

FAVEHEALTHYRECIPES   

How to Cook

Low Calorie Meals

32 Healthy
Low Calorie
**Recipes
To Try**





How to Cook Low Calorie Meals: 32 Healthy Low Calorie Recipes To Try

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat more low cal foods. It is often too easy to cheat on our healthy eating ways because of the abundance of tasty unhealthy food items that constantly surround us all. If you feel too overwhelmed to exclusively stick with low calorie meals all the time, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, *How to Cook Low Calorie Meals: 32 Healthy Low Calorie Recipes To Try*, provides you with the quick and easy recipes you will need to help make your weight loss diet a real success story. Thanks to this definitive collection of delicious low-calorie recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight loss recipes, including low calorie meals for throughout the day plus healthy snacks and guilt-free dessert recipes. Regardless of your reason for wanting healthy recipes, know that this list has dishes that you are sure to devour.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the delights that can only be found in low cal diet recipes!

For additional low carb diet recipes, be sure to visit FaveHealthyRecipes.com. While you're there, subscribe to our free [healthy recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy all of these easy low calorie recipes!

Sincerely,

The Editors of FaveHealthyRecipes

<http://www.FaveHealthyRecipes.com/>



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Low-Calorie Recipes for Breakfast

Breakfast Egg Muffins

By: Alli from An Open Cookbook



Description

Have yourself a healthy breakfast that will really fuel you for the rest of the day with this Breakfast Egg Muffins recipe from Alli from An Open Cookbook. With only five main ingredients, this muffin tin egg recipe is an easy option for those looking for a portable breakfast. Alli says, "These quick and easy egg muffins can be filled with any vegetable and are a perfect start to your morning!"

Yields: 12 muffins

Cooking Time: 40 min

Ingredients

- 8 eggs
- 1 cup shredded four cheese blend
- 1 1/4 cups milk
- 4 cups broccoli, finely chopped
- 1 teaspoon garlic powder
- Salt and black pepper, to taste

Instructions

1. Preheat oven to 400 degrees F.
2. Whisk together all the ingredients.
3. Spray the insides of a muffin tin with cooking spray. Pour the batter into the muffin tins.
4. Place the muffin tin on top of a baking sheet and pour a thin layer of water into the baking sheet to form a shallow water bath. Bake for 40 minutes.

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Sweet Potato Hash Browns

Description

These Sweet Potato Hash Browns are colorful and delicious! They are healthier than eating regular potato hash browns, but you will still get that same great grilled flavor. Serve this up with your favorite omelet and fruit for breakfast.

Serves: 6

Preparation Time: 10 min

Cooking Time: 15 min

Ingredients

- 3 large sweet potatoes (peel and dice)
- 1 large sweet onion
- 2 sprigs or 1 Tbsp. dried rosemary (minced)
- salt and pepper to taste

Instructions

1. Heat a large cast iron skillet (if available) to high. Add the onion and cook it until it becomes translucent.
2. Add the rest of the ingredients and simmer for 5 minutes.
3. Cook until the potato is soft and golden brown (a crust forms). Butter can be used to facilitate browning. Serve hot.



Turkey Sausage and Egg Breakfast Wraps

By: Chef Steven Binks



Description

In this recipe, Chef Steven Binks shows you how to make turkey sausage and egg breakfast wraps. This is one of the best healthy breakfast recipes for a grab-and-go morning.

Serves: 4

Cooking Time: 15 min

Ingredients

- 1 cup Egg Beaters
- 2 tablespoons almond milk
- 1/2 pound ground lean turkey sausage
- 1 cup reduced-fat Mexican shredded cheese
- 4 whole wheat tortillas
- 2 tablespoons green onions, chopped (optional)

Instructions

1. Scramble Egg Beaters with almond milk.
2. In a large pan, over medium-high heat, crumble sausage; cook until brown.
3. Combine with cheese and cook on low until cheese melts.
4. Warm tortillas in microwave on medium for about 30 seconds until soft enough to roll up without cracking.

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5. Place about $\frac{1}{4}$ cup egg mixture in tortilla and roll up.
6. Place tortillas on a serving dish, sprinkle with green onions, and serve with salsa if desired. You can also wrap this in foil to take with you!



Chicken and Vegetable Frittata

Description

This Chicken and Vegetable Frittata is full of protein and vegetables to start your day right. Change up the vegetables to include whatever you have in the refrigerator every time you make it or just use your favorites!

Serves: 4

Preparation Time: 10 min

Cooking Time: 40 min

Ingredients

- 1 cup broccoli florets
- 3/4 cup fresh mushrooms, sliced
- 2 green onions, finely chopped
- 1 tablespoon margarine or butter
- 1 cup cubed fully cooked chicken, with skin and excess fat removed
- 8 eggs, or 16 egg whites
- 1/4 cup water
- 1/4 cup Dijon mustard
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic salt
- 1 1/2 cups (6 oz.) low-fat Cheddar cheese, shredded
- 1/2 cup tomatoes, chopped

Instructions

1. In a skillet, sauté the broccoli, mushrooms and onions in butter until tender.
2. Add chicken; heat through. Remove from the heat and keep warm.
3. In a mixing bowl, beat eggs, water, mustard, Italian seasoning and garlic salt until foamy. Stir in cheese, tomatoes and broccoli mixture.
4. Pour into a greased shallow 1 1/2 quart baking dish. Bake at 375 degrees F for 22-27 minutes, or until a knife inserted in the center comes out clean.



Cauliflower and Egg Whites

Description

This simple dish of Cauliflower and Egg Whites is a great healthy brunch option. Get a dose of veggies in the morning first thing!

Serves: 1

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

- 8 egg whites
- 1/2 head of cauliflower, cut into bite size pieces from the stem up so they won't fall apart
- 1 tablespoon water
- salt and freshly ground pepper
- olive oil for the pan

Instructions

1. Cut up the cauliflower and set aside, then scramble the eggs with the water (they make the eggs light and fluffy) until well blended.
2. Grind lots of pepper into the eggs - set aside. Heat a large non-stick skillet on medium-high heat, when warm; add a few tablespoons of olive oil to the pan.
3. Toss the cauliflower into the pan (they should sizzle a bit) and cook, flipping pieces with a spatula, for about 7 minutes, or until they're relatively golden brown. As you cook them, add salt and grind pepper on top to taste. Much black pepper aroma and flavor is released this way.
4. Then cover the pan with a large lid and let the cauliflower steam a couple of minutes. Don't overcook the cauliflower, as it tastes best sort of al dente.
5. Remove the lid, spread out cauliflower evenly over the pan, and pour egg mixture evenly on top.
6. Add more salt and pepper to eggs if desired. There's no way this omelet will come out neat, so just flip it around and cook until the eggs are set. Remove from pan and sprinkle with fresh dill or parsley.



Crustless Jarlsberg Lite Quiche

By: Jarlsberg Lite Cheese



Description

To have a delicious brunch or an extra-special breakfast, make this Crustless Jarlsberg Lite Quiche. This unique quiche recipe comes courtesy the good folks at Jarlsberg Lite cheese.

Serves: 6 to 8

Ingredients

- 1/2 pound asparagus
- 1 cup canned mini corn, drained
- 1/4 cup scallions, chopped
- 1/2 pound scallops
- 1/2 pound shredded Jarlsberg Lite cheese, about 2 cups
- 6 large egg whites
- 1 cup evaporated skim milk
- 2 teaspoons soy sauce
- Potato flakes, to taste

Instructions

1. Preheat oven to 350 degrees F.
2. Snap tips off asparagus. Chop spears in 1/4-inch slices and discard woody ends. Plunge into boiling water for three minutes and then drain.
3. Oil spray a 9-inch glass pie plate. Line with half the asparagus and half the corn. Cover with potato flakes, then with onion. Arrange scallops on top, about an inch in from rim. Sprinkle on

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half the cheese.

4. Whisk egg whites. Whisk in milk, soy sauce and pepper.
5. Pour half the egg mixture into pie. Top with remaining asparagus, corn and cheese. Pat down. Pour on remaining egg mixture.
6. Bake 40 – 45 minutes.

Nutritional Information

Per Serving: Calories: 205 Protein 22g Fat: 5g Calcium: 134mg Iron: 0.77mg Sodium: 440mg.



Low Cal Soup Recipes

Slow Cooked Detox Soup

By: Adele of Vegie Head (www.vegiehead.com)

Description

If you need add more vegetables into your diet, then this Slow Cooked Detox Soup recipe from Adele of Vegie Head (www.vegiehead.com). Chock full of vegetables and simple flavors, this is one of the best slow cooker soup recipes for you.

Makes: 4 servings

Cooking Time: 8 hr.

Ingredients

- 1 onion, diced
- 1 carrot, diced
- 1 cup Brussels sprouts, sliced in half
- 1 cup baby bok choy, chopped
- 1 cup cherry tomatoes, chopped
- 1 cup parsley, chopped
- 5 celery stalks with leaves included, chopped
- 1 zucchini, diced
- 2 cups purified water
- 3 garlic cloves, minced
- 1/2 inch piece of ginger, minced
- 1 tablespoon miso paste

Instructions

1. In a slow cooker, put all ingredients in.
2. Cook on low for 8 hours. (Simply set it in the morning and it will be ready when you get home!)

Notes

If you don't use a slow cooker, put all the ingredients in a large pot and bring to a boil, then simmer for 35 minutes or until vegetables are tender.



Flirty Garden Soup

By: Adele of Vegie Head (www.vegiehead.com)



Description

For a light and healthy, yet filling, take on the classic potato soup recipe, try making yourself this Flirty Garden Soup recipe from Adele of Vegie Head (www.vegiehead.com). This is definitely the garden soup recipe for you if you enjoy hearty vegetable dishes.

Serves: 4

Cooking Time: 45 min

Ingredients

- 1 onion, diced
- 3 medium sized potatoes, peeled and diced
- 1 1/2 cups water
- 1/2 sweet potato, peeled and cubed
- 1/2 broccoli, broken into florets
- 1/2 zucchini, diced
- 1 can cannellini beans, drained and rinsed
- 1 teaspoon Braggs seasoning
- 1 teaspoon herbamare seasoning
- Fresh parsley, to garnish
- Chives, to garnish

Instructions

1. In a large pot, sauté the onions for a few minutes.
2. Add the water and potatoes. Bring to a boil then simmer for 10 minutes.
3. Add the cannellini beans and cook for a further 10 minutes.

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4. Using a stick blender (or food processor), blend until smooth.
5. Add the sweet potato, broccoli, zucchini and Bragg's and cook for a further 20 minutes.
6. Taste for seasonings and garnish with parsley and chives.



Ramen "Noodle" Soup

By: Adele of Vegie Head (www.vegiehead.com)



Description

Bowls of Ramen are the staple food of college students everywhere. For a much healthier version of this low cost staple, make this no cook meals recipe for a Ramen "Noodle" Bowl from Adele of Vegie Head (www.vegiehead.com). Your repertoire of no cook recipes will never be the same!

Serves: 2

Ingredients

- 1 zucchini
- 1 teaspoon miso paste
- 1/2 lemon, juiced
- 2 garlic cloves
- 1/2 inch ginger piece
- 1 pinch cayenne pepper
- 1 pinch curry powder
- 1/2 teaspoon salt
- 1 carrot
- 1 bell pepper
- Snow peas
- Cilantro, to taste
- Chili flakes, to taste

Instructions

1. Blend together half of the zucchini, miso paste, lemon juice, garlic, ginger, cayenne pepper, curry powder and salt. Pour mixture into bowls.
2. Spiralize or use a mandolin to cut the remaining zucchini and carrot. Add to the bowls.
3. Slice pepper thinly and chop up some snow peas. Add to the bowls.
4. Top with cilantro and extra chili flakes.

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4 Ingredient Pea Soup

By: Alli from the blog An Open Cookbook



Description

Making healthy soup recipes at home may seem like a daunting task, but this 4 Ingredient Pea Soup recipe from Alli from An Open Cookbook shows you just how easy it really is. This is one of the best low calorie soup recipes for those who don't have lots of spare time and money.

Alli says, "This super simple recipe will keep you warm on a cold winter evening. You can whip it up quickly on those busy week nights. Serve with a nice salad and slice of bread."

Yields: 4 cups

Ingredients

- 2 tablespoons olive oil
- 1 whole shallot, minced
- 4 cups peas, frozen and defrosted or made from scratch
- 1 cup vegetable broth
- Salt and black pepper, to taste

Instructions

1. In a medium pot, heat the olive oil on medium heat. Add in the shallots and cook until softened.
2. Pour in the peas and vegetable broth and bring to a boil. Reduce heat to a simmer for about 10 minutes. Turn off heat and allow to cool a bit.
3. Transfer to a food processor or blender. Puree until smooth.
4. Pour back into the pot to warm. Season with salt and pepper and serve immediately.

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Warming Garlic Lemon Ginger Soup

By: Jackie from the blog Jackie's Kitchen (<http://visualcookbook.blogspot.com/>)



Description

If you are feeling under the weather, then perk up your spirits with a bowl of this Warming Garlic Lemon Ginger Soup from Jackie of the blog Jackie's Kitchen. Ginger, lemon and garlic make this one of the best healthy soup recipes for your immune system.

Ingredients

- 1 small onion, diced
- 3 garlic cloves, minced
- 2 tablespoons fresh ginger, grated
- 1 tablespoon olive oil
- 1/4 teaspoon turmeric
- 1 cup chicken broth, or vegetable broth
- 2 cups fresh filtered water
- 2 tablespoons fresh lemon juice
- Sea salt, to taste
- Black pepper, freshly cracked

Instructions

1. Heat olive oil in a medium saucepan and lightly sauté the onion until softened, add turmeric in the process. Add the garlic and ginger and sauté for 2 more minutes.
2. Stir in broth and fresh filtered water. Bring to a boil, then reduce the heat to a simmer, cover partially, and simmer for about 20 minutes.
3. Remove the soup from the heat and puree. I used a blender for this batch because it was small and had the small pieces. Return the soup to the pan and heat gently, stirring in fresh lemon juice and plenty of sea salt and freshly-cracked black pepper to taste.
4. Serve in small portions before the main meal, between courses, or on its own.

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Better than Campbell's Tomato Soup

By: Jackie from the blog Jackie's Kitchen (<http://visualcookbook.blogspot.com/>)



Description

If you've had a fresh tomato soup recipe before, then you know how much more flavorful it is than any canned tomato soup variety. This Better than Campbell's Tomato Soup recipe from Jackie @ Jackie's Kitchen will simply blow you away.

Makes: 4 servings

Ingredients

- 1 onion, diced
- 3 garlic cloves, minced
- 6 Roma tomatoes, peeled and chopped
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 2 tablespoons cornstarch
- 2 cups chicken broth, or vegetable broth
- 1 1/2 teaspoons organic sugar (sugar enhances the flavor of tomatoes nicely)
- Dried basil, to taste
- Dried oregano, to taste
- Red pepper flakes, to taste

Instructions

1. Heat unsalted butter and olive oil in a heavy stockpot and gently sauté the onion and garlic.
2. Stir in cornstarch and cook briefly, about 1 minute.
3. Stir in broth, tomatoes, sugar, basil, oregano and red pepper flakes.
4. Bring to a boil and then reduce the heat to a simmer and let simmer for about 20 minutes. Remove from the heat, then puree with an immersion blender or a stand blender or food

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processor.

5. Return to the pot, taste and adjust seasonings accordingly and keep warm or serve immediately with a batch of croutons, your favorite bread, or a grilled cheese sandwich!



Low Calorie Dinner Recipes

No Cook Mexican Tacos

By: Adele of Vegie Head (www.vegiehead.com)



Description

Tacos, usually filled with items such as ground beef, cheese and sour cream, are not known for being healthy eating options. These No Cook Mexican Tacos from Adele of Vegie Head (www.vegiehead.com) are one of the best no cook recipes out there, as they let you turn one of the best known Mexican recipes in a healthy eating dream.

Serves: 2

Ingredients

- 2 avocados, peeled
- Juice of 2 lemons
- Juice of 1 lime
- 1 cup cilantro, chopped
- 4 cherry tomatoes, quartered
- 1 pinch cayenne pepper
- Sprinkle of salt, to taste
- Small lettuce or radicchio leaves
- 1 whole raw beet, spiralized
- 1 carrot, sliced lengthways

Instructions

1. In a large bowl, mash the avocado, lemon and lime juice, coriander, cayenne pepper and salt.
2. Gently fold in the tomatoes, making sure you don't mash them.
3. Layer the leaves with the beet and carrot, and pile with the avocado mash.
4. Serve immediately.

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Moroccan Spiced Salmon

By: Chef Rachel Albert



Description

For dinner tonight, make this spicy and wonderful Moroccan-Spiced Salmon recipe from Chef Rachel Albert. She says, "Berkeley chef Bruce Sherrod devised the spice rub that makes these crispy coated salmon fillets so delicious. You can prepare the spice rub and the barbecue sauce several days ahead. The sauce also freezes well. Round out the meal with whole grain bread, brown rice, quinoa, or herb-roasted potatoes, and a green salad, sautéed kale or collard greens, or steamed broccoli with cauliflower. Add a creamy carrot soup, beet salad, or steamed corn on the cob if you like."

Serves: 8

Preparation Time: 15 min

Cooking Time: 10 min

Ingredients

- 6 (6-ounce) or 9 (4 ounce) center-cut salmon fillets, each 1-inch thick (about 2 1/4 pounds)
- 1/2 teaspoon ground black pepper, or to taste
- 1/4 teaspoon unrefined sea salt, finely ground
- 2 tablespoons unrefined coconut oil, ghee or clarified butter
- 1 recipe Moroccan Barbecue Spice Mix [SEE BELOW]
- 1 recipe Moroccan Barbecue Sauce, optional [SEE BELOW]

Instructions

1. Preheat oven to 400 degrees F. Rinse fish, pat dry with unbleached paper towel and rest on a platter.
2. Heat 1 tablespoon of oil in each of two (10-inch) ovenproof cast-iron or heavy-bottom stainless steel skillets (or use 2 tablespoons of oil in one 12-to 13-inch chef pan) over medium-high heat.

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3. Meanwhile, season salmon with pepper, and sea salt. Sprinkle fish with half the spice mix, turning to coat all sides. Add more as needed to coat and press firmly so an even layer adheres.
4. When oil is hot, add 3 salmon fillets, skin side up, to each medium skillet or all 6 pieces to 1 large skillet. Sauté for 2 minutes, then turn skin side down. Brown the second side for 2 minutes, then quickly transfer skillet(s) to preheated oven.
5. Roast for 10 to 12 minutes or until skin becomes crisp and you can easily pierce the fish with a thin-bladed knife. Remove skillets(s) with thick oven mitts (don't touch those handles!). Serve with Moroccan Barbecue Sauce. Refrigerate leftovers and use within 2 days.

Nutritional Information

1 serving: 280 calories, 31 g protein, 6 g carbohydrate, 15 g fat, 133 mg calcium, 240 mg sodium

Notes

For this recipe, you will need to use Chef Rachel Albert's recipe for [Moroccan Barbecue Spice Mix](#) and [Moroccan Barbecue Sauce](#)

This recipe is from *The Garden of Eating: A Produce-Dominated Diet & Cookbook* (Planetary Press, 2004) by Rachel Albert



Pork and Bok Choy Stir-Fry

By: Chef Steven Binks



Description

In this recipe, Chef Steven Binks shows you how to make a Pork and Bok Choy Stir-Fry recipe that all will adore. This healthy cooking pork recipe is perfect for a quick and easy weeknight meal.

Serves: 4

Cooking Time: 40 min

Ingredients

- 8 ounces soba or rice noodles
- 3/4 pound to 1 pound pork tenderloin, trimmed
- 1/3 cup water
- 1/4 cup dry sherry
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons arrow root
- 1 tablespoon peanut oil or canola oil
- 1 medium onion, thinly sliced
- 1 pound bok choy (about 1 medium head), trimmed and cut into long, thin strips
- 1 tablespoon garlic, chopped
- 1 tablespoon chili-garlic sauce

Instructions

1. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain, rinse with cold water and set aside.
2. Meanwhile, slice pork into thin rounds; cut each round into matchsticks. Whisk water, rice wine (or sherry), soy sauce and arrow root in a small bowl.
3. Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring occasionally, until beginning to soften, 2 to 3 minutes.

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4. Add bok choy and cook, stirring occasionally, until beginning to soften, about 5 minutes.
5. Add the pork, garlic and chili-garlic sauce; cook, stirring, until the pork is just cooked through, 2 to 3 minutes.
6. Whisk the arrow root mixture again, add it to the pan and bring to a boil. Cook, stirring, until the sauce has thickened, 2 to 4 minutes. Serve the pork and vegetables over the noodles.



Garden Herb Roll-Ups

By: Dorothy Delaney



Description

Incorporate more heart healthy vegetables into your diet with this fun hand-held wrap idea. These Garden Herb Rollups from Dorothy Delaney take mere minutes to make, but this all-natural recipe idea will do your body good for decades later. In this vegan food recipe, Collard green leaves are stuffed with marinated vegetables and a pumpkin seed spread. Enjoy this raw food diet recipe as a snack or as a quick lunch idea.

Makes: 6

Ingredients

- 6 large collard leaves

FOR THE PUMPKIN SEED PATE:

- 1 1/2 garlic cloves
- Juice of 1 lemon
- 1 cup pumpkin seeds, soaked and sprouted
- 1/4 cup flax oil
- 3/4 teaspoon salt
- 1/4 cup parsley
- 1/4 cup basil
- 1/4 cup dill
- 1/8 teaspoon turmeric

FOR THE MARINATED VEGETABLES:

- 2 stalks celery
- 1 cup carrots, shredded
- 1/4 cup red onion, very thinly sliced
- 2 tablespoons flax oil
- 2 teaspoons lemon juice
- 1 teaspoon 21 Seasoning Salute
- 1/2 teaspoon rosemary

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- 1/2 teaspoon Bragg's Seaweed Salt
- 1/4 teaspoon salt
- Black pepper, to taste

Instructions

For the Pumpkin Seed Pâté:

1. Place the garlic and pumpkin seeds in your food processor fit with the s-blade. Process to chop.
2. With the blade running, add the lemon juice until the mixture is creamy.
3. Add the herbs and seasonings and pulse to finely chop the herbs. Scrape into a bowl.

For the Marinated Veggies:

1. Toss all ingredients in a large bowl and mix well to combine all of the flavors.

To Assemble:

1. Lay a collard green on your cutting board with the darker side on the board. Chop off the stem and trim off any very thick portions of the remaining center stem.
2. Place 6 tablespoons of the pâté on the collard leaf and spread out a bit, but leave plenty of room for wrapping up the leaf.
3. Top with 1/2 cup of the marinated veggies.
4. Roll up just like a burrito, folding up the top and bottom first and then rolling in the sides. Enjoy!



Marinated Tofu and Vegetable Skewers

Description

These marinated tofu cubes grilled on skewers with chopped vegetables are a healthy choice for BBQs and outdoor cooking. The marinade is very-flavorful, made with soy sauce, garlic, ginger and more.

Serves: 5

Preparation Time: 30 min

Cooking Time: 20 min

Ingredients

- 4 scallions, coarsely chopped
- 2 teaspoons garlic, chopped
- 2 tablespoons fresh ginger, peeled, chopped
- 3 tablespoons canola oil
- 1/2 cup soy sauce
- 2 tablespoons brown sugar
- 2 teaspoons toasted sesame oil
- 1/4 teaspoon red chili flakes
- 1 block firm tofu, cut in 3/4 inch cube
- 1/3 pound crimini or shiitake mushrooms, stems removed
- 1 red bell pepper, stemmed, seeded and cut into 1-inch squares
- 1 red or yellow onion, peeled and diced

Instructions

1. For the marinade add scallions, garlic and ginger to a food processor or blender and pulse until finely chopped (can also be done by hand).
2. In a small skillet, heat the olive oil and stir-fry the scallion mixture for a minute or two. Stir in the soy sauce and sugar and bring to a boil.
3. Off heat, cool slightly and stir in sesame oil and red chili flakes, if using.
4. Cool and pour over the tofu cubes and marinate for at least 1 hour and up to 4 hours.
5. Soak bamboo skewers in water for at least 30 minutes and then attractively thread pieces of marinated tofu, mushrooms, peppers and onions on skewers.
6. Brush vegetables with leftover marinade and then grill or broil until vegetables are crisp and tender. Serve with Sesame Spinach.

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Low Cal Snacks

"Cheese" Sticks

By: Dorothy Delaney



Description

If you are looking for low calorie snack recipes for a raw food diet that have universal appeal, then this recipe for "Cheese" Sticks from Dorothy Delaney is ideal for you. With only four necessary ingredients, this party snack recipe could not be any easier to make. You can add nutritional yeast to this healthy easy appetizer recipe for bonus nutrition and taste if you are not on a raw vegan diet.

Ingredients

- 2 1/2 cups sunflower seeds, soaked and then sprouted for 1-1/2 days (You can omit this sprouting, if you like)
- 1/2 cup lemon juice
- 1/2 cup coconut aminos
- 4 garlic cloves
- 3 tablespoons nutritional yeast (optional)

Instructions

1. Combine all ingredients in a food processor until a lumpy batter is formed.
2. Roll/pat the mixture into 2-inch sticks, and place onto a dehydrator sheet.
3. Dehydrate at 100 degrees F for 18 to 24 hours until slightly crispy on the outside. Eat them warm!

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Baked Sweet Potato Chips

Description

Unlike potato recipes, sweet potato recipes are healthier for you because they contain more nutrients. Use this sweet potato recipe to learn how to cook a sweet potato like a regular potato, only with tastier results.

Preparation Time: 5 min

Cooking Time: 15 min

Ingredients

- 1/2 pound sweet potatoes
- 1/2 tablespoon corn oil

Instructions

1. Preheat oven to 400 degrees F. Lightly coat a baking sheet with non-stick cooking spray.
2. Slice the sweet potatoes by hand in very thin slices, or use a food processor with a 2-millimeter disk.
3. In a large bowl, carefully toss the sweet potato slices by hand in the oil to coat the chips lightly.
4. Lay the slices in a single layer in the prepared baking pan. Bake the chips for fifteen minutes.
5. Turn each piece over with a metal spatula and bake for five more minutes. Chips should be dry and slightly crisp. If not, bake up to three more minutes, checking every minute so the chips won't burn.
6. Let cool for five minutes before serving.



Homemade Gummy Worms

By: Tova from Diabetic Survival Kit



Description

Since this sweet treat is completely sugar free, it is one of the best kid friendly recipes for snack time. Use Jell-O in a whole new way with this Homemade Gummy Worms recipe from Tova of Diabetic Survival Kit. Since this diabetic friendly recipe has only three ingredients, you have no excuse to pass this one up! Feel free to use different molds to create new fun shapes for something besides worms.

Ingredients

- 1 cup boiling water
- 2 packages sugar-free Jell-O (any two flavors, or two of the same)
- 3 envelopes flavorless gelatin
- Cooking spray

Instructions

1. Combine boiling water, Jell-O, and flavorless gelatin.
2. Pour into lightly sprayed 8x8-inch pan.
3. Cool for 30 minutes or until firm.
4. Cut into strips for “worms,” or use cookie cutters to make fun shapes. Enjoy!

Nutritional Information

Serving Size=Entire Tray!

0.3g Carbohydrates

1.5g Protein

30mg Sodium

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Low Calorie Carrot Cheese Balls

Description

Nutritious snacks for kids are rarely as tasty as this snack. If you want nutritious snacks for children, then try this recipe. Easy kid snacks are great for you and young ones, and kids will enjoy this healthy treat.

Serves: 8

Ingredients

- 6 ounces fat free cream cheese
- 1/8 teaspoon cayenne pepper
- 2 tablespoons chopped onion
- 2/3 cup grated carrots
- 8 drops Worcestershire sauce
- chopped parsley to garnish
- 16 fat free crackers, any type

Instructions

1. Combine all ingredients except crackers in medium bowl; mix well.
2. Roll mixture into 1 inch balls.
3. Sprinkle cheese balls with chopped parsley.
4. Chill for 2 hours. Serve with crackers.



Garlic Onion Popcorn

Description

This fun healthy kids snack deserves to go on your list of healthy snacks that you always make. This low-calorie treat showcases the lighter side of popcorn, proving you do not need loads of butter to make creative snack recipes.

Ingredients

- 1 quart popcorn, popped
- 3 tablespoons butter substitute
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon salt

Instructions

1. Melt butter substitute. Add onion powder, garlic powder and salt.
2. Drizzle mixture over popcorn and mix well.



Low Calorie Chicken Recipes

Balsamic Sage Chicken

By: Alli from the blog An Open Cookbook

Description

Healthy chicken recipes have a reputation for being bland and unappealing, but this Balsamic Sage Chicken recipe from Alli from An Open Cookbook will totally change that perception! Balsamic vinegar, sage and capers add loads of flavor to this healthy chicken main dish recipe.

Alli says, "This simple recipe tastes as though you have been cooking it for hours. There are so many flavorful dimensions, that a side of vegetables and rice or pasta make a perfectly balanced dinner."

Yields: 4 servings

Ingredients

- 2 large (or 3 medium) chicken breasts, pounded thin and cut in half
- Black pepper
- Garlic salt
- 1 yellow onion, diced
- 2 tablespoons olive oil
- 1/3 cup balsamic vinegar
- 1 can (15.5 ounces) diced tomatoes
- 1/4 cup capers
- 3 tablespoons fresh sage, minced
- Salt and black pepper, to taste

Instructions

1. Season the chicken breasts with black pepper and garlic salt on both sides. Set aside.
2. Heat a medium to large skillet or cast iron pan on medium heat. Pour in the olive oil. Allow to heat up. Add in the onions and sauté for about 5 minutes.
3. Carefully place the chicken into the pan and sauté each side for about 5 minutes on each side.
4. Pour in the balsamic, tomatoes and capers. Allow to simmer for about 10 minutes.
5. Sprinkle in the fresh sage, salt and pepper. Allow to cook until the chicken is fully cooked. Turn off heat and serve immediately.



Healthy Baked Buffalo Chicken

By: Chef Steven Binks



Description

In this recipe, Chef Steven Binks shows you how to make Healthy Baked Buffalo Chicken, a lighter take on the classic chicken dish. This is one of the best healthy chicken recipes for game day.

Serves: 3

Cooking Time: 30 min

Ingredients

- 1/2 cup chicken wing sauce/marinade
- 3 boneless chicken breasts, trimmed and cut lengthwise
- Olive oil cooking spray
- Whole wheat breadcrumbs
- Gorgonzola cheese

Instructions

1. Marinate chicken in chicken wing sauce for at least 30 minutes.
2. Preheat oven to 350 degrees F.
3. Coat chicken in breadcrumbs and place on a baking sheet lightly coated with the cooking spray.
4. Bake for 30 minutes.
5. Sprinkle with Gorgonzola cheese and place in oven until the cheese melts.

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Chicken Breasts Stuffed with Feta

Description

Stuffing chicken breasts is a great way to moisten the meat and bring a lot of flavor to it. This delicious recipe has a light refreshing flavor from the feta, mint and lemon juice. This would make a great healthy dinner with a salad.

Serves: 6

Preparation Time: 20 min

Cooking Time: 6 min

Ingredients

- 2 large boneless, skinless chicken breasts (4 halves)
- 1 ounce feta cheese, thinly sliced
- 1 cup fresh mint leaves, stemmed and washed
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- salt and freshly ground black pepper

Instructions

1. Wash and dry chicken and trim off any fat. Cut each breast in half. Lay one of the halves at the edge of a cutting board. Cut a horizontal pocket in the breast, taking care not to pierce the top, bottom or far side. Do this with all 4 pieces.
2. Place 2-3 slices of feta and 6-8 mint leaves in each pocket. Pin shut with lightly oiled tooth picks. Place them in a glass or ceramic baking dish.
3. Finely chop the remaining mint and sprinkle it over the chicken with the lemon juice, olive oil and salt and pepper. Marinate the chicken in this mixture for 20 minutes, turning once or twice.
4. Preheat grill or broiler to high. Season with salt and pepper. Grill or broil until cooked, 2-3 minutes per side. Remove toothpicks and serve at once.



Healthy Chicken Jerky

Description

Use this recipe for boneless chicken to make a lean, protein-rich snack that is always ideal. Simple chicken recipes can be more than a quick and easy dinner, they can be a snack too.

Ingredients

- 1 teaspoon black pepper
- 1 teaspoon red pepper
- 1 teaspoon garlic salt
- 1 teaspoon hickory salt
- 6 ounces soy sauce
- Water to cover
- 1 1/2 pounds chicken

Instructions

1. Mix black pepper, red pepper, garlic salt and hickory salt.
2. Put the soy sauce into a glass bowl, then add the spices and add a little warm water to mix them thoroughly.
3. Marinate meat in this in the fridge overnight, stirring a couple times.
4. To dry the meat, set oven to 150 degrees F. Cover the bottom of the oven with foil.
5. Spread the meat on the racks, not letting it touch, and prop the door open to let air circulate. Takes 3-5 hours to dry completely.

Notes

If you use meat that is still half frozen, it's much easier to slice it into thin strips.



Healthy Chicken Piccata

Description

This inexpensive and quick recipe is perfect for your next meal because it is much better for you than most traditional chicken recipes. Healthy chicken recipes are always go-to favorites.

Serves: 4

Ingredients

- 2 boneless skinless chicken breasts, split
- Salt and pepper
- 3 tablespoons butter substitute, unsalted
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- 1/4 cup dry white wine or vermouth, or low-sodium chicken broth
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh parsley, minced

Instructions

1. Place each chicken breast half between two sheets of plastic wrap. Flatten to a uniform thickness of slightly less than 1/2 inch. Season with salt and pepper.
2. Melt half of butter or margarine in a large, non-stick skillet over medium-high heat. Add the chicken breasts and brown on both sides; remove from skillet and set aside.
3. Melt remaining butter in same pan. Add mushrooms. Cook over high heat until they begin to brown, 2 minutes.
4. Sprinkle with garlic and cook 30 seconds.
5. Add wine and chicken breasts. Reduce heat and simmer until chicken is cooked through, about 7 minutes.
6. Just before they are cooked, add lemon juice, parsley and additional salt and pepper.



Low Cal Desserts

Raw Cacao Pudding

By: Adele of Vegie Head (www.vegiehead.com)



Description

For a healthy way to enjoy a chocolate pudding dessert, make a quick batch of this Raw Cacao Pudding recipe from Adele of Vegie Head (www.vegiehead.com). Not only is no cooking needed, but this chocolate pudding recipe has only three ingredients.

Serves: 2

Ingredients

- 1/2 cup raw cacao
- 1/2 cup raw tahini
- 1 tablespoon agave syrup

Instructions

1. In a bowl, combine the cacao, tahini and agave syrup until everything is thoroughly combined.
2. Make it pretty by serving in little cups and saucers!

Notes

Optional: add chili, vanilla essence, peppermint essence or even grated orange rind.



Squash Pudding Pie

By: Chef Rachel Albert



Description

Chef Rachel: "I have been making and sharing this Squash Pudding Pie recipe for at least 10 years. Not just for Thanksgiving, this delicious dairy-free, low-sugar twist on the classic pumpkin pie makes an impressive dessert or snack throughout the fall and winter. It has a taste and texture like pie but contains a fraction of the carbs and fat grams. It also takes less time to assemble than pie with a crust. For a fancy presentation, serve a scoop of Vanilla, Cinnamon, or Ginger Ice Dream on top of or next to each serving of pie. Try Basil Ice Dream if you're feeling adventurous."

Yields: 1 10-inch pie

Serves: 8

Preparation Time: 30 min

Cooking Time: 1 hr.

Ingredients

- 3 cups winter squash, baked or simmered, scooped from the skin and mashed
- 3/4 cup unsweetened coconut milk, blended, preservative-free (full fat, not lite)
- 1/4 cup honey (use an additional 1 or 2 tablespoons as needed)
- 3 eggs, or 6 egg whites
- 1 1/2 tablespoons arrowroot powder
- 2 teaspoons apple pie spice or pumpkin pie spice
- 1 1/2 teaspoons pure vanilla extract or natural vanilla flavoring or maple extract or flavoring
- 1 1/4 teaspoons unrefined sea salt, finely ground
- 1/4 teaspoon pure stevia extract powder or 1/2 to 1 teaspoon clear stevia extract liquid (start with less; add more only if needed)

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- 1 1/4 quarts Vanilla Ice Dream, or Cinnamon, Cocoa, Dark Chocolate, Rum Raisin, or Basil Ice Dream (see The Ice Dream Cookbook for recipes) or Real Whipped Cream (optional)

Instructions

1. Preheat oven to 350 degrees F.
2. Purée all of the ingredients in a blender, Vita-Mix, food processor, or food mill, or in a bowl with an electric mixer. If using a blender or small processor, blend in 2 batches, then combine in a bowl. Mixture should be thick. If too stiff to blend, add 1/4 cup water and blend again. For a sweeter taste, add 1/4 teaspoon additional stevia and/or 1 tablespoon honey. Blend, taste, and repeat if needed. Note: Pie will become sweeter and more concentrated as it bakes.
3. Pour into an oiled 10-inch deep-dish pie plate. Smooth with a spatula. Bake in the center of the oven until firm, slightly golden, and dry around the edges, about 60 minutes. Allow pie to cool for ½ hour. Refrigerate until completely cool and firm, several hours or overnight, before serving.
4. Cut into 8 slices and serve. Use within 4 days.

Nutritional Information

1 serving (with eggs): 154 calories, 3 grams protein, 21 grams carbohydrate (3 grams fiber), 6 grams fat, 23 milligrams calcium, 30 milligrams sodium

1 serving (egg whites only): 139 calories, 4 grams protein, 20 grams carbohydrate (3 grams fiber), 5 grams fat, 15 milligrams calcium, 48 milligrams sodium

Notes

If apple or pumpkin pie spice is not available, substitute ¾ teaspoon ground cinnamon, ½ teaspoon dried ginger (powder), ¼ teaspoon ground nutmeg, ¼ teaspoon dried orange zest, and 1/8 teaspoon ground cloves.

Winter squash varieties to use for this recipe: butternut, buttercup, sweet dumpling, delicata, kabocha, sweet mama or Hokkaido

I recommend baking fresh winter squash—don't steam, boil, or microwave as it won't have much flavor. Use frozen squash as a second option or canned pumpkin as a last resort. If you use sweet winter squash rather than pumpkin, you'll enjoy a sweeter taste with less added sweetener.

Shopping for winter squash: Look for Hokkaido pumpkin, kabocha, buttercup, honey delight, or butternut squash that feels heavy for its size. Kabocha, Hokkaido, and buttercup squash should have dark green skins, and any spots should be bright orange—not pale or yellow. A ripe butternut squash will be orange all over with no hint of green. Store all hard winter squashes at room temperature.

To cut and cook hard winter squash: Cut off the stem. Place a folded dish towel on a cutting board (this will keep the squash from slipping). Lay the squash on the towel. Cut in half from top to bottom, rocking

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the knife back and forth. Scoop out and discard the seeds. Bake squash halves cut side down on a rimmed baking sheet, uncovered, in a 400 degree F oven for 35 to 50 minutes until fork tender and juicy. Scoop out the flesh and discard the skin. Puree the flesh in a food processor, or force it through a medium-mesh sieve or the medium disk of a food mill. Freeze what you don't plan to use within 3 days.

Recipe Source: *The Ice Dream Cookbook* by Rachel Albert
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Variations:

- Replace $\frac{1}{4}$ cup honey with $\frac{1}{4}$ cup + 2 tablespoons pure maple syrup. For a sweeter taste, add an additional $\frac{1}{4}$ teaspoon stevia and/or 1 tablespoon maple syrup. Blend, taste, and repeat if needed. Add another 2 teaspoons arrowroot in step #2.
- For a gingery flavor, replace pie spice with 1 $\frac{1}{2}$ tablespoons peeled and finely grated fresh ginger root plus $\frac{1}{2}$ teaspoon dried ground ginger (powder). If desired, add the finely grated zest of 1 fresh orange or tangerine.



Banana-Mango Frozen Yogurt

Description

This is a delicious dessert that will give you tons of fruit and calcium in one! Make this Banana-Mango Frozen Yogurt in just a flick of a switch on your ice cream maker.

Preparation Time: 1 hr.

Ingredients

- 1 cup sliced ripe banana
- 3/4 cup peeled mango, chopped
- 1/3 cup orange juice
- 3 tablespoons fresh lime juice
- 1 1/2 cups milk
- 3/4 cup sugar
- 1 carton vanilla low-fat yogurt, (16 oz.)

Instructions

1. Combine first 4 ingredients in blender, process until smooth.
2. Combine banana mixture and remaining ingredients in a large bowl, stir well with a whisk.
3. Pour mixture into the freezer can of an ice cream freezer, freeze according to manufacturer's instructions. Spoon into a freezer-safe container, cover and freeze (ripen) at least 1 hour.



Quick and Easy Peach Sorbet

Description

This quick easy dessert recipe is simple and a snap to make. Best of all, it has only natural sugars and no milk or eggs, making this treat a vegan desserts recipe. Get the flavor of peaches in a creamy summertime dessert with this cold dessert recipe.

Ingredients

- 4 ripe peaches
- 1 lemon
- 1 1/2 tablespoons maple syrup
- 2 teaspoons vanilla extract
- 1/2 cup soy milk

Instructions

1. Coarsely chop peaches, and then freeze at least three hours.
2. Squeeze lemon and add its juice to a blender. Add frozen peach chunks and remaining ingredients to the blender, and then blend until smooth.



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