

FAVEDIETS



28 No-Guilt

COPYCAT

Restaurant Recipes



Enjoy Restaurant Food at Home

Enjoy Restaurant Food at Home: 28 No-Guilt Copycat Restaurant Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

Restaurant recipes are always delicious. Professional kitchens seem to always know how to make the absolute best food around. However, most chain restaurant recipes are full of fat and calories, and restaurant food is becoming increasingly more expensive.

That's why FaveDiets.com has gathered some of the best healthy copycat restaurant recipes to create this brand new healthy recipes eCookbook, *Enjoy Restaurant Food at Home: 28 No-Guilt Copycat Restaurant Recipes*. This eCookbook is full of the tastiest copycat recipes that bring restaurant food to your home kitchen.

We have assembled some of the best copy cat recipes around, including healthy Cracker Barrel recipes, Red Lobster restaurant recipes and Olive Garden copycat recipes. This eCookbook has everything from Guilt-Free Cracker Barrel-Style Biscuits to Olive Garden Copycat Lasagna and a whole lot more. 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 tasty and healthy delights that can only be found in seasonal healthy copycat recipes!

For additional healthy restaurant copycat recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy copycat restaurant recipes!

Sincerely,

The Editors of FaveDiets

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TABLE OF CONTENTS

Benihana Copycat Chicken Fried Rice 5

Copycat Boston Market Squash Casserole 6

Guilt-Free Red Robin Copycat Bonzai Hamburger 7

Heart Healthy Cracker Barrel Copycat Chicken Casserole 8

Heart Healthy Panda Express Copycat Spicy Chicken 10

Heart Healthy Pizza Hut Cavatini Copycat Recipe 11

Low Calorie Olive Garden Copycat Chicken Marsala..... 12

No-Guilt Cracker Barrel Copycat Meatloaf..... 13

Olive Garden Copycat Lasagna – Now Healthier..... 14

Reduced Fat Copycat of Chili's Southwest Chicken Chili 16

Applebee's Broiled Salmon with Garlic Butter Made Healthier..... 18

Benihana-Style Sesame Chicken 19

Carrabba's Italian Grill Chicken Marsala 20

Cheesecake Factory Wheat Pasta with Mushroom Bolognese 21

Chicken Fettuccine Chili's-Style..... 23

Copy-Cat Chili's Margarita Grilled Chicken..... 24

Guilt-Free Cracker Barrel-Style Biscuits..... 25

Low Fat Ruby Tuesday Style Chicken Quesadilla 26

Insalata Florentine, Macaroni Grill Style 27

Healthier Red Lobster Cheddar Bay Biscuits 28

Guilt-Free Wendy's-Style Frosty..... 29

Low Fat Santa Fe Chicken Salad Cheesecake Factory Style 30

Whole Wheat Bob Evans Dinner Rolls 31

Sizzling Chicken and Cheese T.G.I. Fridays Style..... 32

Reduced Calorie T.G.I. Friday's Style Lemon Chicken with Pasta 33

Low-Cal Starbucks-Style Frappuccino 35

Wendy's Chili -- No Guilt 36

Blooming Onion with Creamy Light Dip..... 37

Restaurant Recipes

Benihana Copycat Chicken Fried Rice

Description

The only difference between this copycat recipe and the fried rice recipe served at the restaurant? This copycat restaurant recipe is healthier for you and came from your own kitchen.

Serves: 2

Ingredients

- 1/2 teaspoon onion, chopped
- 1/3 teaspoon carrots, chopped
- 1/3 teaspoon green onions
- 4 ounces brown rice, steamed
- 3 pinches salt
- 7 teaspoons butter substitute
- 2 egg whites
- 1/2 teaspoon light oil
- 1 ounce lean chicken, cooked
- 1/4 teaspoon sesame seeds
- 3 pinches pepper
- 1 teaspoon low sodium soy sauce

Instructions

1. Scramble egg whites and chop after cooking. Sauté onion, green onion and carrots until done and mix with chopped scrambled egg whites and chicken.
2. Break off chunks of steamed rice and mix with vegetable, egg and chicken mixture. Add sesame seeds and salt and pepper. Stir in butter substitute and soy sauce into the mixture.

Copycat Boston Market Squash Casserole

Description

Hearty and tasty, this Copycat Boston Market Squash Casserole recipe is truly one of the best copycat recipes around. This copycat recipe is so terrific because it has restaurant-quality taste without the fat and calories.

Ingredients

- 4 1/2 cups fresh zucchini, diced
- 4 1/2 cups fresh yellow squash, diced
- 1 1/2 cups sweet onion, chopped
- 1 box Jiffy corn muffin mix, prepared according to box directions
- 3/4 cup butter substitute suitable for baking
- 8 ounces reduced fat American cheese, diced
- 3 reduced sodium chicken bouillon cubes
- 1 teaspoon garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon thyme
- 1 tablespoon fresh parsley, chopped

Instructions

1. Prepare Jiffy mix as directed. Set aside to cool.
2. Place squash and zucchini in a large sauce pan. Add just enough water to cover. Cook on medium-low heat just till tender; remove from heat. Drain squash, reserving one cup water for casserole.
3. On medium- low temperature, place all of the butter substitute in large sauce pan and sauté the onions till the onions turn clear.
4. Add chicken bouillon cubes and garlic to onions to butter substitute and stir.
5. Add drained squash and diced cheese to mixture, and stir.
6. Crumble corn bread in squash, add the reserved cup of water and mix well.
7. Place squash mixture in a 9 by 13-inch baking pan that has been sprayed with a non-stick spray.
8. Cover casserole and place in a preheated oven at 350 degrees F. Bake for 50 to 60 minutes. Remove cover the last 20 minutes of baking time.

Guilt-Free Red Robin Copycat Bonzai Hamburger

Description

With this recipe of the Guilt-Free Red Robin Copycat Bonzai Hamburger, you can make a delicious healthy burger that you'll swear came directly from a professional kitchen. This is truly a surefire copycat recipe!

Serves: 1

Ingredients

- $\frac{1}{3}$ pound extra lean ground beef
- 1 whole wheat bun
- 1 tablespoon light mayonnaise
- $\frac{1}{4}$ cup Romaine lettuce, shredded
- 1 pineapple ring
- 2 cups low sodium teriyaki sauce, divided into two bowls with one cup in each
- 2 tomato slices
- 1 slice reduced fat Cheddar cheese

Instructions

1. Form ground beef into patties. Marinate burger patty in one bowl of teriyaki sauce for 30 minutes.
2. Marinate pineapple ring in second bowl of teriyaki sauce for 30 minutes.
3. Remove burger patty and grill on high heat to desired doneness. Melt Cheddar cheese on top of patty while still on grill pan by covering with lid. Grill pineapple ring on medium heat for 1 minute on each side.
4. Spread mayo on both halves of the bun. On bottom bun, place tomato slices, followed by the broiled hamburger patty with cheese with the tomato on the very bottom. On top of burger patty, stack the pineapple ring and shredded lettuce. Place the top half of the bun on top.

Heart Healthy Cracker Barrel Copycat Chicken Casserole

Description

Looking for the best copycat recipes from Cracker Barrel? This delicious Cracker Barrel copycat chicken casserole has been transformed into a heart-healthy Cracker Barrel copycat chicken casserole recipe. It's so good you'll swear it's the real thing.

Ingredients

--Cornbread:

- 1 cup yellow cornmeal
- $\frac{1}{3}$ cup whole wheat flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 tablespoon sugar (or equivalent sugar substitute)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 2 tablespoons vegetable oil (or equivalent butter substitute)
- $\frac{3}{4}$ cup low fat buttermilk
- 1 egg (or equivalent egg substitute)
- $\frac{1}{2}$ cup melted margarine (or equivalent butter substitute)

--Chicken Filling:

- 2 tablespoons margarine (or equivalent butter substitute)
- $\frac{1}{4}$ cup chopped yellow onion
- $\frac{1}{2}$ cup celery, sliced thin
- 1 $\frac{3}{4}$ cups low sodium chicken broth
- 1 can low fat cream of chicken soup
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 2 $\frac{1}{2}$ cups cooked chicken breasts, cut into bite-size pieces

Instructions

Cornbread:

1. Mix all except melted margarine (or equivalent butter substitute) together in mixing bowl until smooth.
2. Pour into greased (or sprayed) 8-inch square baking pan and bake at 375 degrees F for 20 to 25 minutes until done.
3. Remove from oven and let cool completely.
4. When cool, crumble cornbread and place 3 cups of cornbread crumbs in mixing bowl.
5. Add $\frac{1}{2}$ cup melted margarine (or equivalent butter substitute) to crumbs and mix well, set aside

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Chicken Filling:

1. In saucepan on medium low heat, place margarine (or equivalent butter substitute) and sauté onion and celery until transparent, stirring occasionally.
2. Add chicken broth, low fat cream of chicken soup, salt and pepper.
3. Stir until well blended and soup is dissolved completely.
4. Add chicken; stir and blend until mixture reaches a low simmer.
5. Cook for 5 minutes, and then remove from heat.
6. Place chicken mixture in greased 2 1/2-quart casserole dish or individual casserole dishes (about four).
7. Spoon cornbread crumb topping on top of chicken mixture; do not stir into chicken filling.
8. Place baking dish in preheated oven at 350 degrees F for 35 to 40 minutes. The crumbs will turn a golden yellow.
9. A side order of country green beans or salad makes for a hearty meal.

Heart Healthy Panda Express Copycat Spicy Chicken

Description

Want Chinese food but can't take those high in sodium take out restaurants anymore? Well now you can make actual panda express restaurant recipes that have been edited for a healthy heart in mind. If you're a fan of restaurant recipes that you can make at home and want to eat healthier then look no further.

Ingredients

- $\frac{3}{4}$ pound lightly seasoned lean chicken, diced
- $\frac{1}{3}$ cup diced onion
- $\frac{1}{4}$ cup red bell pepper, diced
- $\frac{1}{4}$ cup roasted and unsalted peanuts
- 8 pieces whole dry chili pepper
- $\frac{1}{2}$ cup chayote squash, diced
- $\frac{1}{2}$ teaspoon fresh ginger, crushed
- $\frac{1}{2}$ teaspoon crushed garlic
- $\frac{3}{4}$ teaspoon red chili pepper, crushed
- $\frac{1}{2}$ cup light vegetable oil
- $\frac{1}{2}$ teaspoon Shao Hsing cooking wine
- 1 teaspoon reduced sodium soy sauce
- 2 tablespoons reduced sodium chicken broth
- 1 teaspoon granulated sugar substitute
- 1 dash sesame oil
- Cornstarch mixture (1 tablespoon cornstarch mixed with 2 tablespoons water)

Instructions

1. Heat water to boiling in a pot to cook chayote. At the same time, heat $\frac{1}{4}$ cup of light oil in wok until hot. Add chicken and stir-fry until done.
2. Add onions and bell peppers and stir quickly until crisp. Remove and drain, then set aside.
3. Add chayote to boiling water for 60 seconds or until crisp and done. Remove and drain; set aside.
4. Heat 2 tablespoons of oil in wok until hot. Add whole dry chili peppers, garlic and ginger. Stir fry until fragrant.
5. Add all remaining ingredients except cornstarch mixture. Bring to a boil.
6. Slowly stir in cornstarch mixture. Add chicken and vegetables.
7. Coat evenly with sauce. Add unsalted roasted peanuts. Flavor with sesame oil if desired. Remove and serve on platter.

Heart Healthy Pizza Hut Cavatini Copycat Recipe

Description

Heart Healthy Pizza Hut Cavatini Copycat Recipe is for meat lovers! But, meat lovers, have no fear, this tasty, meat-loaded copycat recipe from Pizza Hut can be made healthier, while maintaining its hearty, meaty taste.

Cooking Time: 45 minutes

Ingredients

- 1 large green bell pepper, diced
- 1 large onion, diced
- 2 ounces margarine (or equivalent butter substitute)
- 1 teaspoon garlic powder
- 1 pound whole wheat pasta
- 1/2 pound all natural pepperoni, sliced thin and cut in half
- 8 ounces low fat or fat free mozzarella cheese, shredded
- 1/2 pound lean hamburger (or ground turkey), browned
- 1/2 pound Italian turkey sausage, browned
- 1 16-ounce jar meat-flavored Prego sauce

Instructions

1. Preheat oven at 350 degrees F.
2. Melt margarine over medium high heat in a skillet.
3. Add onions, peppers, and garlic powder. Sauté for about 4 minutes.
4. Meanwhile, cook whole wheat pasta according to box directions.
5. Heat sauce and combine with cooked hamburger (or turkey) and cooked turkey sausage.
6. Use cooking spray to lightly grease a 13 x 11-inch casserole dish.
7. Place 1/2 of the cooked pasta in the dish, followed by 1/2 the vegetables, 1/2 of the pepperoni and 1/2 sauce.
8. Repeat another layer.
9. Spread mozzarella cheese over top.
10. Bake at 350 degrees F for about 45 minutes or until cheese is melted.

Low Calorie Olive Garden Copycat Chicken Marsala

Description

When most people in America think Italian, they think Olive Garden. Bring that taste of Tuscany home with one of our most popular restaurant copy cat recipes: chicken Marsala. Restaurant knockoff recipes are a great way to save money and make your favorite meals healthier!

Serves: 4

Ingredients

- 4 boneless, skinless chicken breast halves, pounded .25 inch thick
- $\frac{1}{4}$ cup unbleached flour
- Salt to taste
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ teaspoon oregano
- 4 tablespoons light cooking oil
- 4 tablespoons butter substitute
- 1 cup fresh mushrooms, sliced
- $\frac{1}{2}$ cup Marsala wine

Instructions

1. Combine unbleached flour, pepper, oregano, and desired salt and blend well.
2. Heat the light oil and butter substitute in a skillet until bubbling lightly.
3. Dredge the skinless chicken in the flour and shake off the excess. Cook the chicken on medium heat for about 2 minutes on the first side, until lightly brown. As you turn the breasts to the second side to cook, add the mushrooms around the chicken pieces.
4. Cook about 2 minutes more, until lightly browned on the second side. Stir in mushrooms. When the second side becomes lightly browned, add the Marsala wine around the pieces.
5. Cover the pan and simmer for about 10 minutes.
6. Serve with wine, salad, and fresh bread for a perfect Italian meal.

No-Guilt Cracker Barrel Copycat Meatloaf

Description

Cracker Barrel restaurant recipes are delicious, but are often not very good for you. Good thing this No-Guilt Cracker Barrel Copycat Meatloaf recipe allows you to enjoy that classic taste without the guilt!

Yields: 3 loaves

Ingredients

- 10 pounds 97% lean ground beef
- 30 ounces onion, chopped into 1/4-inch square
- 1 pound green peppers, diced
- 10 eggs, or equivalent egg substitute
- 5 tablespoons salt
- 1 1/2 tablespoons black pepper, freshly ground
- 1 1/2 quarts canned tomatoes, diced
- 2 1/4 cups whole wheat biscuit crumbs, grated
- 1/2 cup organic catsup

Instructions

1. Preheat oven to 300 degrees F.
2. Place all of the ingredients, except the catsup, in a large bowl, and mix completely with gloved hand. Place the mixture in three loaf pans and press down firmly with a spoon.
3. Bake at 300 degrees F in convection oven for about 60 minutes.
4. Remove from oven and invert each loaf over 8-inch wire rack to drain grease and juice.
5. Spread 1/2 cup of catsup over each loaf. Cut into portions 5 to 6 ounces each and keep warm.

Notes

This recipe makes 42 servings. Each serving is 5 ounces.

Olive Garden Copycat Lasagna – Now Healthier

Description

Lasagna lovers who want to eat healthy can try this copycat recipe for Olive Garden's classic Italian dish. Olive Garden Copycat Lasagna -- Now Healthier won't leave you wanting more.

Ingredients

- 1/2 pound sweet or salted margarine (or equivalent butter substitute)
- 12 ounces evaporated skim milk or half and half
- White pepper, freshly ground
- 1 1/2 cups low fat or fat free fresh Parmesan, grated
- 18 (.5-ounce) slices low fat or fat free mozzarella cheese
- 1 pint low fat or fat free ricotta cheese
- 2 ounces low fat or fat free Romano cheese, grated
- 3 ounces low fat or fat free mozzarella cheese, shredded
- 2 tablespoons green onions, sliced
- 2 teaspoons fresh parsley, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon dried basil
- 1/4 teaspoon oregano, dried
- 4 cups broccoli florets
- 2 cups carrots; sliced 1/4-inch, chopped
- 4 cups mushrooms, sliced 1/4-inch
- 2 cups red bell peppers, diced
- 1 cup green bell pepper, diced
- 1 cup yellow onion, diced
- 1 cup zucchini, sliced
- Whole wheat lasagna strips

Instructions

1. Lay out enough dry, whole wheat lasagna strips in a 9 x 13-inch pan to ensure you have enough to make 3 full layers, with very little overlap on each layer. Remove the dry strips and cook according to package instructions until barely "al dente" and drain.
2. Alfredo Sauce: Heat water to a boil in the bottom of a double boiler. Add margarine, evaporated milk or half and half and pepper to the top pot and heat until margarine is completely melted, then stir in Parmesan until melted and blended. Remove top pot and set aside to cool. Divide the sauce into 2 equal portions.
Refrigerate 1 portion for use later.
3. Ricotta Cheese Mix: Combine all ingredients and 1 1/4 cups Alfredo Sauce in a bowl and blend thoroughly with a rubber spatula. Set aside at room temperature.

Restaurant Recipes

4. Vegetables: Combine all veggies and mix well.
5. Assembly: Coat the bottom and sides of a 9 x 13-inch baking dish with vegetable cooking spray. Lay out cooked lasagna strips (about 4) to cover entire bottom. Spread 1 1/4 cups of the Ricotta mix evenly over the strips. Top with 8 cups of veggie mix and spread out evenly. Lay out 9 of the mozzarella slices to cover the veggie layer.
6. Repeat this layering. Top the second layer of mozzarella slices with lasagna strips and spread them evenly with 1 1/4 cups ricotta cheese mix to finish.
7. Cooking: Spray a sheet of foil with vegetable cooking spray and cover the baking dish tightly with the foil, sprayed side down. Bake in a preheated 375 degree F oven for about 1 hour or until the internal temp is 165 degrees F.
8. Remove from the oven and allow to sit for a few minutes, covered, before cutting and serving.
9. Immediately prior to serving, heat the reserved portion of Alfredo Sauce and ladle the hot sauce over each slice of lasagna as it is served.

Reduced Fat Copycat of Chili's Southwest Chicken Chili

Description

Love the taste of Chili's? Well now you can bring that taste home and in a healthier way with this, one of our copycat Chili's recipes. This is one of our tastiest chicken recipes and we think once you try it you'll agree! There is nothing quite like the spicy and zesty taste of the Southwest.

Ingredients

- 1/4 cup light vegetable oil
- 1/2 cup diced onion
- 1 1/3 cups diced green bell pepper
- 2 tablespoons diced seeded jalapeno peppers
- 3 tablespoons fresh minced garlic
- 4 1/2 cups water
- 8 teaspoons reduced sodium chicken base
- 2 teaspoons lime juice
- 2 tablespoons granulated sugar or sugar substitute
- 3 tablespoons cornstarch
- 3 tablespoons ground cumin
- 2 1/2 teaspoons chili powder
- 4 teaspoons ground paprika
- 4 teaspoons dried basil
- 2 teaspoons minced cilantro
- 1 1/2 teaspoons ground red pepper
- 1/2 teaspoon oregano
- 1/2 cup crushed, canned tomatillos
- 1 can (4 ounces) diced green chilies, drained
- 2 cans (15 ounce each) navy beans or small white beans, drained
- 1 15 ounce can dark red kidney beans, drained
- 3 pounds diced cooked lean chicken breast
- low fat shredded cheese and low fat sour cream for garnish (optional)
- Reduced sodium tortilla chips

Instructions

1. In about a 5-quart or larger pot, heat light oil over medium heat.
2. Add onions and sauté along with bell pepper, jalapeno and garlic. Cook until vegetables are tender.
3. In a second container combine water, reduced sodium chicken base, lime juice, sugar (or sugar substitute), cornstarch, and seasonings.
4. Add to vegetable mixture.

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Restaurant Recipes

5. Add tomatillos and diced green chilies to pot; bring to boil. Add beans and chicken; simmer 10 minutes.
6. Serve topped with low fat cheese and low fat sour cream if desired, with tortilla chips on the side with salsa.

Notes

Yields about 4 quarts.

Applebee's Broiled Salmon with Garlic Butter Made Healthier

Description

Applebee's is a great restaurant because of the quality of its dishes such as its Broiled Salmon with Garlic Butter. Free copycat recipes let you replicate restaurant dishes in your own kitchen and even alter them to make them healthier.

Serves: 4

Cooking Time: 7 min

Ingredients

- 4 five-ounce salmon filets
- Melted margarine (or equivalent butter substitute), as needed
- Pepper, to taste
- Granulated garlic, to taste
- Salt, to taste
- Garlic margarine (or equivalent butter substitute), as needed

Instructions

- Preheat skillet or grill to 550 degrees F.
- Brush raw salmon filets with melted margarine (or equivalent butter substitute). Do not reuse butter. Wash brush before using to dab with garlic margarine (or equivalent butter substitute) before serving.
- Shake/sprinkle salt, pepper and garlic over each side of the salmon filets.
- Place salmon filets in pan or on grill.
- Cook fish approximately 4 minutes (varies with weight and thickness), turning halfway at 2 minutes on grill to achieve "diamond" grill marks.
- Turn salmon over gently and cook approximately 3 minutes, turning halfway through.
- Remove from heat and lightly dab top surface with garlic margarine (or equivalent butter substitute) before serving

Benihana-Style Sesame Chicken

Description

For a lighter take on a classic chicken recipe, make this recipe inspired by Benihana. This healthy chicken recipe is so unbelievably good that you will swear it came straight from a restaurant kitchen.

Serves: 1

Cooking Time: 12 min

Ingredients

- 1 teaspoon soybean oil
- 5 ounces boneless skinless chicken breast
- 2 mushrooms, sliced into eight pieces
- 1 teaspoon reduced sodium soy sauce
- 1/2 teaspoon lemon juice
- 1/2 teaspoon sesame seeds
- Salt and pepper

Instructions

1. Add oil to heated nonstick skillet. For electric skillet, set temperature at 360 degrees F.
2. Cut chicken breast into bite-size pieces, sprinkling with salt and pepper if desired. Cook for eight minutes more or until chicken is white in appearance and firm to the touch.
3. Sprinkle with lemon juice and sesame seeds. Add mushroom slices, cooking two to three minutes more and serve hot.

Carrabba's Italian Grill Chicken Marsala

Description

Craving a delicious restaurant-style chicken recipe but don't want to fork over tons of dough? Then make this easy chicken recipe. Best of all, this Chicken Marsala recipe has way less calories than the original version.

Serves: 1

Ingredients

- 1 skinless chicken breast, grilled
- 1 cup dry Marsala wine
- 1/2 cup (1 stick) butter substitute
- pinch of salt
- pinch of black pepper
- 1/2 cup mushrooms, sautéed

Instructions

1. Add Marsala wine, salt and pepper to a hot pan; reduce wine by about two thirds.
2. Several tablespoons at a time, stir in butter until sauce is creamy. Add hot sautéed mushrooms.
3. Pour sauce over grilled chicken before serving.

Cheesecake Factory Wheat Pasta with Mushroom Bolognese

Description

Create the Cheesecake Factory's delicious mushroom Bolognese at home with this simple Cheesecake Factory copycat recipe, using wheat pasta for a lower carb option. Also, Bolognese can still be hearty and filling without the addition of meat.

Serves: 8

Ingredients

- 6 ounces whole wheat spaghetti, cooked al dente, drained and kept warm
- 2 ounces olive oil
- 1 ounce carrots, minced
- 1 ounce yellow onion, diced to 1/4-inch thickness
- 4 ounces mushrooms, diced to 1/4-inch thickness
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon black pepper, freshly ground
- 1 tablespoon garlic, minced
- 1 teaspoon fresh thyme, chopped
- 2 ounces Madeira wine
- 10 ounces marinara sauce
- 1 ounce margarine (or equivalent butter substitute)
- 1 ounce low fat or fat free Parmesan cheese, grated
- 2 teaspoons parsley, chopped

Instructions

1. In a sauté pan over medium-high heat, bring olive oil to a light sizzle.
2. Add carrots and onions; cook until heated through and halfway cooked, about 2 to 3 minutes.
3. Add mushrooms; toss to incorporate.
4. Season with salt and pepper.
5. Cook until vegetables are tender, about 2 to 3 minutes more.
6. When finished cooking, liquids will be cooked off and mushroom texture will appear to be slightly dry.
7. Add garlic and thyme; toss to incorporate.
8. Pour Madeira wine down sides of pan.

Restaurant Recipes

9. Add marinara sauce; stir to incorporate.
10. Cook until sauce is heated through.
11. Add margarine (or equivalent butter substitute); quickly stir to incorporate.
12. Add cooked wheat pasta to pan; do not toss.
13. Sprinkle 1/2 ounce low fat or fat free Parmesan cheese over pasta; toss to incorporate until ingredients are thoroughly combined and pasta is evenly coated with sauce.
14. Sprinkle remaining Parmesan cheese and parsley evenly over pasta.
15. Serve immediately.

Chicken Fettuccine Chili's-Style

Description

This healthy chicken recipe, inspired by Chili's Grilled Chicken Fettuccine, as so much flavor, you will never believe that it has fewer calories than the original version. For a healthier take on a classic Chili's recipe, make this dish.

Serves: 2

Ingredients

- 2 skinless boneless chicken breast halves, cut into strips
- 2 teaspoons low sodium Cajun seasoning
- 2 tablespoons margarine or butter substitute
- 1 1/2 cups evaporated skim milk
- 1/4 teaspoon dried basil
- 1/4 teaspoon lemon pepper seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 4 ounces whole wheat fettuccine, cooked and drained

Instructions

1. Place chicken and Cajun seasoning in a bowl or re-sealable plastic bag; toss or shake to coat.
2. In a large skillet over medium heat, sauté chicken in margarine until almost tender, about five to seven minutes.
3. Reduce heat. Add evaporated milk and seasoning; heat through.
4. Add pasta and toss; heat throughout. Sprinkle reduced fat Parmesan cheese if desired.

Copy-Cat Chili's Margarita Grilled Chicken

Description

This copycat recipe is zesty and flavorful, just like the real thing. Chili's-style Margarita Grilled Chicken is so good that you won't be able to tell the difference between your kitchen and the restaurant!

Serves: 4

Ingredients

- 4 boneless, skinless chicken breasts
- 1 cup liquid margarita mix
- Freshly ground black pepper, to taste

Instructions

2. Pour margarita mix over chicken breasts and marinate for 2 hours in refrigerator.
3. Drain and dust chicken breasts with black pepper.
4. Grill chicken on a barbecue grill or on a skillet.

Guilt-Free Cracker Barrel-Style Biscuits

Description

Cracker Barrel biscuits are delicious, but they are to be avoided if you're watching your weight. Good thing there's this Guilt-Free Cracker Barrel-Style Biscuits recipe then. Healthier Cracker Barrel copycat recipes are outstanding!

Ingredients

- 2 1/4 cups Bisquick® Heart Smart® baking mix
- 2/3 cup skim milk mixed with 2 teaspoons lemon juice
- 1 teaspoon sugar substitute
- 1 tablespoon butter substitute, melted

Instructions

1. Preheat oven to 450 degrees F.
2. Mix together Bisquick, skim milk/lemon juice mixture and sugar substitute.
3. Add one tablespoon of the melted butter substitute into the mixture, and combine thoroughly until a soft dough forms.
4. Turn dough onto a surface dusted with whole wheat flour. Knead approximately 20 times.
5. Roll dough until 1/2-inch thick, cut into biscuits with a cutter, and then place in an ungreased 8-inch square cake pan.
6. Place biscuits next to each other. When all biscuits are in the pan, flatten them slightly.
7. Bake for 8 to 10 minutes.

Low Fat Ruby Tuesday Style Chicken Quesadilla

Description

Ruby Tuesday copycat recipes are always a favorite at home and this one is no exception. Finally enjoy the flavor of going out with less fat to make you feel guilty later. Make every day taste like going out and still eat healthily!

Ingredients

- 5 ounces skinless chicken breast halves
- Low fat Italian salad dressing, for coating
- 1 12-inch wheat tortilla
- Melted butter substitute, also for coating
- 1 cup Low fat and shredded Cheddar or Monterrey jack cheese
- 1 tablespoon plus 1/4 cup fresh tomato, diced
- 1 tablespoon jalapeno pepper, diced
- Cajun seasoning to taste
- 1/2 cup lettuce, shredded
- Low fat sour cream
- Fresh garden salsa for dipping

Instructions

1. Place skinless chicken breast in a bowl with enough low fat Italian dressing to coat; allow to marinate 30 minutes in refrigerator.
2. Grill marinated chicken until done in a pan. Cut into 3/4 inch pieces and set aside.
3. Brush one side of wheat tortilla with butter substitute and place in saucepan over medium heat.
4. On one half of tortilla, add low fat cheese, 1 tablespoon tomatoes, peppers, and Cajun seasoning (in that order). Make sure to spread to the edge of the half. Top with diced chicken, fold empty tortilla side on top, and flip over in pan so that the cheese is on top of the chicken.
5. Cook until very warm throughout. Remove from pan to serving plate and cut into six equal wedges on one side of plate.
6. On the other side put lettuce, top with 1/4 cup tomatoes, and then top with low fat sour cream.
7. Serve with your favorite salsa in a small bowl on the side.

Insalata Florentine, Macaroni Grill Style

Description

The Macaroni Grill is a terrific restaurant, and with this recipe for Insalata Florentine, Macaroni Grill Style, you can make a pasta salad that tastes like it just came from the kitchen of this great eatery.

Ingredients

- 3 ounces fresh spinach, shredded and julienned
- 3 ounces lean grilled chicken, sliced and chilled
- 1 ounce Roma tomatoes, diced
- 1/2 ounce pine nuts, toasted lightly
- 1/2 ounce sun-dried tomatoes, julienned
- 1/2 ounce capers
- 1/2 ounce black olives, sliced
- 1/2 ounce radicchio, julienned
- 5 ounces cooked orzo pasta, chilled
- 3 ounces roasted garlic lemon vinaigrette
- 1/4 ounce reduced fat Parmesan cheese, shaved
- Fresh cracked pepper, for garnish

Instructions

1. In a chilled mixing bowl, combine spinach, chicken, tomatoes, pine nuts, sun-dried tomatoes, capers, olives, radicchio, orzo and vinaigrette.
2. Toss and serve on a decorative wide bowl.
3. Garnish with shaved Parmesan cheese and fresh cracked pepper.

Healthier Red Lobster Cheddar Bay Biscuits

Description

People all over America love Red Lobster Cheddar Bay Biscuits and now they can enjoy a healthier version of them! You can replicate them at home using this great copycat recipe with a healthier spin on ingredients.

Cooking Time: 10 min

Ingredients

- 2 cups Heart Smart Bisquick
- $\frac{2}{3}$ cup skim milk
- $\frac{1}{2}$ cup shredded low fat Cheddar cheese
- $\frac{1}{2}$ cup margarine (or equivalent butter substitute), melted
- $\frac{1}{4}$ teaspoon garlic powder

Instructions

2. Preheat oven to 450 degrees F.
3. Mix Heart Smart Bisquick, milk and cheese until a soft dough forms.
4. Drop by spoonful onto an ungreased cooking sheet.
5. Bake for 8-10 minutes until golden brown.
6. Mix margarine (or equivalent butter substitute) and garlic powder.
7. Brush mixture over warm biscuits before removing from cookie sheet.

Guilt-Free Wendy's-Style Frosty

Description

Love Wendy's but hate the fat and calories associated with fast food? Then give this copycat recipe for the Guilt-Free Wendy's-Style Frosty a try. It has all the flavor of the original but is way healthier for you.

Ingredients

- 1 cup skim milk
- $\frac{1}{2}$ cup Nesquik chocolate powder, no sugar added
- 4 cups vanilla frozen yogurt, softened

Instructions

1. Blend skim milk and Nesquik in a blender for ten seconds on the highest setting.
2. Pulse in frozen yogurt until mixture is combined, but still very thick..
3. Freeze for an hour or more before serving.

Low Fat Santa Fe Chicken Salad Cheesecake Factory Style

Description

Copycat recipes from Cheesecake Factory are guaranteed to please, and now with this low fat version of their Santa Fe Chicken Salad you will be able to enjoy the taste of your favorite restaurant without having to leave the house or break your low fat diet! The lime dressing on this zesty marinated chicken will spice up your dinner every time you prepare it!

Serves: 12

Ingredients

- 6 skinless chicken breast halves
- 1/2 cup reduced sodium teriyaki marinade
- 16 cups romaine and leaf lettuce
- 1 cup fresh cilantro
- 2 15 ounce cans of black beans, rinsed
- 2 cans of whole kernel corn, drained
- 3 cups grated low fat jack cheese
- 3 cups toasted wheat or corn tortilla strips
- 3 cups diced seeded tomatoes

Instructions

1. Marinate skinless chicken breast one hour in low sodium teriyaki marinade.
2. Broil and baste the chicken for approximately 15 minutes. Cool and then cut into bite-sized pieces or shred.
3. Tear lettuce. Then add cilantro and 1 cup each of beans and corn. Dress with lime dressing (see notes).

Notes

Lime Dressing

- 1/2 teaspoon lime zest
- 2 tablespoons lime juice
- 1 tablespoon snipped cilantro
- 1/4 teaspoon salt
- 1 clove garlic, crushed
- 1/2 cup olive oil

Process until thick.

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Whole Wheat Bob Evans Dinner Rolls

Description

Get the taste of Bob Evan's soft, warm dinner rolls, made healthier with whole wheat flour and less fat. This copycat recipe for dinner rolls is easy goes well with any meal.

Cooking Time: 30 min

Ingredients

- 2 packages active dry yeast
- 2 cups milk, scalded, cooled to lukewarm, divided
- $\frac{1}{4}$ cup granulated sugar (or equivalent sugar substitute)
- 2 teaspoons salt
- 2 eggs, beaten (or equivalent egg substitute)
- $\frac{1}{4}$ cup margarine (or equivalent butter substitute)
- 5 cups white whole wheat flour
- Margarine (or equivalent butter substitute)

Instructions

1. Dissolve yeast in $\frac{1}{2}$ cup milk.
2. Stir in remaining milk, the sugar (or equivalent sugar substitute), salt, eggs (or equivalent egg substitute), shortening and 5 cups flour.
3. Beat until smooth, adding more flour as needed to make the dough easy to handle.
4. Turn dough onto lightly floured board and knead until smooth and elastic, about 5 minutes.
5. Place in greased bowl and turn greased side up.
6. Cover and let rise in warm place until doubled.
7. Shape into rolls.
8. Dip in melted margarine (or equivalent butter substitute).
9. Place in greased muffin cups or 3 inches apart on greased baking sheets.
10. Let rise again, then bake at 325 degrees F for 20-30 minutes.
11. Brush again with melted margarine (or equivalent butter substitute).

Sizzling Chicken and Cheese T.G.I. Fridays Style

Description

This healthier version of a restaurant favorite is one of our most popular copycat recipes. If you love going out but would rather make a healthier version at home, then this recipe is the one for you!

Ingredients

- 2 four-ounce skinless chicken breasts
- 2 tablespoons plus 2 ounces olive oil
- 1 teaspoon plus 2 tablespoons garlic, chopped
- 1/2 cup Chihuahua reduced fat cheese, shredded
- 2 slices reduced fat American cheese
- Homemade mashed potatoes
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon red chilies, crushed
- 1/4 teaspoon black pepper
- Salt to taste
- 1 green pepper, julienned
- 1 red pepper, julienned
- 1 yellow onion, julienned

Instructions

1. Combine all marinade ingredients, including 2 tablespoons garlic, parsley, 2 ounces olive oil, red chilies, salt and pepper.
2. Place skinless chicken breasts in marinade and refrigerate for two to four hours.
3. Pound chicken breasts to even thickness.
4. Slice peppers and onions and sauté in the 2 tablespoons olive oil. Season with salt and pepper to taste.
5. Sauté chicken breasts in olive oil over medium heat; cook evenly on both sides to a golden brown color.
6. Heat cast iron skillet on burner over medium heat until very hot.
7. Place mashed potatoes on top portion of skillet. Place cheeses on bottom portion of skillet and cover with pepper and onion medley.
8. Add chicken to top of pepper and onion medley, resting on potatoes. Top with chopped parsley. Serve "sizzling."

Reduced Calorie T.G.I. Friday's Style Lemon Chicken with Pasta

Description

Love T.G.I. Fridays but can't take the calories every weekend? Here you can find tastefully simple copycat recipes like their Lemon Chicken with Pasta made with reduced calories!

Ingredients

- 2 1/2 pounds skinless chicken breasts, pounded thin
- 2 ounces olive oil
- 8 ounces fresh sliced mushrooms
- 2 medium lemons cut in half
- 4 ounces plus 1 quart non-fat half and half
- 4 artichokes
- 4 teaspoons fresh parsley
- 12 ounces lemon sauce
- 20 ounces wheat angel hair pasta
- 8 tablespoons sautéed turkey bacon
- 1 tablespoon fresh lemon juice
- 4 tablespoons sautéed capers
- 1 quart Chablis wine
- 3 teaspoons butter substitute
- 1 tablespoon thyme
- salt and pepper to taste

Instructions

1. For Chicken: Heat sauté pan to medium heat. Add oil and heat. Add skinless chicken pieces to sauté pan and sauté on each side for one minute (or until no longer pink). Add sliced mushrooms to sauté pan and sauté with chicken for an additional minute.
2. When mushrooms are cooked, squeeze juice from lemons into sauté pan and coat the chicken with juice (ensure there are no seeds).
3. Add 4 ounces low-fat half and half to pan and stir to incorporate. Bring to a boil.
4. Cut artichoke halves in half again lengthwise, add to pan and cook for 15 seconds.
5. Remove pan from heat. Add parsley and stir to incorporate. Add lemon sauce and stir to incorporate. DO NOT RETURN PAN TO HEAT/FLAME.
6. For Sauce: Boil Chablis wine to reduce to 2 cups. Add lemon juice and butter substitute. Melt slowly. Add 1 quart low-fat half and half and simmer on low heat until thickened. Add spices and cool to room temperatures.

Restaurant Recipes

7. In large bowl, twirl wheat pasta into a nest. Sprinkle chicken pieces against pasta and pour remaining contents of pan on and around the chicken. Sprinkle turkey bacon and capers over the entire dish. Garnish with freshly chopped parsley.

Low-Cal Starbucks-Style Frappuccino

Description

Need your morning caffeine fix, but are worried about your sugar and calorie intake? Then reach for this Low-Cal Starbucks-Style Frappuccino, the healthiest Starbucks Frappuccino copycat recipe around.

Ingredients

- 1/2 cup espresso
- 2 1/2 cups skim milk
- 1/4 cup sugar substitute, blended until fine
- 1 tablespoon dry pectin

Instructions

1. Combine espresso, sugar substitute and pectin in a container and cover.
2. Shake container until sugar substitute and pectin are completely dissolved.
3. Serve in a mug or chilled glass.

Restaurant Recipes

Wendy's Chili -- No Guilt

Description

Wendy's Chili -- No guilt tastes just like the real recipe with less fat and less of the calories in Wendy's chili!

Serves: 8

Cooking Time: 3 hours

Ingredients

- 2 pounds lean ground beef (or ground turkey)
- 1 29-ounce can low sodium tomato sauce
- 1 29-ounce can kidney beans with liquid
- 1 29-ounce can pinto beans with liquid
- 1 medium onion, diced
- 2 green chilies, diced
- 1 rib celery, diced
- 3 medium-sized tomatoes, chopped
- 2 teaspoons cumin powder
- 3 tablespoons chili powder
- 1 1/2 teaspoons black pepper
- 2 teaspoons salt
- 2 cups water

Instructions

1. Brown the lean ground beef (or ground turkey) and drain the fat off.
2. Crumble the cooked beef (or turkey) into pea size pieces.
3. In a large pot, combine the beef (or turkey) with the remaining ingredients and bring to a simmer over low heat.
4. Cook, stirring every 15 minutes, for 2 to 3 hours.

Restaurant Recipes

Blooming Onion with Creamy Light Dip

Description

Try this healthful take on the restaurant favorite. This blooming onion is breaded with fiber-rich cereal and baked to perfection. The creamy dip is made with the low-fat versions of your favorite products.

Serves: 1

Preparation Time: 10 min

Cooking Time: 25 min

Ingredients

- 1 sweet onion, Texas, Vidalia, Walla Walla or Maui
- water
- 1/4 cup original Egg Beaters
- 1/2 cup crushed Fiber One
- 1/2 cup light mayonnaise
- 1/2 cup fat free sour cream
- 1/2 cup fat free Thousand Island dressing
- 2 teaspoons horseradish, grated

Instructions

1. Preheat oven to 375 degrees F. Cut the edges off of the onion, and remove its outer layer. Cut the onion into 1/2 inch wide slices and separate it into rings.
2. Fill a small bowl with the Egg Beaters. Use a blender or food processor to grind the Fiber One cereal into a breadcrumb consistency. Pour the crumbs into a small dish. One at a time, coat each ring in the egg and then the crumbs. After dipping in the egg, shake off any excess.
3. Spray an oven-safe dish with non-stick baking spray and place finished product on the dish. Bake for 10-15 minutes, flip over rings, and finish baking for 10-15 more minutes.
4. Dip: Combine all ingredients. Refrigerate until onions are ready to eat.

Enjoy Restaurant Food at Home: 28 No-Guilt Copycat Restaurant Recipes

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Included in this eCookbook

- 28 Restaurant Copycat Recipes, including:
 - Healthy Cracker Barrel Recipes
 - Healthy Red Lobster Restaurant Recipes
 - No-Guilt Olive Garden Restaurant Recipes
 - Outback Steakhouse Copycat Recipes
 - Healthy Copycat Applebee's recipes

And more!