



Ten

Healthy Recipes for the Season

Brought to you by Dee Wilson

The healthy weight loss diet blog





The Glycemic Gourmet:

**All the low GI breakfast, lunch, dinner,
snack, and dessert IDEAS you could ever
want!**



Fruit and Nuts Breakfast Bars

Low Fat Recipe

Ingredients:

1/3 cup dates, pitted and chopped
1/3 cup dried apricots, chopped
1/3 cup golden raisins
1 cup almond slivers
3/4 cup flour + 1 tablespoon flour
3 eggs
1 1/2 cups brown sugar substitute
3/4 teaspoon baking powder

Instructions:

Place the dates, apricots, raisins and almond slivers into a large mixing bowl. Add the 1 tablespoon of flour and toss to coat the other ingredients well. In a different mixing bowl break the eggs. Using an electric mixer on low beat the eggs until they become foamy. Carefully add the brown sugar substitute being sure to continue mixing while adding. Continue mixing 4 minutes or until the mixture become thick. In another bowl sift together the remaining flour and baking powder. Add the egg mixture to the dry ingredients and continue mixing until completely moistened. Fold in the date mixture being sure to incorporate into the batter well. Heat the oven temperature to 350 degrees. Spray the bottom and sides of a baking pan with a non stick cooking spray. Using a rubber spatula spread the mixture evenly into the baking pan. Bake 18 minutes or until when touched slightly with a fingertip the bars bounce back easily. Remove from the oven and allow cooling completely at room temperature. Cut into 16 bars and store in an air tight container for up to 7 days.

Nutritional Information (Approximate Values)

Per Serving 1 bar

Calories 201
Carbohydrate 35 g
Fat 7 g
Saturated Fat 1 g
Fiber 2 g
Protein 3 g
Sodium 81 mg



Apple Stuffing Topped Mustard Pork Chops

Low Carb Recipe

Ingredients:

4 pork loin chops
1/4 teaspoon pepper
2 tablespoons olive oil
1 medium onion, chopped
1/4 cup celery, chopped
2 tart apples peeled, cored and chopped
1 1/2 cups low carb bread cubes
1/4 cup fresh parsley, chopped
1/4 cup apple cider
1 tablespoon Dijon mustard

Instructions:

Place 1 tablespoon of the olive oil in a skillet over medium heat. Oil needs to be hot but not smoking. Sprinkle both sides of the pork chops with the pepper. Add the seasoned chops to the hot oil and cook 3 minutes. Turn the pork chops and continue cooking an additional 3 minutes or until nicely browned. Place the browned chops in the bottom of large baking dish. Place the remaining olive oil in the skillet and allow heating up again. Stir in the onion and celery.

Cook 5 minutes or until just tender. Stir in the apples and continue cooking an additional 5 minutes. Remove the skillet from the heat and set off to the side.

Stir in the bread pieces and parsley. Add a scant amount of the apple cider and stir. Continue adding scant amounts of the apple cider until the bread pieces are completely moistened being sure to stir after each addition. Spread the top side of each pork chop with the Dijon mustard. Place a spoonful of the bread mixture on top of the mustard being sure to pat it down to cover the entire pork chop. Place the oven temperature on 350 degrees and allow the oven to heat. Bake the chops 25 minutes or until the chops are no longer pink inside and the stuff has turned a nice golden brown.

Nutritional Information (Approximate Values)

Number of Servings: 4

Per Serving
Calories 364
Carbohydrate 31 g
Fat 12 g
Saturated Fat 3 g
Fiber 4 g
Protein 33 g
Sodium 284 mg



Easy Roasted Thanksgiving Turkey Breast

Low Fat Recipe

Ingredients:

1 whole, fresh turkey breast, about 3 pounds
1 tablespoon olive oil
1/2 teaspoon pepper

Instructions:

Rinse the turkey breast under cold water. Use a paper towel to dry the turkey. Rub the turkey breast with the olive oil being sure to completely cover on all sides. Place the turkey breast in a small roaster pan. Sprinkle the pepper over the turkey. Place the oven temperature on 400 degrees and allow the oven to heat up. Place the turkey breast in the heated oven. Allow the turkey breast to bake 20 minutes. Turn the temperature down to 350 and continue baking for 1 1/2 hours or until juices run clear when poked with a fork. Let the turkey breast stand 20 minutes before carving.

Nutritional Information (Approximate Values)

Number of Servings: 8
Serving Size: 2 slices

Per Serving
Calories 295
Carbohydrate 0 g
Fat 9 g
Saturated Fat 3 g
Fiber 0 g
Protein 50 g
Sodium 264 mg



Candied Sweet Potatoes with Pecan Topping

Low Fat Recipe Good source of Vitamins.

Ingredients:

3 large sweet potatoes, peeled and cut in cubes
4 tablespoons pecans
2 tablespoons unsalted butter
1 tablespoon brown sugar substitute
1 teaspoon ground cinnamon

Instructions:

Place the cubed sweet potatoes in a large saucepan. Fill the pan with cold water just high enough to cover the potatoes. Place over medium high heat. Bring the potatoes to a quick boil. Continue boiling 20 minutes or until the potatoes is fork tender. Drain the potatoes thoroughly. Place a skillet over low heat. Add the butter and allow it to melt completely. Add the pecans and toast for 3 minutes turning a couple of times during cooking. Be careful not to over cook the pecans they can burn easily. Remove the pecans to a paper towel. Place the potatoes in a large bowl. Add the brown sugar substitute. Mash the potatoes and sugar together with a potato masher. Sprinkle in the cinnamon. Stir to combine the flavors. Cover the top with the toasted pecans before serving.

Nutritional Information (Approximate Values)

Number of Servings: 6

Serving Size: 1/2 cup

Per Serving
Calories 172
Carbohydrate 33 g
Fat 4 g
Saturated Fat 1 g
Fiber 3 g
Protein 2 g
Sodium 17 mg



Fruit and Nuts Cornbread Sausage Stuffing

Low Fat Recipe

Ingredients:

2 tablespoons unsalted butter

2 medium onions, finely chopped
1 cup dried apricots, diced
2 cups celery, chopped
1 pound turkey sausage, crumbled
3 cups cornbread, crumbled
4 teaspoons fresh thyme, chopped
1/2 cup parsley, chopped
1/4 teaspoon pepper
1/2 cup chicken broth
1 cup pecans, hazelnuts or slivered almonds, chopped and lightly
toasted

Instructions:

Place 1 tablespoon of the butter in a large saucepan over medium heat. Add the onions. Cook the onions in the butter 5 minutes or until tender. Place the apricots and the celery into the pan. Continue cooking 8 minutes or until the celery is fork tender. Remove from the pan and place in a mixing bowl. Add the remaining butter into the saucepan and allow melting. Add the sausage. Cook 8 minutes or until the sausage is browned. Place the sausage into the apricot mixture. Place the cornbread into the mixture. Sprinkle in the thyme, parsley and pepper. Pour in the chicken broth and stir until the cornbread is completely moistened. Fold in the nuts. Heat the oven temperature to 350 degrees. Spray a baking dish with a non stick cooking spray. Spread the mixture into the baking dish evenly. Cover the baking dish tightly with aluminum foil. Bake 35 minutes or until heated through.

Nutritional Information (Approximate Values)

Number of Servings: 10

Serving Size: 1/2 cup

Per Serving
Calories 332
Carbohydrate 37 g
Fat 15 g
Saturated Fat 3 g
Fiber 4 g
Protein 13 g
Sodium 956 mg



Vegetable Medley with Vinegar Salsa

Low Fat and Low Carb Recipe

Ingredients:

3/4 cup fresh parsley, chopped very fine
2 tablespoons capers, rinsed and chopped coarsely
3 tablespoons white onions, chopped very fine
3 cloves garlic, minced
2 tablespoons red wine vinegar
1/2 cup extra virgin olive oil
3 tablespoons low carb breadcrumbs, toasted
1/4 teaspoon black pepper
3/4 pound small green beans, blanched
3/4 pound small new potatoes, boiled and cut into wedges
3/4 pound small beets, cooked and cut into wedges

Instructions:

Place the parsley, capers, onions and garlic into a large mixing bowl. Pour in the vinegar and olive oil. Mix together well to combine all the ingredients. Add the bread crumbs and mix until completely moist. Sprinkle in the black pepper and stir to incorporate. Place the bean, potatoes and beets on a plate. Cover the vegetables with the sauce completely before serving.

Nutritional Information (Approximate Value)

Number of Servings: 6

Per Serving
Calories 170
Carbohydrate 19 g
Fat 9 g
Saturated Fat 1 g
Fiber 4 g
Protein 4 g
Sodium 232 mg



Homemade Cranberry Sauce Cocktail

No Fat Recipe

Ingredients:

1 cup cranberries
Juice of 1/2 lemon
Sugar substitute to taste

Instructions:

Place the cranberries in the blender. Pour in the lemon juice and puree. Add the sugar substitute one teaspoon at a time. Blend slightly after each addition. Taste after each addition and continue adding the sugar substitute 1 teaspoon at a time until you reach the desired sweetness. Pour the mixture into a strainer to release the juices. Place in the refrigerator 30 minutes or more. Serve straight from the refrigerator.

Nutritional Information (Approximate Values)

Number of Servings: 8

Serving Size: 1 tablespoon

Per Serving

Calories 30

Carbohydrate 8 g

Fat 0 g

Saturated Fat 0 g

Fiber 1 g

Protein 0 g

Sodium 0 mg



Orange Laced Apple Cider

Low Fat Recipe

Ingredients:

6 cups apple cider

3 whole allspice berries

3 whole cloves

3 cinnamon sticks

1 navel orange, peeled and quartered

1 navel orange, unpeeled, sliced

Instructions:

Place the cider in a saucepan over medium heat. Add the berries, cloves and cinnamon sticks. Stir to combine the ingredients. Add the quartered orange. Bring the mixture to a quick boil. Once boiling, reduce the heat to low. Cook 7 minutes. Pour the cider through a strainer being sure the berries, cloves, cinnamon sticks and oranges are removed. Place the mugs in the microwave 30 seconds to warm. Pour the cider into the warm mugs and garnish with orange slices.

Nutritional Information (Approximate Values)

Number of Servings: 6

Serving Size: 1 mug

Per Serving

Calories 151

Carbohydrate 38 g

Fat 0 g

Saturated Fat 0 g

Fiber 2 g

Protein 1 g

Sodium 8 mg



Cooked Pears with Spiced Syrup

Low Fat Low Sodium Recipe

Ingredients:

2 cups water

2 cups sugar

12 peppercorns

1 cinnamon stick

2 whole cloves

3 pears, peeled

Instructions:

Pour the water into a large saucepan and place over low heat. Stir in the sugar until dissolved. Add the peppercorns, cinnamon stick and cloves. Place the pears in the pan. Place a piece of parchment paper over the pears and lay a plate on top of the pan. This will keep the pears under the water so they will tender. Cook over low heat 25 minutes or until the pears are fork tender. Remove the pears and place on a plate. Continue cooking the liquid another 20 minutes or until it becomes a syrup. Strain the liquid to remove the peppercorns, cinnamon stick and cloves. Cut the pears half lengthwise and remove the seeds and core. Slice the pear halves in quarter. Spoon the syrup over the cut pears.

Nutritional Information (Approximate Values)

Number of Servings: 6

Serving Size: 1/2 pear with syrup

Per Serving

Calories 281

Carbohydrate 72 g

Fat 0 g
Saturated Fat 0 g
Fiber 2 g
Protein 0 g
Sodium 1 mg



Grapefruit Kumquat Salad with Sherry Vinaigrette

Low Fat Recipe: great source of iron, fiber, potassium and Vitamins A, C and E.

Ingredients:

1 tablespoon shallots, chopped fine
3 tablespoons sherry vinegar
1 tablespoon Dijon mustard
2 tablespoons extra virgin olive oil
1 tablespoon honey
1/4 teaspoon pepper
4 kumquats
1 head lettuce
1 bunch watercress
2 grapefruits, peeled and sectioned
1 avocado, peeled and sectioned

Instructions:

Place the shallots in the sherry vinegar in a mixing bowl. Add the mustard, olive oil and honey. Sprinkle in the pepper. Whisk all together until completely combined. Bring a small sauce pan filled 3/4 full of water and placed on medium high heat to a quick boil. Add the kumquats. Bring back to a boil and allow the kumquats to boil for 30 seconds. Drain, pat dry and slice thin. Place the watercress, grapefruit sections, avocado sections and the kumquat slices into the sherry vinaigrette and toss to cover well. Make a bed of lettuce on a plate. Spoon the vinaigrette mixture over the lettuce. Serve immediately.

Nutritional Information (Approximate Values)

Serving Size: about 1 cup of salad with 1 tablespoon vinaigrette

Per Serving
Calories 223
Carbohydrate 27 g
Fat 14 g

Saturated Fat 2 g
Fiber 6 g
Protein 3 g
Sodium 48 mg



Wishing you a season full of wonderful things
Dee Wilson
<http://www.dietivity.com>