

# Lori's Recipe Collection

## Turkey Chili

### **Ingredients**

- 2 small packages of Ground Turkey Breast (Lean Ground Beef, Ground Chicken Breast)
- 1 large yellow onion
- 10 celery stalks
- 2- 500ml cans of Stewed Tomatoes
- 1 can of Tomato Paste
- Chili Powder to taste
- Salt and Pepper to taste
- 2 tbsp Olive Oil
- 2 cans of mixed beans (kidney, white, etc)

### **Preparation**

- In a hot pot, heat Olive Oil.
- Sauté onions and celery until soft (5 minutes approx.)
- Add Ground Meat and continue to sauté until meat is cooked (no longer pink)
- Add chili powder, salt and pepper, stir in tomato paste, cook 2 minutes, Add stewed tomatoes and bean
- Simmer on low for 20 minutes (or until you can't wait any longer to eat it!!!)

### **Serving:**

Makes approx 6 servings

## Home Made Protein Bars

### **Ingredients:**

- 2 Cups Oatmeal
- 4 scoops of whey (protein powder--any will do)
- 1/2 cup peanut butter
- About 5 tbsp of water

### **Preparation:**

- Mix in a bowl--dough should be stiff.
- Forms 6 bars on wax paper--freeze them for 40 minutes and then they are ready to go!! No baking!!

### **Nutrition Facts:**

195 calories, 8.3g fat, 16g carbohydrate, and 18.8g protein

## **Balsamic Chicken**

### **Ingredients:**

- 1 Lb. boneless skinless chicken breast
- 1 green pepper
- 2-3 whole garlic cloves
- Salt and pepper to taste
- Dark balsamic vinegar
- Olive oil
- Mushrooms
- Onion
- Italian seasoning

### **Preparation**

- In an aluminum pan pour olive oil then place breasts inside.
- Then cut pepper into strips, slice onion, toss in garlic cloves and mushrooms.
- Pour in balsamic vinegar.
- Let marinate in refrigerator for at least an hour.
- Then pre heat oven @ 400.
- Season to taste salt/black pepper, Italian seasoning.
- Cook until chicken is done. (30 min. or so)
- All your ingredients can vary to taste. This is really good!!

## Grilled Lemon Salmon

### **Ingredients:**

- 2 teaspoons fresh dill
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 1/2 lbs. salmon fillets
- 1 chicken bouillon cube, mixed with
- 3 tablespoons water
- 3 tablespoons oil
- 3 tablespoons soy sauce
- 4 tablespoons finely chopped green onions
- 1 lemon, thinly sliced
- 2 slices onions, separated into rings

### **Preparation:**

- Sprinkle dill, pepper, salt and garlic powder over salmon.
- Place in shallow glass pan.
- Mix chicken bullion, oil, soy sauce, and green onions.
- Pour over salmon.
- Cover and chill for 1 hour, turn once.
- Drain and discard marinade.
- Put on grill on medium heat, place lemon and onion on top.
- Cover and cook for 15 minutes, or until fish is done.

### **Serving:**

4 servings 27 minutes 12 minutes prep

### **Nutrition Facts:**

Calories 362 Total Fat 16.4g 25% Total Carbohydrate 18.7g 6% Protein  
36.2g 72%

## Protein Pancakes

### **Ingredients:**

- 1 cup dry quick oats (3 minute cooking baking kind)
- 1 carton of egg whites - (equals 16 whites)
- Cinnamon to taste (Splenda too if you like)

### **Preparation:**

- Blend oatmeal in a blender - grind it, add cinnamon
- While it is blending, pour in egg whites through top of blender - it will mix well - but will need to stir with a spoon on the edges and then blend again. Makes the consistence of pancake batter - a bit runnier.
- Heat medium frying pan and spray with Pam.
- Pour 1 pan sized pancakes (will cover the base of a medium skillet) (this recipe makes four separate pancakes)
- Let it cook till it bubbles a bit - pretty much through - then flip and cook a few more minutes, serve plain, cold or hot (both are good) - can also top with SF jam, or Natural Peanut Butter, or a low carbohydrate, SF syrup.

### **Serving:**

One batch will last in the fridge for 4 days - so I cook on Sunday and eat Monday, Tuesday, Wednesday and Thursday for breakfast.

## **Banana Raisin Muffins**

### **Ingredients:**

- 1 cup whole wheat flour
- 2 scoops vanilla protein powder
- 1/2 cup splenda
- 3 Tbsp wheat bran
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3 bananas\*\*\*
- 1 1/2 jars baby food\*\*\*\*
- 2 Tbsp honey, melted (I used clover honey)
- 1 egg, beaten
- 1/2 cup milk (I used skim)
- 1/4 cup raisins (I used golden ones)

Note: I used 2 frozen brown-skinned bananas and mash them up, and used one fresh banana and cut into small chunks.

Note: I used 1/2 a jar of prune puree and 1 jar of apple banana baby food.

### **Preparation:**

- Preheat oven to 325 F
- Mix all dry ingredients together
- Mix all wet ingredients together
- Pour the wet ingredients into a well in the dry ingredients, and mix them all together (not too much...there will still be clumps and possibly dry pockets of flour).
- Pour into 12-cup muffin pan and bake at 325 F for 17-20 min (not exactly sure, just watch them, should be nice and brown on top and toothpick comes out clean when inserted).
- Cool and enjoy!

### **Serving:**

Makes 12 muffins

### **Nutrition Facts:**

Here is the nutrition info I calculated based on my protein powder, the labels on some ingredients, and fitday: Per 1 muffin: 130 calories, 1g fat, 25g carbohydrate, 8g protein

## Sweet Potato Pancakes

### **Ingredients:**

- 3-6 oz of yam
- 1 scoop of protein powder (vanilla)
- 4-6 egg whites
- Splenda (optional)
- Cinnamon (optional)

### **Preparation:**

- Cook the yams and then mix all the ingredients together and cook them like pancakes!
- You can adjust the amounts based on your needs and how many pancakes you want.

## Protein Pancakes - #2

### **Ingredients:**

- 1/2 cup instant oatmeal (uncooked)
- 1/2 cup cottage cheese
- 5 egg whites
- 1 tsp. vanilla extract
- Cinnamon (to taste)
- 2 packs of Sweet 'N Lo - or Splenda

### **Preparation:**

- Mix them all up in your blender and cook them in a pan using Pam non-stick cooking spray (just like normal pancakes).
- Flip them when they get a little bubbly.
- Double the recipe for 2 meals worth.

## Chocolate Chip Pumpkin Muffins

- (You can use walnuts instead of choco chips)
- 1 cup oats
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 3/4 cup of dark, semi-sweet chocolate chips
- 1 15 oz can (2 cups) pumpkin puree
- 1/4 cup canola oil
- 1/3 cup honey
- 1 large egg or 1/4 cup egg substitute

### **Preparation:**

- Preheat oven to 375.
- Spray muffin tin with cooking spray.
- Mix oats, flour, baking powder and chocolate chips in a large bowl.
- Make a well in the center.
- Mix wet ingredients in separate bowl.
- Pour the wet ingredients into the dry ingredients and stir until just blended.
- Divide batter evenly into muffin cups and bake for about 18 minutes.

## Grilled Salmon with Lemon Dill Sauce

### **Ingredients:**

- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 4 salmon filets, about 6 oz. each

### Lemon Dill Sauce:

- 1 tablespoon stone-ground mustard
- 1 teaspoon dry mustard
- 3 teaspoons chopped fresh dill (or 1 teaspoon dried dill)
- 1/4 cup mayonnaise (sugar free, if possible)
- 2 tablespoons lemon juice

### **Preparation:**

- Combine olive oil and 1 tablespoon lemon juice in small container and set aside.
- Rinse salmon with cool water.
- Pat dry with paper towels.
- Brush with lemon-olive oil mixture and grill or broil to desired doneness.
- Be sure to place flesh-side toward heat, skin-side away from heat to prevent curling.
- Turn after about 7 minutes and cook to desired doneness.
- While salmon cooks, prepare dill sauce by combining remaining ingredients in a small bowl.
- Remove salmon to platter and serve with dill sauce on the side.

### **Serving:**

Yields 4 servings

### **Nutrition Facts:**

1 serving: 20 g. fat (less after cooking), 1 g. total carbohydrates, 34 g. protein

## The Chewy Protein Brownie Cookie

### **Ingredients:**

- 1 -1/3 cup butter
- 1/2 cup white sugar
- 2/3 cup brown sugar
- 1/3 cup chocolate Whey protein powder
- 1 tbsp vanilla
- 2 eggs, slightly beaten
- 2-1/4 cups flour
- 2/3 cup cocoa
- 1 tsp baking soda
- 1 tsp salt
- 1/4 cup milk
- choco chips, nuts, etc.

### **Preparation:**

- Cream butter, sugar, protein and vanilla.
- Add eggs.
- Combine flour, cocoa, soda and salt. Add to creamed mixture, alternatively with milk.
- Blend well.
- Add the chocolate chips, nuts, etc.
- Drop by spoonfuls onto ungreased cookie sheet.
- Bake at 350 degrees for 8-10 minutes.
- Cookies will appear soft and moist when baked but will firm up upon cooling.

### **Serving:**

- Makes approximately 6 dozen

## Sweet Potato Cheesecake

### **Preparation:**

- Mix the following using a mixer, 1 small container of fat free Cream Cheese, and Splenda.
- When those two are nice and creamed together, add in some Egg whites (experiment with this, but I'm willing to bet about 2-3 would do).
- Continue to mix, while scraping the sides of the bowl to get all the ingredients to mix well.
- Feel free to add whatever other seasoning you would like also (cinnamon and nutmeg work well).
- Boil 1 or 2 sweet potatoes (Yams), and then mash them into a pretty smooth consistency, and add them to the mixing bowl, and mix WELL.
- When all is mixed, depending on how many crabs you want in this meal, you can add some breading in the bottom of a Pie/Cake pan (I did not and it turned out great).
- Then, pour the mixture into the pan, pre-heat the oven to 350 Fahrenheit. Bake at 350 for 1 and a half hours (1 1/2).
- Depending if you like your cheesecake hot or cold, chill in the refrigerator, or indulge in it at once!

## Sugar/Flour Free Peanut Butter cookies

### **Ingredients:**

- 1 Cup Chunky Peanut Butter
- 1 Cup Splenda - or 24 packets
- 1 Large Egg

### **Preparation:**

- Pre-heat the oven to 350 degrees
- Mix the Peanut Butter, Splenda and Egg
- Roll the mix into 12 balls and then shape with a fork
- Bake for 10 minutes or until the centers are no longer moist.
- Cookies will only be 4 carbohydrates each.

## Flax-seed Muffins

### **Ingredients**

- 1 cup flax meal (in baking section of grocery store)
- 1/2 cup chocolate whey protein
- 2 large eggs
- 4 tbsp canola oil
- 1/4 cup splenda
- 2 oz chopped almonds or your favorite
- 2 tsp baking powder
- 1 tsp vanilla or maple flavoring
- 1 cup water

### **Preparation:**

- Mix above ingredients and let stand for 3 minutes to absorb water.
- Spray muffin cups with PAM cooking spray.
- Spoon into cups and bake for 25-30 min at 350.
- You can modify flavoring by using different proteins, flavorings, nuts, etc. Enjoy!!!

### **Nutrition Facts:**

Calories: 138 each

## Great Tasting Pumpkin Pancakes

### **Ingredients:**

- 1/2 cup of Oats
- 1/2 Cup Fat Free Cottage Cheese
- 12 Packets Splenda
- 4 Egg Whites
- 5 Tablespoons Cinnamon
- 1 Tablespoon Vanilla Extract (Optional)
- 1/2 Cup Of Canned Pumpkin

### **Preparation:**

- Blend All Ingredients In Blender for 45 seconds.
- With a ladle, pour batter in heated Skillet.
- Flip each Pancake once they start to bubble.

## Great Tasting Oatmeal Cookies

### **Ingredients**

- 2 cups Whole-Grain flour
- 1 1/4 cups Splenda or Sweetener of your choice
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3 cups Oats
- 1 cup Canola oil
- 1 Whole egg and One Egg White
- 1/2 cup Skim milk

### **Preparation:**

- Sift together all of the dry ingredients; stir in the oats.
- Stir in oil, eggs, and milk.
- Beat with a spoon until thoroughly blended.
- Drop by teaspoonfuls onto an ungreased baking sheet.
- Bake at 400 from anywhere from 10 to 12 minutes.

### **Serving:**

This recipe makes about 6 dozen.

## Oatmeal Muffins

### **Ingredients**

- 2 cup oats
- 16 egg whites
- 8 packets Splenda/Sweetener
- 1/4 cup Sugar Free Maple Syrup
- Optional Add-In: Flaxseed meal - (I would use 1/4 cup)

### **Preparation:**

- Preheat oven to 350 degrees.
- Lightly coat a muffin tin or cake pan with non-stick cooking spray.
- Mix all ingredients in a bowl, and pour into muffin tin or cake pan.
- Bake for about 20 minutes.