey Garlic Chicken**

- Easy Honey Garlic Chicken (1 ¾ cup servings, see recipe)
- Skim milk (8 ounces)

**Exchanges:** 3 meat/protein, 1 non-starchy vegetables; 1 milk/dairy, 1 1/2 fats, 3 starches

Calories 603; Fat 9g; Carbohydrate 44g; Protein 34g; Sodium 720mg;

**Recipe: Easy Honey Garlic Chicken**

**Source: Kraft.com**

**Ingredients:**

- 1 lb. boneless skinless chicken breasts, sliced
- 3 cups frozen stir-fry vegetables
- 1/2 cup KRAFT Zesty Italian Dressing
- 2 Tbsp. honey
- 4 cloves garlic, minced
- 3/4 tsp. ground ginger
- 3 cups hot cooked long-grain rice (prefer whole grain)

**Directions:** **COOK** chicken in large skillet sprayed with cooking spray on medium-high heat 5 min., stirring occasionally. **ADD** vegetables, dressing, honey, garlic and ginger. **COOK** and stir an additional 5 min. or until chicken is cooked through and vegetables are heated through. Serve with rice. Makes 4 servings-1 3/4 cup ea serving

**Meal #8: Salmon with Lemon and Dill**

- Salmon with Lemon and Dill (3-4 ounces)
- Whole grain rice (1 cup)
- Broccoli (1/2 cup cooked)

**Exchanges:** 3-4 meat/protein, 1 non-starchy vegetables, 3 starches, 1-2 fats  
Calories 586; Fat 23.1 g; Carbohydrate 52g; Protein 31.7g; Sodium 214mg;

**Recipe: Salmon with Lemon and Dill**

**Source: Allrecipes.com**

**Ingredients:**

- 1 pound salmon fillets
- 1/4 cup butter, melted
- 5 tablespoons lemon juice
- 1 tablespoon dried dill weed
- 1/4 teaspoon garlic powder
- sea salt to taste
- freshly ground black pepper to taste

**Directions:** Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish. Place salmon in the baking dish. Mix the butter and lemon juice in a small bowl, and drizzle over the salmon. Season with dill, garlic powder, sea salt, and pepper. Bake 25 minutes in the preheated oven, or until salmon is easily flaked with a fork. Makes 4 servings.

**Meal #9: Bistro Chicken Pasta Salad**

- Bistro Chicken Pasta Salad (1 1/3 cups, see recipe)
- Fruit salad (1 cup)
- Light yogurt (1 cup)

**Exchanges:** 2 1/2 meat/protein, 1 non-starchy vegetables, 1 fruit, 2 starches, 1 milk/dairy  
Calories 450; Fat 9 g; Carbohydrate 58g; Protein 32g; Sodium 745mg;

**Recipe: Bistro Chicken Pasta Salad**

**Source: Kraft.com**

**Ingredients:**

- 2 cups cooked penne pasta
- 1 cup quartered cherry tomatoes
- 1 pkg. (4 oz.) Crumbled Feta Cheese
- 1/2 cup prepared GOOD SEASONS Italian Dressing Mix for Fat Free Dressing
- 1/3 cup lightly packed fresh basil, cut into strips
- 1/4 cup chopped red onions
- 1/4 cup chopped sun-dried tomatoes (not oil packed)
- 1/2 lb. boneless skinless chicken breasts, grilled, cut into 1/4-inch-thick slices

**Directions:** Combine all ingredients except chicken. Top with chicken. Makes 4 servings 1 1/3 cup each serving.

**Meal #10: Caprese Melts**

- Caprese Melt (1 sandwich)
- Salad (1 cup)
- Light dressing (2 tablespoons)

**Exchanges:** 1 1/2 meat/protein, 1 non-starchy vegetables, 2 starches, 2 fats  
Calories 389; Fat 21 g; Carbohydrate 35g; Protein 15g; Sodium 515mg;

**Recipe: Caprese Melts**

**Source: Myrecipes.com**

**Ingredients:**

- 6 slices sourdough or whole grain sandwich bread
- About 1 tablespoon olive oil
- 15 fresh basil leaves, rinsed
- 2 firm-ripe tomatoes (about 8 oz. total), sliced 1/4 inch thick
- 4 ounces fresh mozzarella cheese, sliced 1/4 inch thick
- Salt and pepper

**Directions:** Brush one side of each bread slice with olive oil. Place 3 slices, oil side down, on a 10- by 15-inch baking sheet and layer evenly with basil leaves, tomato slices, and mozzarella slices. Sprinkle lightly with salt and pepper and top with remaining bread slices, oil side up. Broil sandwiches 6 inches from heat, turning once, until bread is golden brown and cheese is melted, 2 to 3 minutes total. Serve immediately. Makes 3 servings, 1 sandwich per serving.