

Pumpkin Pie Bites

Makes 32 bites

Ingredients:

- Butter-flavored cooking spray
- ¾ cups all-natural, whole-grain, crunchy, high-fiber, low-sugar cereal (Kashi 7 Whole Grain Nuggets)
- 2 tbsp 100% pure maple syrup
- ¼ tsp ground cinnamon
- 8 large eggs whites
- 15-ounce can (1- ¾ cups) solid pumpkin puree
- ¾ cup agave nectar (sugar)
- 2 tbsp whole-wheat pastry flour
- 2- ½ tsp vanilla extract
- 1- ¼ tsp pumpkin pie spice
- ½ tsp baking powder
- ¼ tsp salt
- 32 tsp whipped topping (optional)

Directions:

Preheat the oven to 350F. Spray 11"x7" glass or ceramic baking dish with spray. Add the cereal to the bowl of a food processor fitted with a chopping blade. Process it for 15-20 seconds, or until the cereal is crushed. Transfer it to a small mixing bowl and add the maple syrup and cinnamon. Mix them until well combined (the mixture should be slightly sticky). Spoon the mixture into the prepared baking dish. Using a small piece of parchment paper, gently press down on the cereal mixture, spreading it evenly across the bottom of the baking dish. Bake the crust for 7-9 minutes, or until it is slightly browned. Set aside.



Meanwhile, add the egg whites to a large mixing bowl. Using a sturdy whisk, lightly beat them until they bubble very slightly. Still using the whisk, stir in the pumpkin, agave (sugar), and flour until well combined. Stir in the vanilla, pumpkin pie spice, baking powder, and salt and continue mixing until well combined. Pour the filling over the baked crust. Using a rubber spatula, spread it into an even layer. Bake for 40-45 minutes, or until a tootpick inserted in the center comes out dry (a few crumbs are okay). Transfer the dish to a wire cooling rack, allowing it to cool to room temperature. Carefully cut 32 pumpkin "bites" (3 cuts along the width of the pan, 7 cuts along the length, creating a 4x8 bites).

Just before serving, top each bite with 1 tsp whipped topping, if desired. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

Oatmeal Raisin Bites

- 1 cup old fashioned oats
- ¾ cup ground walnuts (or very finely chopped)
- ½ cup ground flaxseed
- ½ cup raisins, chopped
- ½ teaspoon cinnamon
- 1/2cup almond butter
- ½ cup honey
- 1 teaspoon vanilla

Directions: In a medium bowl, mix together oats, walnuts, flaxseed, raisins, and cinnamon. Add in the almond butter, honey and vanilla. Mix until well combined.

Place the bowl in the refrigerator and let the mixture chill for 30-45 minutes.

Roll the dough into balls about 1 inch size (small dough scoop). Store in an airtight container in the refrigerator for up 1 week.



*If you are planning to chop your walnuts instead of grinding them up in a food processor, make sure you chop them very fine. You may have trouble forming the mixture into balls if the pieces are too large.

Baked Eggs in Ham Cups

Ingredients:

- Eggs
- Ham or Turkey (smoked turkey)
- Scallions or whatever you like with your eggs (optional)

Directions:

1. Preheat oven to 400F.
2. Grease up your muffin pan with cooking spray or coconut oil.
3. Fit 1-2 sliced of ham in to each muffin cup (1 slice might be too thin)
4. OPTIONAL-Depending on if you want your eggs scrambled or not, you can crack an egg into a separate cup and beat if before dumping it in the ham cups. If you do decided on doing this, you can also mix in your other ingredients (chopped mushrooms, scallions, spinach)
5. If you like your eggs whole, go ahead and crack the egg in the ham cup.
6. OPTIONAL- Throw a few pieces of your chopped up scallions on top for garnish
7. Pop the muffin pan into the oven and bake for 15 minutes or however you will like your eggs. **The scrambled egg version will come out more well done than the non-scrambled on, so keep that in mind when baking the ham cups!



Turkey Meatballs with Savory Gravy & Sage

Ingredients:

Ground Turkey (lean)

Breadcrumbs (try panko, cornbread croutons)

Fresh Sage Leaves 1 per meatball

Garlic/Onion diced (optional)

Egg - 1

Poultry Seasoning

Salt & Pepper

Directions

Combine meat, seasoning, breadcrumbs and egg. Form small meatballs, Brown meatballs in a large skillet or Dutch oven. Pour turkey gravy over meatballs and simmer on low for 20 minutes.



Balsamic Pork Tenderloin

INGREDIENTS:

2-3 pound boneless pork tenderloin
1 cup chicken or vegetable broth
½ cup balsamic vinegar
1 tablespoon low sodium Worcestershire sauce
1 tablespoon low sodium soy sauce
1 tablespoon honey
½ teaspoon red pepper flakes
2 cloves garlic, chopped



INSTRUCTIONS:

1. Place pork tenderloin in the slow cooker.
2. In a 2-cup measuring cup, mix together all remaining ingredients.
3. Pour the liquid mixture over the pork and turn the cooker to Low.
4. Cook for 6-8 hours on Low.
5. Remove the pork from the slow cooker with tongs into a serving dish. Break apart lightly with two forks and then ladle the liquid over the pork.

Calories 322; Total Fat 11 g; Sodium 157 g; Carbohydrates 6 g; Sugars 6 g; Protein 41 g

Creamy White Bean Chicken Chili

1-1/2 lb. diced chicken

3 T. olive oil

½ uncooked brown rice

3 cloves garlic, chopped/minced

1 onion

1 t. oregano (or poultry seasoning)

1 t. ground coriander (or poultry seasoning)

1 t. cumin powder (and/or cumin seeds)

2 15 oz. can white beans – white kidney/cannellini

1 small can green chilies (maybe two)

1 bag chopped frozen spinach (optional, but recommended)

1 cup petite diced carrots

1 teaspoon salt

1 teaspoon pepper

Directions

1. Heat oil and cook onion and garlic until soft.
2. Stir water, chilies, spices.
3. Bring to boil and simmer for 10 minutes.
4. Add chicken, rice, carrots and beans,
5. Simmer for 5 minutes.
6. Season with salt and pepper to taste.
7. Stir in frozen spinach and warm through
8. Serve

We've removed processed chicken broth because they contain yeast and salt. Also removed tomatoes and tomatillos, because of the acid

Crock Pot Chicken Stew

1 pound chicken without skin or bone

1 cups carrots, chopped

1 cups sweet potatoes, chopped

1 cup frozen peas (or green beans)

1.5 cup celery, chopped

1 onion, chopped

8 oz mushrooms

1 onion

3 cloves garlic

1 sprig fresh herbs (or 1 tsp dry herbs) thyme, oregano,
marjoram, basil, bay leaf,

2 cups water with 1 tsp lemon juice added (this amount of
acid may be okay for you)

Directions: Chop chicken, carrots, potatoes, celery, and onion
and put them in the slow cooker. Pour the mushrooms on
top. Sprinkle on the seasonings, pour in the water and lemon
juice, and put the lid on cooker.

Lemon Spinach

Zest up vegetables with a little lemon and garlic. Feel free to substitute another favorite leafy green.

- 1 Tablespoon olive oil
- 1 Tablespoon minced garlic
- 6 ounces baby spinach (about 3 large handfuls)
- juice of 1 lemon
- 1/4 teaspoon salt
- Pepper to taste

1. Put olive oil in wok or saute pan. Add minced garlic. Cook on medium-high heat for 20 seconds. Add baby spinach to garlic and oil. Cook 2 to 3 minutes. Squeeze the lemon juice over the spinach while cooking. Add salt and pepper.

Per ½ cup serving : 70 Calories, 4g Fat, 1g Protein, 7g Carbohydrates, 2g Fiber



Roasted Root Vegetables

- Cube and peel this vegetables:
 - Butternut Squash
 - Acorn Squash
 - Beets (golden)
- Use any of these seasonings:
 - Nutmeg clove
 - Pumpkin Spice
 - Cinnamon
 - Ginger
 - Honey
 - Brown Sugar
- Salt and pepper to taste
- Olive oil
- Big plastic bag

Directions: Open the bag and spray cooking spray to line the inside of the bag.

Put in the seasonings that you will be using first. Use about 1-2 tsp in the bag or enough to cover the vegetables.

Throw in the vegetables afterwards.

Drizzle a tbsp of olive oil over the vegetables.

Shake the bag up to mix up all of the vegetables with the seasonings.

After all the vegetables and seasonings are mixed, layout onto a cooking sheet.

Preheat the oven to 375F. Cook until vegetables are soft (fork tender). ENJOY!

Tuna Salad with Curry and Apples

Sweeten and spice up this traditional sandwich filler with apples and curry.

- 1 (5-ounce) can solid white tuna (in water, low sodium, drained)
- 1 Tablespoon mayo or non-fat plain Greek yogurt
- 1 teaspoon mustard or Dijon mustard
- 1/2 teaspoon curry powder
- 1/2 cup apple chopped
- 1 Tablespoon onion, chopped

Combine ingredients in a bowl and mix

Per $\frac{3}{4}$ cup : CALORIES : 140 , FAT 3g, PROTEIN 18g, CARB 8g, FIBER 1 g



Healthy Turkey Meatloaf

Ground turkey is a delicious alternative to ground beef, with less fat and fewer calories.

- 1 medium red onion
- 4 ribs celery, washed and diced fine
- 1 Tablespoon olive oil
- 2 medium Granny Smith apples, cored and diced finely
- A slices of wheat bread, broken into crumbs
- 1/4 cup shredded parmesan cheese
- 2 ½ teaspoons poultry seasoning
- 2 whole eggs
- ¼ cup milk
- 1 pound ground turkey(lean)
- 1 ½ tsp chopped cilantro
- 1 tablespoon lime juice
- ¼ teaspoon salt
- 1 ripe – peeled avocado, mashed
- 1 garlic clove, minced

1. Preheat oven to 350 degrees Fahrenheit and grease a 9-inch loaf pan. In a pan, saute the onion and celery in the olive oil until slightly soft. Add apple pieces; cook on low heat for 6 minutes

2. In a large bowl, mix together the bread crumbs, cheese, poultry seasoning, eggs, milk, cooled apple mixture, and turkey for no more than 2 minutes to keep it from getting tough. Place into greased pan and cook in the center of the oven for 45 minutes or until the center is cooked through.

*Per 1/8 loaf: 200 Calories, 8g Fat, 15g Protein,
13g Carbohydrates, 3g Fiber*

