**Tuna Salad Sandwich**

- 3 ounces canned tuna in water
- 1 tablespoon light mayonnaise
- Finely chopped veggies of choice, such as celery or onion
- Tomato slice and lettuce (optional)
- 2 slices reduced-calorie whole wheat bread

Open can of tuna measure and drain excess water; measure appropriate amount for calorie level and spoon tuna into bowl.

Measure and add 1 tablespoon of light mayonnaise to tuna; add finely chopped vegetables to the mixture and mix together until evenly coated with mayonnaise.

Spread mixture evenly over bread, then add any other desired vegetables such as lettuce and tomato.

**Servings per recipe: 1 (1 serving = 1 sandwich)**
Nutrition facts per serving – Calories: 231.7, Total Fat: 6.3 g, Saturated Fat: 1.1 g, Cholesterol: 35 mg, Sodium: 473.2 mg, Total Carbohydrates: 24.7 g, Dietary Fiber: 5.9 g, Sugars: 2.8 g, Protein: 23.2 g

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**Chicken and Vegetable Stir-fry**

- Cooking spray
- 2 cups of vegetables of choice, such as broccoli, onion, green or red peppers, mushrooms, etc. (fresh or defrosted frozen)
- 4 ounces boneless, skinless chicken breasts
- 1 teaspoon extra virgin olive oil
- 1½ tablespoons soy sauce
- 1 cup cooked brown rice

Coat medium-size frying pan with cooking spray.

Chop vegetable into bite-size pieces and add to frying pan. Cook to desired tenderness.

Cut chicken into small pieces.

In a separate frying pan, add oil. When oil is warm, add chicken and cook to an internal temperature of at least 170 F.

When chicken is cooked, add vegetables and toss with soy sauce.

Serve over appropriate serving size of rice.

**Servings per recipe: 2 (1 serving = 1 cup)**
Nutrition facts per serving – Calories: 231.5, Total Fat: 5.1 g, Saturated Fat: 1.0 g, Cholesterol: 35.1 mg, Sodium: 443 mg, Total Carbohydrates: 28.1 g, Dietary Fiber: 3.0 g, Sugars: 2.7 g, Protein: 17.6 g
### Pasta Salad

- ½ cup dry whole wheat pasta, such as macaroni
- 1 cup fresh vegetables of choice, such as green or red pepper, onions, cucumber, broccoli or tomato
- 2 tablespoons low-fat salad dressing of choice

In a pan, bring water to a boil on the stove; add pasta and cook to desired tenderness.

Strain pasta and let cool.

While pasta is cooking and cooling, chop vegetables of choice into bite-size pieces.

In a bowl, combine vegetables with pasta and toss with dressing.

**Servings per recipe:** 1 (1 serving = 1 cup)

**Nutrition facts per serving**
- Calories: 255.2
- Total Fat: 3.8 g
- Saturated Fat: 0.0 g
- Cholesterol: 0.0 mg
- Sodium: 283 mg
- Total Carbohydrates: 55.6 g
- Dietary Fiber: 9.0 g
- Sugars: 3.0 g
- Protein: 7.3 g

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### Vegetable Salad

- 2 cups mixed fresh raw vegetables
- 2 tablespoons low-fat salad dressing

Chop vegetables.

In a bowl, toss with salad dressing.

**Servings per recipe:** 1 (1 serving = 2 cups)

**Nutrition facts per serving**
- Calories: 115.3
- Total Fat: 6.3 g
- Saturated Fat: 0.0 g
- Cholesterol: 0.0 mg
- Sodium: 115 mg
- Total Carbohydrates: 13.4 g
- Dietary Fiber: 3.1 g
- Sugars: 4.6 g
- Protein: 1.9 g
Fish in Foil

- 4 ounces fresh or frozen fish such as cod, whitefish, tilapia, halibut, sole or trout
- Nonstick cooking spray
- Fresh lemon
- Garlic powder
- Lemon pepper

Preheat oven to 375 F.

Place specified amount of fish on a foil square; spray fish and foil with nonstick cooking spray. Season with fresh lemon, garlic powder and lemon pepper.

Fold foil around fish and place on oven-safe dish.

Bake fish until internal temperature of fish is 150 F (may take 15 to 20 minutes depending on the size of the fish).

Nutritionist's note: Fish is an excellent low-calorie source of protein. Most fish is low in fat, and those that are higher in fat, such as salmon and mackerel, are high in omega-3 fatty acids, which is a very healthy kind of fat. There are many different types of fish and most can be cooked by the same methods. If you don't have the kind of fish called for in a recipe or if the recipe doesn't specify a type of fish, use your favorite. Fresh and thawed frozen fish can be used interchangeably in recipes. The weight of fish shrinks only slightly when it is cooked. For a single serving, the raw weight can essentially be the same or just slightly more than the desired cooked weight, particularly if it is a lower-fat fish. Fish is done when a fork is inserted and it “flakes”; the flesh appears opaque or a whitish, milky color. Fish cooks quickly and overcooking it will damage its flavor and texture. Thinner fillets will need less cooking time and thicker, denser fish will need a little more.

Servings per recipe: 1 (1 serving = one 4 ounce piece of fish)
Nutrition facts per serving – Calories: 114.1, Total Fat: 1.9 g, Saturated Fat: .5 g, Cholesterol: 55 mg, Sodium: 64.4 mg, Total Carbohydrates: 1.5 g, Dietary Fiber: .2 g, Sugars: .5 g, Protein: 22.9 g

Broiled Fish

- 4 ounces fish, choose your favorite (suggestions: white fish, orange roughy, scrod, tilapia)
- 1 teaspoon olive oil
- Dash of your favorite seasoning, such as lemon pepper, salt, pepper or garlic salt

Turn broiler on.

Put foil on broiler pan; place fish on foil.

Brush fish with olive oil and sprinkle with your favorite seasoning.

Place fish 4 to 6 inches away from the broiler heat and watch carefully. A 1-inch fillet will probably take 10 to 15 minutes to cook and a thinner fillet may take about half of that time. Remember fish cooks quickly so you need to be careful not to overcook.

Serve with a lemon wedge and enjoy.

Nutritionist's note: Fish is an excellent low-calorie source of protein. Most fish is low in fat, and those that are higher in fat, such as salmon and mackerel, are high in omega-3 fatty acids, which is a very healthy kind of fat. There are many different types of fish and most can be cooked by the same methods. If you don't have the kind of fish called for in a recipe or if the recipe doesn't specify a type of fish, use your favorite. Fresh and thawed frozen fish can be used interchangeably in recipes. The weight of fish shrinks only slightly when it is cooked. For a single serving, the raw weight can essentially be the same or just slightly more than the desired cooked weight, particularly if it is a lower-fat fish. Fish is done when a fork is inserted and it “flakes”; the flesh appears opaque or a whitish, milky color. Fish cooks quickly and overcooking it will damage its flavor and texture. Thinner fillets will need less cooking time and thicker, denser fish will need a little more.

Servings per recipe: 1 (1 serving = one 4 ounce piece of fish)
Nutrition facts per serving – Calories: 140.6, Total Fat: 5.5 g, Saturated Fat: .6 g, Cholesterol: 29.5 mg, Sodium: 91.8 mg, Total Carbohydrates: 0.0 g, Dietary Fiber: 0.0 g, Sugars: 0.0 g, Protein: 21.4 g
#7

Potatoes – Baked French Fries

- Cooking spray
- 3 russet potatoes, sliced into ¼ inch strips
- 1 teaspoon dried basil
- ⅛ cup grated low-fat parmesan cheese
- Salt and pepper to taste

Preheat oven to 400 F. Lightly grease a medium baking sheet with cooking spray. Arrange potato strips in a single layer on the prepared baking sheet, skin sides down. Spray lightly with cooking spray, and sprinkle with basil, parmesan cheese, salt and pepper. Bake 25 minutes in the preheated oven, or until golden brown.

Servings per recipe: 2 (1 serving = 1 cup)
Nutrition facts per serving – Calories: 250.8, Total Fat: 2.1 g, Saturated Fat: 1.3 g, Cholesterol: 4.9 mg, Sodium: 167.5 mg, Total Carbohydrates: 50.9 g, Dietary Fiber: 7.9 g, Sugars: 3.6 g, Protein: 8.1 g

#8

Bran Muffin

- 1¼ cups all purpose flour
- ½ cup sugar
- 1 tablespoon baking powder
- ⅛ teaspoon salt
- 2 cups all-bran cereal
- 1¼ cups nonfat milk
- 1 egg
- ¼ cup vegetable oil

Preheat oven to 400 F.

In a small bowl, stir together flour, sugar, baking powder and salt. Set aside.

In large mixing bowl, combine cereal and milk. Let stand 2 minutes or until cereal softens. Add egg and oil; beat well.

Add flour mixture to egg mixture, stirring only until combined. Portion evenly into 12 2.5-inch muffin pan cups that have been sprayed with cooking spray.

Bake for about 20 minutes.

Servings per recipe: 12 (1 serving = 1 muffin)
Nutrition facts per serving – Calories: 156.4, Total Fat: 4.9 g, Saturated Fat: 0.6 g, Cholesterol: 0.5 mg, Sodium: 204.7 mg, Total Carbohydrates: 27.6 g, Dietary Fiber: 3.7 g, Sugars: 11.7 g, Protein: 3.8 g
#9

**Chicken or Turkey Pocket**

- ½ cup chopped onion
- 2 ounces cooked chicken or turkey, cubed or cut into bite-size pieces
- 1 cup celery, chopped
- 1 teaspoon light mayonnaise
- 1 teaspoon lime juice
- ⅛ teaspoon red pepper flakes
- One 4-inch pita pocket
- Alfalfa sprouts to top sandwich

Mix all ingredients together (except sprouts); stuff mixture into pita pocket and top with sprouts.

**Servings per recipe:** 1 (1 serving = 1 pita pocket)
**Nutrition facts per serving** – Calories: 186.1, Total Fat: 4 g, Saturated Fat: 0.7 g, Cholesterol: 26.9 mg, Sodium: 316.2 mg, Total Carbohydrates: 23.9 g, Dietary Fiber: 5 g, Sugars: 0.7 g, Protein: 11.0 g

#10

**Turkey Chili**

- 16 ounces ground turkey
- One 6-ounce can tomato paste (no salt added)
- One 28-ounce can of crushed tomatoes (no salt added)
- 1 cup chopped onions
- 1 cup chopped green peppers
- 1 clove garlic (minced)
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- One 8-ounce can of dark red kidney beans

In a large nonstick skillet, brown turkey over medium heat until cooked thoroughly; drain and add remaining ingredients, bring to a boil.

Divide evenly into four servings.

**Servings per recipe:** 4 (1 serving = 1 cup)
**Nutrition facts per serving** – Calories: 305.9, Total Fat: 9.6 g, Saturated Fat: 2.8 g, Cholesterol: 80 mg, Sodium: 370.4 mg, Total Carbohydrates: 29.8 g, Dietary Fiber: 9.4 g, Sugars: 2.2 g, Protein: 29.4 g
Oriental Salad

- 4 cups spinach leaves
- 2 cups sliced mushrooms
- 1 cup sliced drained canned water chestnuts
- 4 tablespoons rice vinegar
- 4 teaspoons sesame oil
- 2 tablespoons soy sauce
- 2 teaspoons sesame seeds, toasted

In a large salad bowl, combine spinach with mushrooms and water chestnuts.

In a small bowl, mix rice vinegar with sesame oil and soy sauce.

Pour dressing over salad and toss to coat.

Top with sesame seeds.

Servings per recipe: 4 (1 serving = 1½ cups)
Nutrition facts per serving – Calories: 100.1, Total Fat: 5.3 g, Saturated Fat: 0.8 g, Cholesterol: 0.0 mg, Sodium: 317.3 mg, Total Carbohydrates: 11.8 g, Dietary Fiber: 2.1 g, Sugars: 3.2 g, Protein: 3.1 g

Baked Apple

- 2 small apples
- 2 teaspoons sugar
- Dash of cinnamon and ground nutmeg
- ¼ cup water
- 1 teaspoon lemon juice

Preheat oven to 450 F.

Core apples and place in a baking dish lined with aluminum foil.

Sprinkle sugar, cinnamon and nutmeg into the apples.

Add water and lemon juice to baking dish and bake at 450 F for 25 minutes or until tender.

Servings per recipe: 2 (1 serving = 1 small apple)
Nutrition facts per serving – Calories: 72, Total Fat: 0.2 g, Saturated Fat: 0.0 g, Cholesterol: 0.0 mg, Sodium: 0.6 mg, Total Carbohydrates: 19.1 g, Dietary Fiber: 3.7 g, Sugars: 15.2 g, Protein: .3 g

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#13 Egg Vegetable Scramble

- ¼ cup fresh onion
- ½ clove garlic, minced (or use garlic powder – season to taste)
- 1 cup fresh spinach
- 2 eggs
- Black or red pepper

In a lightly oiled skillet, sauté the onion and garlic over medium heat; stir in fresh spinach and cook until wilted, about 2 minutes.

Beat eggs and pour over spinach. Cook, stirring occasionally, until eggs have set.

Season with black or red pepper to taste.

Servings per recipe: 1 (1 serving = 1 egg scramble)
Nutrition facts per serving – Calories: 151.1, Total Fat: 8.6 g, Saturated Fat: 2.8 g, Cholesterol: 327.4 mg, Sodium: 151.1 mg, Total Carbohydrates: 5.7 g, Dietary Fiber: .4 g, Sugars: .5 g, Protein: 12.5 g

#14 Yogurt Parfait or Smoothie

- ½ cup plain low-fat yogurt
- ¾ cup blueberries
- 8 walnut halves, chopped

Mix ingredients together and enjoy.

Other fresh, water-packed canned or frozen fruit can be used. If using frozen fruit, mix in blender and add nuts after blending.

Servings per recipe: 1 (1 serving = 1 cup)
Nutrition facts per serving – Calories: 234, Total Fat: 10.5 g, Saturated Fat: 2.4 g, Cholesterol: 10.1 mg, Sodium: 121.8 mg, Total Carbohydrates: 28.6 g, Dietary Fiber: 3.7 g, Sugars: 23.1 g, Protein: 11.2 g

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#15 Bean Burrito

- 1 cup chopped bell pepper and onions
- ½ cup cooked black beans
- 1 whole grain soft 6-inch tortilla
- ¼ cup salsa

In a lightly oiled skillet, sauté the peppers and onions over medium heat, stirring occasionally, about two minutes; pour beans into skillet and cook an additional 3 minutes.

Warm tortilla in microwave for 15 to 30 seconds.

Pour mixture down center of tortilla and pour salsa over beans and peppers. Serve immediately.

Servings per recipe: 1 (1 serving = 1 burrito)
Nutrition facts per serving – Calories: 290.3, Total Fat: 3.8 g, Saturated Fat: 1.2 g, Cholesterol: 0.0 mg, Sodium: 422 mg, Total Carbohydrates: 53.4 g, Dietary Fiber: 12.6 g, Sugars: 6.0 g, Protein: 13.3 g

#16 Baked Salmon

- 4 ounces fresh or frozen salmon filet
- Seasonings such as lemon juice, dill and garlic

Preheat oven to 350 F.

Place a piece of foil on a baking sheet. Spray the foil with cooking spray.

Place salmon on foil. Sprinkle with lemon pepper, dill, garlic or other seasoning of your choice.

Bake salmon 15 to 20 minutes, or until easily flaked with a fork.

Servings per recipe: 1 (1 serving = one 4-ounce piece of salmon)
Nutrition facts per serving – Calories: 172.6, Total Fat: 5 g, Saturated Fat: .8 g, Cholesterol: 75.9 mg, Sodium: 90.7 mg, Total Carbohydrates: 1 g, Dietary Fiber: .1 g, Sugars: .1 g, Protein: 29.1 g
### Sloppy Joes

- 1 pound lean ground beef sirloin
- ¼ cup chopped onion
- ¼ cup chopped green bell pepper
- ½ teaspoon garlic powder
- 1 teaspoon prepared yellow mustard
- ¾ cup ketchup
- 3 teaspoons brown sugar
- Salt to taste
- Ground black pepper to taste

In a medium skillet over medium heat, brown the ground beef, onion and green pepper; drain off liquids.

Stir in the garlic powder, mustard, ketchup and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes.

Season with salt and pepper.

Choose a whole wheat bun or whole wheat thin bun.

**Servings per recipe:** 6 (1 serving = 1 Sloppy Joe sandwich on whole wheat bun)

**Nutrition facts per serving** – Calories: 279.9, Total Fat: 16.5 g, Saturated Fat: 6.4 g, Cholesterol: 56.7 mg, Sodium: 473.3 mg, Total Carbohydrates: 16.8 g, Dietary Fiber: 2 g, Sugars: 7 g, Protein: 9.6 g

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### Chickpeas and Couscous

- 1 cup water
- 1 cup uncooked couscous
- One 15-ounce can garbanzo beans (chickpeas), drained
- 2 roma (plum) tomatoes, thinly sliced
- 1 cucumber, peeled and sliced
- ¼ teaspoon olive oil
- ¼ teaspoon white vinegar
- Garlic powder to taste
- Salt and pepper to taste

In a medium saucepan, bring water to boil. Stir in couscous, then remove from heat. Cover and let stand about 5 minutes, until liquid has been absorbed. Fluff with a fork.

In a large bowl, mix couscous and garbanzo beans. Toss in tomatoes and cucumbers. Stir olive oil and vinegar into the mixture.

Season with garlic powder, salt and pepper.

**Servings per recipe:** 4 (1 serving = ⅓ cup)

**Nutrition facts per serving** – Calories: 291.3, Total Fat: 1.9 g, Saturated Fat: .2 g, Cholesterol: 0.0 mg, Sodium: 334.5 mg, Total Carbohydrates: 57.6 g, Dietary Fiber: 7.3 g, Sugars: .8 g, Protein: 10.9 g
# 19

**Okra Curry**

- 1 pound okra, ends trimmed, cut into ¼ inch rounds
- 1 tablespoon olive oil
- 1 teaspoon whole cumin seeds
- ½ teaspoon curry powder
- ½ teaspoon chickpea flour
- ½ teaspoon salt

Microwave the okra on high for 3 minutes.

In a large skillet, heat olive oil over medium heat. Add cumin. Once the cumin seeds swell and turn golden brown, stir in the okra. Cook and stir on medium heat for 5 minutes. Gently mix in the curry powder, chickpea flour and salt; cook 2 minutes more. Serve immediately.

**Servings per recipe:** 4 (1 serving = 1 cup)

**Nutrition facts per serving** – Calories: 55, Total Fat: 3.7 g, Saturated Fat: 0.5 g, Cholesterol: 0.0 mg, Sodium: 297.3 mg, Total Carbohydrates: 5.1 g, Dietary Fiber: 2.5 g, Sugars: 2.2 g, Protein: 1.9 g

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# 20

**Chicken with Salsa**

- 1 pound skinless, boneless chicken breasts, cut into bite-size pieces
- 2 teaspoons taco seasoning
- Cooking spray
- ½ cup bottled salsa
- ½ cup (about 2½ ounces) shredded reduced-fat cheddar cheese
- One 4-ounce can whole green chiles, drained and thinly sliced
- ¼ cup fat-free sour cream (optional)
- 2 tablespoons sliced ripe olives (optional)

Preheat oven to 475 F.

In a medium bowl, combine chicken and seasoning, tossing to coat. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken; cook for 4 minutes or until browned, stirring occasionally.

Arrange chicken in an 8-inch square baking dish coated with cooking spray; top with salsa, cheese and chiles. Bake for 8 minutes or until chicken is done and cheese is melted.

Top each serving with 1 tablespoon sour cream and 1½ teaspoons olives.

**Servings per recipe:** 1 (1 serving = 1.25 cup)

**Nutrition facts per serving** – Calories: 196.6, Total Fat: 6.6 g, Saturated Fat: 2.8 g, Cholesterol: 81.1 mg, Sodium: 417.6 mg, Total Carbohydrates: 4.6 g, Dietary Fiber: 1.1 g, Sugars: 0 g, Protein: 28.7 g

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Gemelli with Broccoli Rabe, Bacon and Chickpeas

- 1 pound broccoli rabe, trimmed, cleaned and coarsely chopped
- 8 ounces uncooked gemelli pasta (or penne works nicely too)
- 6 slices low-fat, low-sodium bacon
- 3 garlic cloves, thinly sliced
- One 15-ounce can no-salt-added chickpeas (garbanzo beans), rinsed and drained
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Bring 4 quarts water to a boil in a large Dutch oven. Add broccoli rabe to pan; cook 2 minutes. Remove with a slotted spoon; drain well. Coarsely chop. Return water to a boil. Add pasta to pan; cook according to package directions, omitting salt and fat. Drain in a colander over a bowl; reserve ¾ cup pasta water. Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan; crumble bacon. Increase heat to medium-high. Add garlic and chickpeas to the same pan that the bacon was cooked in; sauté 2 minutes or until garlic is golden. Stir in broccoli rabe, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper; cook 3 minutes or until broccoli rabe is heated. Stir in pasta, ¾ cup pasta water, and bacon; toss well.

Inspired by Cooking Light

Servings per recipe: 7 (1 serving = 1 cup)
Nutrition facts per serving – Calories: 249.9, Total Fat: X g, Saturated Fat: 1.0 g, Cholesterol: 8.6 mg, Sodium: 531.4 mg, Total Carbohydrates: 41.7 g, Dietary Fiber: 5.8 g, Sugars: 0.6 g, Protein: 12.2 g

Broccoli Salad

- 16-ounce bag of shredded broccoli and cauliflower (4 cups)
- ⅓ cup light whipped salad dressing (do not use fat-free mayo for this recipe)
- ½ cup fat-free sour cream
- 2 teaspoons of Splenda®
- 2 tablespoons of bacon bits
- ½ cup low-fat shredded cheddar cheese
- 1 large cut apple
- Salt and pepper

Mix all the ingredients except the bag of shredded broccoli and cauliflower. Pour mixture over the broccoli and cauliflower. Mix well. Refrigerate for several hours (will last up to five days).

Servings per recipe: 4 (1 serving = 1.5 cup)
Nutrition facts per serving – Calories: 189.8, Total Fat: 6.8 g, Saturated Fat: .5 g, Cholesterol: 6.3 mg, Sodium: 264.3 mg, Total Carbohydrates: 25.4 g, Dietary Fiber: 3.5 g, Sugars: 14.6 g, Protein: 8.3 g
Three Cheese and Veggie Pizza

- ¼ cup part-skim ricotta cheese
- 1 whole wheat flat bread or large whole wheat tortilla
- ¾ cup part-skim mozzarella cheese
- 1 to 2 cups of your favorite vegetables

Preheat the oven to 450 F.

Spread the ricotta cheese evenly over the pizza crust. Top with mozzarella. Place on an ungreased baking sheet and bake for about 8 to 10 minutes until the crust is crisp and the cheese is melted.

Servings per recipe: 2 (1 serving = half the pizza tortilla)
Nutrition facts per serving – Calories: 250.9, Total Fat: 9.0 g, Saturated Fat: 2.1 g, Cholesterol: 25.0 mg, Sodium: 446.7 mg, Total Carbohydrates: 31.1 g, Dietary Fiber: 3.9 g, Sugars: 1.0 g, Protein: 19.2 g

Turkey Breakfast Sausage

- 1 pound ground turkey
- 2 teaspoons sage
- 1 teaspoon black pepper
- 2 teaspoons onion powder
- 1 teaspoon Italian seasoning
- ½ cup of bread crumbs
- 1 teaspoon sea salt

Combine all seasonings with ground turkey. Form into small patties, about 24, fry until cooked thoroughly.

Servings per recipe: 12 (1 serving = 2 patties)
Nutrition facts per serving – Calories: 72.6, Total Fat: 2.9 g, Saturated Fat: .9 g, Cholesterol: 26.7 mg, Sodium: 301.6 mg, Total Carbohydrates: 3.5 g, Dietary Fiber: .3 g, Sugars: .4 g, Protein: 8.0 g
### Noodle-less Lasagna

- 4 medium-size zucchinis, cut into slices
- 1 small onion, cut into rings
- 3 cloves of garlic
- 1 pound ground turkey
- 1½ cups grated part-skim mozzarella
- One 8-ounce jar of spaghetti sauce

Preheat oven to 350 F.

Sauté onions for 10 minutes or until soft. While onions are sautéing, put half of the zucchini in the bottom of a large, rectangular glass baking dish. Add the chopped garlic to the onions, and cook onions and garlic for another 2 minutes. Transfer onions and garlic to the baking dish, on top of the zucchini. Sprinkle half of the mozzarella cheese on top of the onions. Add the other half of zucchini.

Brown the ground turkey. When the turkey is done, add it to the baking dish. Spread the spaghetti sauce evenly over the turkey.

Top with the remaining cheese, and bake for 40 minutes, or until the cheese is brown and bubbly.

Servings per recipe: 8 (1 serving = 1 cup)
Nutrition facts per serving – Calories: 202.2, Total Fat: 8.7 g, Saturated Fat: 3.0 g, Cholesterol: 47.5 mg, Sodium: 454.5 mg, Total Carbohydrates: 12.3 g, Dietary Fiber: 3.1 g, Sugars: 2.3 g, Protein: 18.9 g

### Cauliflower Mash

- 1 large (about 8 ounces) Yukon gold potato, peeled and cut into ¾-inch chunks
- 1 head of cauliflower, trimmed and cut into florets
- 2 cups of water
- 2 teaspoons olive oil
- 1 clove garlic, crushed with press
- ¼ cup loosely packed fresh parsley leaves, chopped
- ½ teaspoon grated fresh lemon peel
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Place potato and cauliflower in 4-quart saucepan. Add water; cover and heat to boiling over high heat. Reduce heat to low; simmer, covered, about 20 minutes or until potato and cauliflower are fork-tender, stirring once halfway through cooking. Drain vegetables, reserving ¼ cup cooking liquid.

In same saucepan, heat oil and garlic over medium-low heat about 1 minute or until garlic is just golden, stirring. Reduce heat to low; return vegetables to saucepan. With potato masher or slotted spoon, coarsely mash vegetables, adding some reserved cooking liquid if mixture seems dry. Stir in parsley, lemon peel, salt and pepper.

Servings per recipe: 2 (1 serving = about 2 cups)
Nutrition facts per serving – Calories: 167.3, Total Fat: 5.2 g, Saturated Fat: .7 g, Cholesterol: 0.0 mg, Sodium: 382.2 mg, Total Carbohydrates: 29.1 g, Dietary Fiber: 9.1 g, Sugars: 1.6 g, Protein: 8.0 g
#27
Orzo with Chicken, Spinach and Artichokes

- 2 ounces uncooked orzo
- 4 ounces of cooked shredded chicken
- 1 package of sliced mushrooms
- 1 small jar marinated, quartered artichoke hearts, chopped
- 3 ounces fresh baby spinach, chopped
- 2 tablespoons chopped onion
- 2 teaspoons minced garlic
- 4 tablespoons light Asian vinaigrette
- 4 Campari tomatoes, chopped

Measure and cook orzo according to package instructions. Drain and set aside in a large bowl.

In a large nonstick skillet coated with cooking spray, add chopped onions and minced garlic; sauté until onion is slightly tender. Add mushrooms, spinach, artichoke hearts and shredded chicken. Sauté until spinach is wilted. Add to orzo and toss. Add Asian vinaigrette and toss.

Top with chopped tomatoes and serve.

Servings per recipe: 4 (1 serving = about 1 cup)
Nutrition facts per serving – Calories: 147, Total Fat: 4 g, Saturated Fat: .5 g, Cholesterol: 17.6 mg, Sodium: 208.7 mg, Total Carbohydrates: 17.3 g, Dietary Fiber: 3.1 g, Sugars: 2.2 g, Protein: 11.4 g

#28
Crab Topped Tilapia

- 8 ounces canned or fresh crab meat
- ¼ cup low-fat mayo
- ¼ cup diced onion
- ½ cup grated parmesan cheese
- 6 tilapia filets

Mix crab meat, mayo, onion and parmesan cheese. Set aside.

Season tilapia filets with light salt and pepper and broil for 5 minutes. Take out of oven and top with crab mixture. Return to broil for 3 to 5 additional minutes.

Servings per recipe: 6 (1 serving = 1 tilapia filet with ¼ cup of crab topping)
Nutrition facts per serving – Calories: 209.6, Total Fat: 7.3 g, Saturated Fat: 2.1 g, Cholesterol: 113.8 mg, Sodium: 388.8 mg, Total Carbohydrates: 2.2 g, Dietary Fiber: .1 g, Sugars: .7 g, Protein: 33.7 g
#29 Whole Wheat Bran Pancakes

- 1 cup whole wheat flour
- ¼ cup wheat bran
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar substitute
- ¼ cup egg substitute
- 1 egg
- 1 cup 1% or skim milk
- 2 small apples
- 1 tablespoon water
- ½ tablespoon canola oil

Puree apples in blender or food processor. Add canola oil.

In a bowl, mix together whole wheat flour, wheat bran, baking powder, salt and sugar substitute.

In another bowl, combine eggs, milk, and oil and apple sauce mixture. Blend all ingredients. Can add fruit at this time (for additional calories) or while cooking.

Heat griddle, spray with no-fat cooking spray. Measure ¼ cup of mix. Cook pancake until top gets bubbly, then flip.

Servings per recipe: 6 (2 pancakes)
Nutrition facts per serving – Calories: 135.2, Total Fat: 2.4 g, Saturated Fat: .4 g, Cholesterol: 28.1 mg, Sodium: 679 mg, Total Carbohydrates: 24.9 g, Dietary Fiber: 4.4 g, Sugars: 5.7 g, Protein: 6.5 g

#30 Egg Salad

- 4 hard boiled eggs, peeled
- 4 teaspoons light mayonnaise
- ½ teaspoon Dijon mustard
- 2 tablespoons chopped green scallions or chives
- Salt and fresh pepper to taste

Separate the yolks from the egg whites and discard 3 of the yolks.

Chop eggs and combine with mayonnaise, Dijon mustard, scallions, salt and pepper.

Add to whole wheat bread, wrap, flatbread or on top of lettuce. Add a slice of tomato (optional).

Servings per recipe: 2 (1 serving = 1 cup)
Nutrition facts per serving – Calories: 189.3, Total Fat: 13.3 g, Saturated Fat: 3.2 g, Cholesterol: 375.3 mg, Sodium: 295.8 mg, Total Carbohydrates: 3 g, Dietary Fiber: .2 g, Sugars: 2.0 g, Protein: 12.7 g

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Healthy, Hearty Lasagna

- 16 ounces sirloin beef (97%), lean or extra lean ground chicken breast or turkey breast
- 6 whole wheat lasagna noodles
- One 8-ounce can spaghetti sauce
- 8 ounces nonfat or low-fat cottage cheese
- 1 of each of the following: yellow, red, orange and green pepper
- 4 cloves of garlic
- 1 teaspoon black pepper
- 1 teaspoon oregano
- Pinch of salt (less if you have high blood pressure)
- 1 teaspoon fresh ground pepper
- 1 cup 2% low fat mozzarella cheese (less if you have high cholesterol)

Cook noodles according to package. Cook beef on medium-high heat until brown. Add half of each seasoning to the meat. Warm the sauce in a pot on the stove. Cut up veggies and garlic and add to the sauce; put remaining spices into the sauce. Once the meat is brown, drain the beef and add to the sauce. Bring the meat sauce and veggies to a boil.

Assembling the lasagna:

Put a little sauce on the bottom of a 9 x 13 inch baking dish. Put 3 noodles side by side. Smooth half of the cottage cheese over the noodles. Add half of the sauce. Put 3 more noodles on top of the sauce. Put the remaining cottage cheese on. Add the rest of the sauce. Bake on 350 F for 30 minutes. Take out of the oven and add mozzarella cheese on top of the lasagna. Put back in the oven for about 15 minutes or until cheese is melted. Let lasagna cool for 10 to 15 minutes before serving.

Servings per recipe: 6 (1 serving = 1 ½ cups)

Nutrition facts per serving – Calories: 363.1, Total Fat: 17.2 g, Saturated Fat: 6.8 g, Cholesterol: 61.7 mg, Sodium: 326.2 mg, Total Carbohydrates: 33.4 g, Dietary Fiber: 5.2 g, Sugars: 6.3 g, Protein: 21.7 g

Balsamic Chicken and Roasted Tomatoes

- 1 pint grape tomatoes
- 1 tablespoon honey
- 1½ teaspoons olive oil
- ½ teaspoon salt, divided
- Four 6-ounce skinless, boneless chicken breast halves
- ½ teaspoon freshly ground black pepper
- Cooking spray
- Light balsamic vinaigrette dressing

Preheat oven to 450 F. Combine washed grape tomatoes, olive oil and honey in small oven-safe bowl. Place in the oven for about 10 to 12 minutes or until tomatoes start to wrinkle or burst. While the tomatoes are cooking, place chicken breasts in a freezer bag. Cover a cutting board with a towel and on that, place the bag of chicken.

Use a skillet or kitchen mallet to pound out the chicken until it is about 1 inch thick. This helps tenderize the chicken and allows the chicken to cook quickly and evenly. Spray pan with cooking spray and cook chicken in a skillet on the stove top at medium-high heat. Cook each side of chicken for 3 to 4 minutes until done. Salt and pepper tomato mixture upon completion and mix thoroughly.

For each chicken breast, pour 1 tablespoon of light balsamic vinaigrette on top and then a couple spoonfuls of the tomato mixture.

Servings per recipe: 4 (1 serving = 1 chicken breast with ½ cup tomato topping)

Nutrition facts per serving – Calories: 258.7, Total Fat: 7 g, Saturated Fat: 1.5 g, Cholesterol: 105.4 mg, Sodium: 441.2 mg, Total Carbohydrates: 8.2 g, Dietary Fiber: .9 g, Sugars: 4.6 g, Protein: 39.2 g

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R056960
Easy Cheesecake

- One 18-ounce box yellow cake mix
- ½ cup margarine, melted
- 3 eggs (divided in directions)
- 1½ cups powdered sugar
- One 8-ounce package low-fat cream cheese

Mix together cake mix, margarine and 1 egg. Pour into 9 x 13 inch pan. Beat remaining ingredients and pour on crust mixture. Bake at 325 F for 40 minutes. Do not open door while baking.

Inspired by Yummly

Servings per recipe: 13 (3 x 3 square = 1 serving)
Nutrition facts per serving – Calories: 283.4, Total Fat: 8.5 g, Saturated Fat: 3.5 g, Cholesterol: 49.6 mg, Sodium: 355.9 mg, Total Carbohydrates: 46.5 g, Dietary Fiber: 0.5 g, Sugars: 30.2 g, Protein: 5.2 g

Chicken Caesar Salad

- Light Caesar dressing, divided
- Three 4-ounce chicken cutlets
- Cooking spray
- One 10-ounce package romaine salad
- 2 tomatoes, cut into wedges
- ¼ cup (1 ounce) grated fresh Parmesan cheese

Prepare grill to medium-high heat. While grill heats, prepare Caesar dressing. Reserve ⅓ cup dressing in a separate bowl; set aside. Place chicken on grill rack coated with cooking spray over medium-high heat. Grill 2 to 3 minutes on each side or until done, basting frequently with remaining dressing. Remove from grill. Cool slightly; slice. Combine chicken, reserved ⅓ cup dressing, lettuce and tomato in a large bowl; toss gently to coat. Sprinkle each serving with 1 tablespoon cheese.

Inspired by Cooking Light

Servings per recipe: 4 (1 serving = about 3 cups)
Nutrition facts per serving – Calories: 437.9, Total Fat: 23.6 g, Saturated Fat: 7.0 g, Cholesterol: 144.1 mg, Sodium: 264.6 mg, Total Carbohydrates: 4.9 g, Dietary Fiber: 1.9 g, Sugars: 0 g, Protein: 49.7 g

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**#35**

### Stuffed Turkey Burgers

- 1 ¼ pounds lean ground turkey breast or very lean ground beef, such as sirloin
- ½ cup chopped roasted red peppers or sun-dried tomatoes
- ½ cup shredded part-skim mozzarella cheese or low-fat cheese of your choice
- ¼ teaspoon salt
- Freshly ground black pepper

Divide turkey into 4 equal-size rounds. Make 2 equal-size patties out of each round so you have 8 patties total. Sprinkle 4 of the patties with 2 tablespoons red peppers and cheese, and top with remaining patties, working the turkey around the edges to seal burgers closed. Season with salt and a few grinds of pepper. Grill or broil until cooked through, about 5 minutes per side.

Inspired by Ellie Krieger

**Servings per recipe: 4 (1 serving = 1 burger)**

Nutrition facts per serving – Calories: 125.5, Total Fat: 7.2 g, Saturated Fat: 3.6 g, Cholesterol: 37.4 mg, Sodium: 299.8 mg, Total Carbohydrates: 2.1 g, Dietary Fiber: 0.4 g, Sugars: 0.0 g, Protein: 12.7 g

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**#36**

### Grilled Shrimp

- 16 jumbo shrimp, deveined in shell, raw
- Extra-virgin olive oil, about ¼ cup for brushing
- Coarse salt and black pepper to taste
- 2 lemons, halved

Preheat griddle or grill pan over high heat.

Butterfly shrimp by slicing almost through lengthwise, but leave shell on shrimp, this will keep the shrimp tender while grilling over such high heat.

Brush shrimp with oil, season with salt and pepper and grill 2 minutes on each side, until shells are hot pink and shrimp is opaque.

Place lemons on grill the last minute. The heat will release the juice from the lemons. To serve, squeeze grilled lemon wedges over shrimp.

Inspired by Rachel Ray

**Servings per recipe: 4 (1 serving = 4 shrimp)**

Nutrition facts per serving – Calories: 161.8, Total Fat: 14.7 g, Saturated Fat: 2.1 g, Cholesterol: 42.6 mg, Sodium: 624.7 mg, Total Carbohydrates: 6.4 g, Dietary Fiber: 2.7 g, Sugars: 0.0 g, Protein: 6.4 g

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#37
Cookout Potatoes

- 4 cups frozen cubed hash brown potatoes, thawed
- ½ cup chopped celery
- ½ cup chopped green pepper
- ½ cup low-fat margarine, melted
- 2 tablespoons finely chopped onion
- 1 tablespoon minced fresh parsley

Combine all of the ingredients. Place on a double thickness of heavy-duty foil (about 28 x 18 inches). Fold foil around the potato mixture and seal tightly. Grill, covered, over medium heat for 45 to 50 minutes or until the potatoes are tender.

Inspired by Allrecipes

Servings per recipe: 6 (1 serving = about 1 cup)
Nutrition facts per serving – Calories: 296, Total Fat: 22.4 g, Saturated Fat: 6.9 g, Cholesterol: 12.5 mg, Sodium: 535.1 mg, Total Carbohydrates: 22.8 g, Dietary Fiber: 0.3 g, Sugars: 0.0 g, Protein: 2.9 g

#38
Butterfly Honey Pork Fillets

- 4 lean pork chops, trimmed of fat
- 4 teaspoons honey
- ½ cup Worcestershire sauce
- Ground black pepper to taste

In a shallow glass dish or bowl, mix together honey and Worcestershire sauce. Add pork chops and toss to coat. Cover and refrigerate for no more than 4 hours to marinate.

Lightly oil the grill and preheat to medium low.

Remove pork chops from marinade. Season with pepper to taste and grill for 35 to 40 minutes, turning often to avoid burning.

Inspired by Allrecipes

Servings per recipe: 4 (1 serving = 1 pork chop)
Nutrition facts per serving – Calories: 249.8, Total Fat: 7.4 g, Saturated Fat: 2.9 g, Cholesterol: 51.1 mg, Sodium: 403.1 mg, Total Carbohydrates: 24.9 g, Dietary Fiber: 0.5 g, Sugars: 22.7 g, Protein: 21 g

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#39

Fast and Friendly Meatballs

- 2 tablespoons olive oil
- One 20-ounce package of lean ground turkey or very lean ground meat (such as sirloin)
- 1 egg, beaten
- ½ cup Italian seasoned bread crumbs

Preheat the oven to 350 F. Grease a 9 x 13 inch baking dish with the olive oil, and place it in the oven while preheating.

In a medium bowl, mix together the ground turkey, egg and bread crumbs using your hands. Using an ice cream scoop if possible, form the meat into golf ball size meatballs. Place about 1 inch apart in the hot baking dish. Press down to flatten the bottom just slightly, so they don’t roll around.

Bake for 15 minutes in the preheated oven, then turn them over; continue baking for about 5 more minutes, or until somewhat crispy on the outside. Serve with pasta and sauce or however you’d like.

Inspired by Allrecipes

Servings per recipe: 6
(Makes 18 meatballs, serving size is 3 meatballs – calories, etc. reflect 3 meatballs)
Nutrition facts per serving – Calories: 210, Total Fat: 12.3 g, Saturated Fat: 3.0 g, Cholesterol: 97.7 mg, Sodium: 192.3 mg, Total Carbohydrates: 4.7 g, Dietary Fiber: 0.2 g, Sugars: 0.5 g, Protein: 20.3 g

#40

Italian Turkey Sliders with Honey Dijon Mayo

- 20 ounces lean ground turkey
- 2 tablespoons Parmesan cheese, grated
- 1 clove garlic — minced
- ½ teaspoon basil, dried
- ½ teaspoon oregano, dried
- 1 teaspoon salt
- Freshly ground black pepper
- 16 dinner or slider rolls, preferably whole wheat
- ½ cup low-fat mayonnaise
- 1 tablespoon honey Dijon mustard

Combine ground turkey, cheese and all seasonings. Mix together well. Shape turkey into 16 small patties. Place patties on a greased baking sheet. Bake at 350 F for 8 to 10 minutes or until cooked through. Be careful not to cook too long or they will become dried out. Combine mayonnaise with honey Dijon mustard and stir until well blended. Place on rolls and top with honey Dijon mayo.

Inspired by Food.com

Servings per recipe: 16 (1 serving = 1 slider)
Nutrition facts per serving – Calories: 161.7, Total Fat: 3.7 g, Saturated Fat: 0.7 g, Cholesterol: 22.4 mg, Sodium: 383.9 mg, Total Carbohydrates: 18.6g, Dietary Fiber: 5.0 g, Sugars: 5.0 g, Protein: 15.4 g
#41

## Baked Apricot Chicken

- 1½ to 2 pounds boneless, skinless chicken breasts
- ½ cup apricot preserves or jam
- ½ lemon, juice only, about 2 tablespoons
- 2 tablespoons reduced-sodium soy sauce (use wheat/gluten-free if needed)
- 1 teaspoon minced garlic (about 2 cloves)
- 2 tablespoons Dijon mustard (use wheat/gluten-free if needed)
- 1 tablespoon extra virgin olive oil
- 6 dried apricots, coarsely chopped

Preheat the oven to 350 F. Lay the chicken flat in an oven-safe dish, just large enough to hold it in a single layer.

In a large measuring cup or medium bowl, combine all the remaining ingredients except the dried apricots. Pour the mixture over the chicken, then top it with the apricots.

Bake the chicken for 20 to 25 minutes until it is just cooked through (chicken should no longer be pink in the middle of the thickest part).

Inspired by The Six O’Clock Scramble

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### Nutrition facts per serving – Calories: 123.1, Total Fat: 2.8 g, Saturated Fat: 0.9 g, Cholesterol: 32.5 mg, Sodium: 138.9 mg, Total Carbohydrates: 11.1 g, Dietary Fiber: 1.2 g, Sugars: 9.2 g, Protein: 13.2 g

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#42

## Strawberries on the Square

- 9 whole graham crackers, broken in half
- One 6-ounce package low-fat and sugar-free vanilla instant pudding mix
- 2 cups cold fat-free milk
- One 8-ounce carton low-fat frozen whipped topping
- 1 cup chopped strawberries

Arrange 9 graham cracker halves in bottom of a 9-inch square pan. Prepare pudding with milk as directed on package. Fold half of whipped topping into pudding. Pour half over crackers and top with strawberries. Arrange remaining 9 cracker halves over strawberries to make another layer. Cover with remaining pudding. Spread remaining whipped topping over top and garnish with a few strawberry halves. Chill. Cut into squares to serve.

Inspired by Yummly

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### Nutrition facts per serving – Calories: 113.5, Total Fat: 2.6 g, Saturated Fat: 1.1 g, Cholesterol: 1.3 mg, Sodium: 148.4 mg, Total Carbohydrates: 17.7 g, Dietary Fiber: 2 g, Sugars: 0.8 g, Protein: 3.3 g
### #43

**Fig and Blue Cheese-Stuffed Pork Tenderloin**

- 1 pound pork tenderloin, trimmed of fat
- ½ cup dried figs, coarsely chopped
- ½ cup crumbled low-fat blue cheese
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- Cooking spray
- 1 tablespoon sugar-free apple jelly, melted

Preheat oven to 450 F. Slice the pork in half lengthwise, cutting to, but not through, other side. Open the halves, laying pork flat. Place pork between 2 sheets of heavy-duty plastic wrap; pound to ½ inch thickness using a meat mallet or small heavy skillet. Sprinkle figs and blue cheese over pork, leaving a 1/2-inch margin around outside edges. Roll up the pork, jelly-roll fashion, starting with long side. Secure at ½ inch intervals with twine. Sprinkle pork with salt and pepper; place on a foil-lined jelly-roll pan coated with cooking spray.

Bake at 450 F for 20 minutes. Brush jelly over the pork. Bake an additional 5 minutes or until a thermometer registers 160 F (slightly pink). Let stand for 10 minutes. Discard twine; cut pork into 12 (1-inch-thick) slices.

**Servings per recipe:** 4 (3 slices a serving)

**Nutrition facts per serving** – Calories: 358.9, Total Fat: 14.4 g, Saturated Fat: 5.6 g, Cholesterol: 102.3 mg, Sodium: 591.1 mg, Total Carbohydrates: 18.7 g, Dietary Fiber: 2.5 g, Sugars: 12.0 g, Protein: 37.8 g

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### #44

**Beef Tenderloin with Mustard and Herbs**

- 2½ pounds beef tenderloin, trimmed of fat
- Cooking spray
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ cup finely chopped fresh parsley
- 2 tablespoons chopped fresh thyme
- 1½ tablespoons finely chopped fresh rosemary
- 3 tablespoons Dijon mustard

Prepare grill. Lightly coat beef with cooking spray; sprinkle evenly with salt and pepper. Place beef on grill rack coated with cooking spray. Reduce heat to medium. Grill 30 minutes or until a thermometer registers 145 F or until desired degree of doneness, turning to brown on all sides. Let beef stand 10 minutes.

Sprinkle parsley, thyme and rosemary in an even layer on an 18 x 15 inch sheet of plastic wrap. Brush mustard evenly over beef. Place beef in herb mixture on plastic wrap; roll beef over herbs, pressing gently. Slice beef.

Note: Spread the chopped fresh herbs on a sheet of plastic wrap so you can evenly coat the beef with minimal mess.

Inspired by Cooking Light

**Servings per recipe:** 10 (3 ounces per serving)

**Nutrition facts per serving** – Calories: 288.9, Total Fat: 21.4 g, Saturated Fat: 8.5 g, Cholesterol: 77.1 mg, Sodium: 407.6 mg, Total Carbohydrates: 0.4 g, Dietary Fiber: 0.2 g, Sugars: 0.0g, Protein: 22.4 g

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#45

**Fresh Orange Sorbet**

- 2½ cups water
- ¾ cup sugar
- Orange rind strips from 2 oranges
- 2½ cups fresh orange juice
- ½ cup fresh lemon juice
- Grated orange rind (optional)
- Mint sprigs (optional)

Combine 2½ cups water and sugar in a saucepan; bring to a boil. Add rind strips to pan. Reduce heat and simmer for 5 minutes. Strain the sugar mixture through a sieve over a bowl, reserving liquid; discard solids. Cool sugar mixture completely.

Add orange juice and lemon juice to sugar mixture; stir well. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 1 hour or until firm. Garnish with grated rind and mint sprigs, if desired.

Inspired from Cooking Light

**Servings per recipe:** 12 (½ cup)

Nutrition facts per serving – Calories: 73.9 Total Fat: 0.2 g, Saturated Fat: 0.0 g, Cholesterol: 0.0 mg, Sodium: 1.6 mg, Total Carbohydrates: 18.7 g, Dietary Fiber: 0.2 g, Sugars: 17.5 g, Protein: 0.5 g

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