



Hillarie's favorite !IMPACT RECIPES 2016:

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Grilled Chicken with Roasted Sweet Potato Salad

Coconut oil roasted sweet potatoes tossed with chopped spinach, creamy avocado chunks, red onion and dried cranberries make for a healthy, easy and delicious salad that's perfect for spring picnics and summer BBQs.

Ingredients – One Serving . . . Just double or triple if you want to make a few servings for the week

- 4-6 oz. chicken breast (per person)
- Sweet potato (1 medium-size sweet potato), chopped evenly into bite-size chunks
- 1 Tablespoon coconut oil, melted
- 3 cups baby spinach, washed and chopped (uncooked)
- ¼ cup red onion, chopped very small
- 2 Tablespoons apple cider vinegar
- 1 Tablespoons lemon juice
- 1/8 cup dried fruit (cranberries or figs are great – without added sugars)
- ½ avocado, chopped in chunks
- Dash of sea salt
- ground black pepper, to taste
- hemp seeds (optional)

Instructions

1. Preheat oven to 400° F. Place sweet potato chunks into a large bowl and toss with coconut oil and sea salt. Bake for 30 minutes or until cooked through, flipping once. Remove from oven and let the potato chunks cool.
2. While potatoes are cooking, grill your chicken breasts. Each serving should have 4-6 oz. of grilled chicken (4 oz. for women, 6 oz. for men). Dice chicken to toss on top of salad when ready.
3. Also while the potatoes are roasting – take a bowl and add the chopped spinach, onion, dried fruit, apple cider vinegar and lemon juice. Add cooled sweet potato chunks to the bowl and stir to combine. Gently stir in avocado and a sprinkle more of sea salt and ground pepper to taste.
4. Sprinkle on hemp seeds and serve immediately or store in the fridge until ready to serve. Can be eaten cold or at room temperature.
5. Store leftovers in a sealed container for up.



Grilled Moroccan Chicken:

You can choose to marinate this for just a few minutes – or I’ve done it overnight and it is even better.

Ingredients:

- ¼ cup extra virgin olive oil
- ¼ cup chopped scallions (white part only)
- ¼ cup chopped parsley
- ¼ cup chopped fresh cilantro
- 1 tablespoon fresh minced garlic
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- ½ teaspoon of salt
- ¼ teaspoon turmeric
- ¼ teaspoon cayenne pepper
- 1 package of boneless chicken breasts (about a pound).

Directions:

- 1: Combine oil, scallions, parsley, cilantro, garlic, paprika, cumin, salt, turmeric and cayenne pepper in food processor. Process until smooth. If you do not own a food processor, *finely chop* all of these ingredients. Add this mixture to a gallon-size Ziplock bag and add chicken. Mix thoroughly so that the ingredients stick to the chicken. **You can choose to marinate this for just a few minutes – or I’ve done it overnight and it is even better.**
2. Preheat the grill – medium to hot.
3. Grill chicken breasts 5-7 minutes on each side – or until done – white inside.

Serve 4 oz./women or 6 oz./men of this chicken with either a medium-size sweet potato, a ½ cup of quinoa or brown rice.



Crock-Pot Buffalo Chicken

This makes about 5 servings -- Each Serving is 1 Cup -- Serve with Tossed Garden Salad (2Tbsp. Bolthouse Farms All Natural Ranch or Blue Cheese Dressing) – You can even use Iceberg Lettuce as a wrap for the Buffalo Chicken – Totally Low-Carb!!

Ingredients:

- 2 lbs. boneless, skinless chicken breasts (not thin-sliced)
- 2 whole carrots (peeled)
- 2 stalks of celery – cut in half
- 1 small onion, quartered
- 2 cloves garlic
- 1.5 cups low-sodium chicken broth
- Salt and pepper
- ½ cup store bought buffalo sauce, like *Steve & Ed's All Natural Buffalo Sauce (found in condiments section at my Shop-Rite)* – OR your favorite natural BBQ sauce.

Instructions: 1. Add the chicken breast, whole garlic, celery stalks, onion, whole garlic cloves, and chicken broth to the slow cooker. Season with salt and pepper. DO NOT ADD BUFFALO (OR your favorite BBQ sauce) SAUCE YET.

2. Cook on high for 4 hours OR cook on low for 6 hours. Dispose of all but 1/3 cup of cooking liquid and all of the vegetables. Shred the chicken using 2 forks.
3. Add the buffalo sauce and butter if using. Let cook for 15 more minutes in the crockpot on high.



Stuffed Peppers: Ground Turkey & Brown Rice

Ingredients:

4-6 Red Peppers (depending on your family size)

1 lb. Ground Turkey Meat

1 cup cooked brown rice or quinoa

2 Tbsp. of Olive Oil

2 fresh garlic cloves (chopped finely)

1 egg

1 TBS grated cheese

Spices to taste: Salt & Pepper

1 can crushed tomatoes (regular size can – about 28 oz.) – I like the flavored ones with garlic & basil – but you can certainly get plain.

Directions:

- Slice off top of pepper and clean inside – this pepper should mimic a cup so it can hold the turkey/rice mixture. Set peppers in roasting pan (aluminum foil to prevent them from sticking).-
- Now in a frying pan, add chopped garlic plus 2 tablespoons of olive oil and add your ground turkey meat, cook thoroughly and drain excess juice.
- Prepare brown rice or quinoa as per the directions – You only need one cup of “cooked” brown rice or quinoa.
- In bowl mix turkey meat, rice/quinoa, 1 egg, grated cheese, salt and pepper. Mix well and fill equal amounts of this mixture into the peppers and cover with crushed tomatoes.
- Cook @ 350 degrees for 30-45 minutes or until heated through (the turkey and the rice or quinoa is already cooked).
- Serve with side salad with 2 Tbsp. of low-fat dressing.



Cold Oats Cereal with Blueberries:

Ingredients & Directions

Mix all of these ingredients in a bowl with lid – refrigerate overnight and enjoy in the morning:

½ cup rolled oats (you can use plain Quaker Quick Oats)

2/3 cup of 30-Calorie Unsweetened Vanilla Almond Milk

1 Tablespoon of flax seeds

1 teaspoon Agave Nectar

Sprinkle of Cinnamon (to taste)

2 Tablespoons of Blueberries



HEALTHY Baked Ziti:

This is also a great recipe to make for the whole family! Perfect for Sunday dinner! And although we are going to start "limiting" cheese/dairy, it's all about having things in moderation. This recipe uses all low-fat cheeses, and it is a nice change-up 😊

Ingredients:

- 1 Box of Barilla Plus Ziti (yellow label) – or use Brown Rice Pasta (if you need gluten-free pasta)
- 1 pound of 85-95% Lean Ground Beef or Ground Turkey
- 1 Jar of Marinara/Tomato Sauce or your own home-made "gravy" (about 26 oz.)
- 1 Small Container of Part-Skim Ricotta Cheese (about 15 oz.)
- 1 Package of Shredded Part-Skim Mozzarella (16 oz.)
- 4 tablespoons of Grated Parmesan Cheese
- 1 (rectangular) disposable (aluminum) serving tray – about 9x13

Super Easy Directions ☺:

- Preheat oven to 350 degrees.
- Cook entire contents of box of *Barilla Plus Pasta* : Add uncooked pasta to boiling water – bring to boil for no more than 9 minutes (we want it to be *al dente* – so it is not over-cooked and is perfect after we bake it). Drain cooked pasta in strainer and cool off by running cold water into the strainer of pasta.
- Drain pasta and add to serving tray.
- Now take a frying pan and add ground turkey (or lean beef) and chop with spatula into small pieces until fully cooked – drain any excess fluids/fats – then add meat to serving tray with pasta.
- Add ½ the jar of Marinara Sauce, ½ the package of Shredded Part-Skim Mozzarella Cheese, the entire container of Part-Skim Ricotta Cheese, and sprinkle in 2 tablespoons of Grated Parmesan Cheese.
- Mix thoroughly and add a bit more Marinara sauce if it appears too dry.
- Last Step: Evenly spread out the ziti mixture in the pan and evenly spread a bit more Marinara over the top layer – then sprinkle with 2 tablespoons of Grated Parmesan Cheese, and sprinkle the remainder of the package of Part-Skim Mozzarella Cheese (as top layer).
- Bake in pre-heated oven (uncovered) for about 20-30 minutes just to melt the cheeses and heat everything through.

This recipe is great for your family too! You can't even tell that you used part-skim cheeses and lean beef or turkey instead of fatty meats and full-fat cheeses. And the Barilla Plus Pasta tastes like regular pasta – yet it has 10 grams of protein! This is thoroughly delicious and super healthy since it has a great balance of PROTEINS AND CARBOHYDRATES.



Mediterranean Baked Fish:

Have 4-6 oz. of fish

INGREDIENTS:

- 2 teaspoon olive oil
- 1 large onion, chopped
- 1 can (16 oz.) whole tomatoes, drained (reserve juice) and coarsely chopped
- 1/2 cup reserved tomato juice, from canned tomatoes
- 1 bay leaf
- 1 clove garlic, minced
- 1/4 cup lemon juice (fresh squeezed)
- 1/4 cup orange juice (fresh squeezed – use peel too – see next ingredient)
- 1 tablespoon fresh grated orange peel
- 1/2 teaspoon dried oregano, crushed
- 1/2 teaspoon dried thyme, crushed
- 1/2 teaspoon dried basil, crushed
- black pepper to taste
- 1 lb. (or a bit more if you are feeding more people) fish fillets (sole, flounder, or sea perch)

DIRECTIONS:

1. Heat oil in large nonstick skillet, add onion, and sauté over moderate heat 5 minutes or until soft.
2. Add all remaining ingredients except fish.
3. Stir well and simmer 30 minutes, uncovered.
4. Arrange fish in 10x6" dish; cover with sauce.
5. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

BEANS ARE A GREAT SIDE-DISH FOR THIS MEAL (see below) + HAVE A SALAD:

Sautéed Cannellini Beans: In large frying pan, brown 3 cloves of minced garlic in 1 tablespoon of olive oil. Add a ¼ cup of organic vegetable broth or chicken broth. Take one can of Cannellini beans and drain thoroughly -- sauté in garlic & oil for a few minutes to heat beans. Since canned beans are already cooked, these will be done in just a few minutes. Taste them to see if they need additional sea salt and pepper. Onions can also be added to the frying pan when you are browning the garlic, but that is optional. Great side dish that is LOW-GLYCEMIC (½ - ¾ cup = serving).



Crock-Pot Chicken Chili:

Put all of these ingredients into crockpot on high for 4 hours or low for 6 hours.

Ingredients:

2 lbs. boneless chicken breasts (raw – diced/cut into small chunks)

½ cup of minced onions (optional)

1 can of black beans

1 can of small white beans

1 jar of your favorite salsa

Spices -- Generously sprinkle with: Chili powder, Cumin and Paprika

Spices – to taste: Salt & Pepper, and Cayenne Red Pepper (this is hot so limit or omit if you or your family does not like spicy foods)

One serving = 1 full measuring cup (that means fill it to the top – not just to the 8 oz line). Serve with 1 Tablespoon of Sargento's Low-Fat Shredded Cheddar Cheese (optional) and you are welcome to use 1 Tablespoon of 0% Fat Plain Greek Yogurt (in place of sour cream). Plain Greek Yogurt tastes just like sour cream, only it has quality nutrition like protein, calcium and pro-biotics for your digestive system. Sour cream is just a condiment that adds more calories – no real nutrition. If you are eliminating dairy, then just disregard.

- Serve with side salad with 2 Tbsp. of dressing or use oil and vinegar.



Banana Oat Muffins:

These muffins are not only gluten-free, but are low-sugar and super moist and ridiculously tasty. There are some dairy products – just so you make note. If you make a batch of these, you can have one every morning with a hard-boiled egg or 3-4 scrambled eggwhites. And if you are like me and always looking for something yummy and nutritious to give your kids, this is it! The reason I add the hard-boiled egg or the side of eggwhites is because these muffins are a “carb” and we need to have a BALANCED breakfast by adding some protein.

Helpful Tips:

1. Oatmeal coats the stomach keeping your stomach comfortable all day, while ginger calms the stomach by relaxing the muscles around the digestive track.
2. Freeze the muffin batter to bake at a later time. Or you can always freeze them after you bake them – just defrost on your counter the night before.

INGREDIENTS:

- 2 large ripe Bananas (mashed)
- 1/2 cup Skim Milk
- 1/2 cup plain 0% fat Greek Yogurt
- 1 Tablespoons fresh Ginger (grated; juice retained)
- 1 Tablespoon Molasses
- 1/2 teaspoon Vanilla Extract
- 1/2 cup Rolled Oats
- 2 cups Oat Flour 2 teaspoons Baking Powder
- 1 teaspoon Baking Soda
- ¼ cup unsweetened apple sauce
- 1/2 teaspoon Salt
- 1 teaspoon Cinnamon
- Coconut Oil to grease muffin tray (or PAM cooking spray)

REGARDING THE FLOUR: Many supermarkets like Shop-Rite and Wegman’s sell oat flour so you can just pick it up there. Or you can put plain oatmeal/rolled oats into a Cuisinart or Mini-Chopper to make oat flour needed for this recipe. Lastly, if you prefer you can replace with whole wheat flour – then it just wouldn’t be Gluten-Free – that’s o.k. too)

DIRECTIONS:

- Preheat oven to 365 degrees F. Lightly grease a muffin tin and set aside.
- In a small bowl, combine the mashed bananas, milk, yogurt, ginger juice, grated ginger, molasses and vanilla extract.
- In a large bowl, whisk together the oats, oat flour, baking powder, baking soda, salt, and cinnamon. Pour the wet ingredients into the dry and fold together until combined. Pour batter into muffin tin.
- Bake for 15 to 20 minutes or until a toothpick comes out clean. Cool slightly before serving.



Quinoa, Lentils & Chicken:

- This makes a nice batch – so that you have several servings for the week.
- A serving = 1 Cup
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- Ingredients:
- 1 cup quinoa - dry
- 1 cup lentils – dry
- 1 lb. package of Perdue Thin Sliced Boneless Chicken Breasts
- 4 tablespoons olive oil
- 4-6 garlic cloves (minced)
- 1 cup fresh mushrooms, diced
- ¼ cup diced chives
- ½ cup diced orange bell pepper
- ½ cup diced red bell pepper
- sea salt –sprinkle
- garlic powder – sprinkle to taste
- cayenne or crushed red pepper – sprinkle to taste
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- Directions:
- Soak 1 cup of lentils in a bowl filled with water (overnight is best). You will see the lentils soak up the water and become a bit softened by morning. When you are ready to prepare this meal, take a medium saucepan, and bring 2 cups of chicken broth to a boil. Add the lentils and cook, stirring occasionally until done, about 20-30 minutes. Put aside.
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- Take your raw chicken breasts and rub them with a sprinkle of sea salt, pepper and garlic powder. Now you can either grill them – or pan fry them in a little bit of Pam Cooking Spray (in a frying pan) until fully cooked. Then you want to chop the chicken into fine little pieces with a knife. Or, I do this by putting the cooked chicken into my Cuisinart food processor, and I intermittently chop it so the chicken gets shredded. So feel free to chop or shred the chicken and put it aside.
- In a large skillet, bring 4 cups of water to a boil. Add the quinoa and cook, stirring occasionally, until it expands out of its shell, about 10 minutes; try not to overcook it.
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- In a large skillet, heat the olive oil (2 tbsp) and the minced garlic over medium heat until the garlic is slightly browned. Add the, mushrooms, chives, bell peppers, salt, garlic pepper, and cayenne pepper (to taste). Cook, while stirring, for about 5-8 minutes – until veggies are cooked and softened a bit. Add the quinoa and lentils, along with the shredded chicken. Cook for 1-2 minutes so all ingredients are warm. Serve warm – so if you are having it for lunch, just put it in a microwavable glass dish and heat up. It is really savory and delish!



Home-Made Guacamole Served on Tomato Slices

Serving = 1 heaping Tablespoon on top of *each* tomato slice (2-3 slices)

Ingredients:

1 ripe **avocado**
2 Tbsp **minced onion**
1 Tbsp **lemon juice**
1 small **tomato**, chopped
dash of **salt**

- Cut the avocado lengthwise around the seed.
Rotate the halves in opposite directions, and gently pull them apart.
- Use a small spoon to remove the pit & discard it.
Scoop out the innards into a small bowl.

Add the onion and lemon juice – then mash it all together well. Add the tomato and salt & stir
Now slice a tomato and take 2 slices to have as a snack – topped with 1 level tablespoon of your home-made Guacamole (please note: each tomato slice gets 1 level tablespoon of Guacamole)



Chicken Savoy – Recipes by Hill

Ingredients:

1 lb. package of thin-sliced boneless chicken breasts
½ cup of whole wheat or gluten-free flour (to coat chicken)
4 tablespoons of olive oil
6 garlic cloves (minced)
Tablespoon of real butter (whipped only has 7 grams of fat and 2 ingredients!)
Sprinkle of balsamic vinegar (about 1/8 cup)
Sprinkle of white wine (about 1/8 cup)
3-4 tablespoons of grated cheese
Spices to taste: Salt & pepper

Directions:

1. Pre-cook the chicken first by lightly coating it in flour (only – nothing else). Now put 4 tablespoons of olive oil in a frying pan and start to cook the 6 cloves of minced garlic (for about a minute).
2. Now add raw chicken breasts to pan and sprinkle with salt and pepper and cook for about 3 minutes on one side – then turn to cook the other side for 3 minutes.
3. Now add tablespoon of butter, balsamic vinegar and white wine. Lower the flame and simmer until the alcohol reduces and the chicken is cooked. If you are using thin-sliced breasts, it should only take about 5 minutes. Now sprinkle the top of chicken with grated cheese and serve.

Serve this with brown rice (½ cup for women, ¾ cup for men) + 1-2 cups of steamed broccoli or roasted asparagus. Got this recipe back in the 80's when I dated an Italian chef/restaurant owner ☺ My family is forever grateful I dated him! Haha! Hill



Loaded Baked Sweet Potato (or Baked Potato)

POTATO BOAT
-[POWER BREAKFAST]-



POWER BREAKFAST!

Baked Sweet Potato (**STARCHY CARB**) – topped with 2 slices of turkey bacon, one egg = **PROTEIN** (over-easy or scrambled), ¼ of an avocado/sliced, and a Tablespoon of Sargento's shredded low-fat cheddar cheese (**small serving of FAT**).

If this is something you think you might want to have for breakfast every day this week, wash, poke & bake 5-7 medium-size sweet potatoes on a Sunday so you have them for the week – they are super easy to re-heat: Also, you can cook a package of Applegate Turkey Bacon (no nitrates) and store that in a ziplock bag in your refrigerator.



Kale Chips:

These are nutrient dense, low-calorie, imperative for heart health & eye sight, and by oven-roasting them, it helps to retain nutritional value! This makes a great afternoon or evening snack.

Ingredients:

- 3 bunches of Kale
- ½ teaspoon ground garlic
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground cayenne pepper
- Extra Virgin Olive Oil Cooking Spray

DIRECTIONS:

- Preheat oven to 275 degrees
- Wash – then dry Kale and remove stems & chop into pieces (not too small)
- Spread onto ungreased cookie sheet
- Spray kale with olive oil spray and then you can use any or all of the spices above to sprinkle/dust onto the kale pieces.
- Cook at 275 for 40 minutes



Healthy Spinach & Chicken Quiche:

If you are using an 8x8 baking dish, you should have **4 servings** for lunch (Monday through Thursday). Then just get a healthy lunch on Friday, like grilled chicken tossed on top of a salad with 2 Tbsp. of low-fat dressing.

Ingredients:

- 10 oz. box of frozen spinach
- 1 package (1 lb.) of Perdue Thin-Sliced Chicken Breasts
- ½ cup whole wheat flour (or gluten-free flour for like almond flour for those who are intolerant or wish to be gluten-free)
- ½ teaspoon of salt
- ½ teaspoon of baking powder
- 1 large egg
- ½ cup of Skim Milk
- ¼ cup of melted butter substitute (I use Land-O-Lakes Butter/Olive Oil Spread)
- ½ medium onion (minced)
- ½ red pepper (chopped small)
- 1 large carrot (chopped)
- 5 sundried tomatoes (if they are packed in oil, lightly rinse them – then chop small)
- 1 clove garlic – optional (minced)
- ½ cup Sargento's Low-Fat Shredded Cheddar Cheese (mild or sharp cheddar is fine)

Directions:

- Preheat oven to 375 degrees
- In a large frying pan, spread around 1 Tbsp. of olive oil and sauté chicken breasts, sprinkling with salt, pepper and garlic powder (is optional). Brown both sides – they should cook quickly, since they are thin-sliced breasts – when they are cooked all the way (white), chop into little pieces – put aside.
- Spray the bottom and sides of a glass baking dish with non-stick cooking spray (I will be using 8x8 dish)
- Place spinach in a medium sauce pan with enough water to cover it. Bring to a boil. Lower heat until the spinach is cooked/defrosted – about 5 minutes – Remove from heat, drain thoroughly (press with spatula as you drain to remove all the water) and set aside.
- Sauté the red peppers, onions, carrots, garlic, and sundried tomatoes in a pan over medium heat until the vegetables are slightly softened.
- In a large bowl, mix the flour, salt and baking powder. Stir in the egg, milk and melted butter substitute until mixed thoroughly. Mix in the cooked chicken, spinach, vegetables and cheddar cheese.
- Transfer contents into the baking dish sprayed with cooking spray. Bake in the preheated oven for 30-35 minutes or until toothpick is inserted in the center and comes out clean. Cool slightly.



Crock-Pot Chicken Cacciatore

(Stove-Top Instructions are included at the bottom – in case you don't have a crockpot)

This is a delicious, low-fat, low-calorie meal that is protein and fiber enriched. It is great because you can make it in about 5 minutes – put it into your crockpot, then it cooks the rest of the day – so it will be ready for dinner when you are! This recipe makes about 5 servings. This is one of my favorite recipes in the crockpot.

Ingredients:

- 2 cans of crushed tomatoes (12 oz. cans)
- 2 tablespoons of olive oil
- 6-8 cloves of garlic (chopped)
- 1 green pepper
- 1 small onion
- 1 bag of Tri-Colored Spiral Pasta (Brown Rice Pasta is Gluten-Free)
- 2 pounds/packages of boneless chicken breasts (sliced thin)
- Spices to taste: salt, pepper, oregano, garlic powder, basil (dry or fresh)
- Grated Cheese (optional)

Instructions:

- In a large pot, take two tablespoons of olive oil and brown the chopped garlic in the oil.
- Immediately add the two cans of crushed tomatoes.
- Add your spices: salt, pepper, oregano, garlic powder, basil (dry or fresh)
- Cook on stove-top until sauce comes to a boil.
- Transfer sauce to crock pot, and place raw chicken breasts directly into crockpot.
- Cook on low for 4 hours. Or you can cook this in your crockpot on high for about 2 hours, if you are pressed for time.
- Slice up your green pepper and onion, and drop into the crockpot 45 minutes to an hour before you are ready to serve. You only want these veggies to cook for about an hour so that they are cooked but not mushy.
- Cook your Barilla Plus pasta (or brown rice pasta if you need it to be GLUTEN-FREE) in water as directed and drain.
- Take pasta and put into a bowl (1 cup for women, 1.5 for men)-- now pour your Chicken Cacciatore over the top (about 1 cup)
- Sprinkle with grated cheese (optional)

SOMETIMES I FORGO THE PASTA – AND JUST HAVE THE CHICKEN CACCIATORE WITH A LARGE SALAD. I MAKE THE PASTA FOR MY FAMILY BUT I SKIP THE STARCHY CARBS.

STOVE TOP INSTRUCTIONS: You can also make this recipe on the stove top – In a large pot, follow the same exact directions as listed above – after bringing the crushed tomatoes to a boil, add the raw chicken breasts – then bring to a boil again. Now simmer on a low flame, stirring occasionally for about 2-3 hours. Add the peppers and onions about a ½ hour before serving so the vegetables are lightly cooked.



Lite Shrimp Salad

Ingredients: This is one serving – double or triple if you are making more servings for several days

5 Jumbo Cooked Shrimp – chopped into small pieces

¼ of a red pepper (chopped finely)

¼ of a yellow pepper (chopped finely)

1 Celery Stalk - Chopped

1 teaspoon of chopped fresh parsley

Dressing: 1 Tablespoon Olive Oil, 1 teaspoon of fresh lemon juice and sprinkle with salt & pepper

Combine all ingredients in mixing bowl (including dressing) – mix thoroughly and serve over 2 cups Spring Salad Greens.



Mashed Cauliflower with Almond Slivers

Ingredients:

1 Bag of frozen cauliflower

1/8 cup Almond Milk or Low-Fat Coffee Creamer

Sprinkle of salt, pepper and garlic powder

1 tablespoon of olive oil

Cook the cauliflower in microwave or on stove top and drain any excess water. Add splash of almond milk (about 1/8 cup) – add 1 tbsp. of olive oil, then sprinkle with a dash of salt, pepper and garlic powder . . . now mash until it has consistency of mashed potatoes -- Serving = 1 cup (then top with 1 teaspoon of raw, unsalted almond slivers).



BUTTERNUT SQUASH SOUP

Servings in this recipe = 6 servings (double recipe if you need more)

Ingredients

1 (2 to 3 pound) butternut squash, peeled and seeded

2 tablespoons unsalted butter

1 medium onion, chopped

6 cups chicken stock

Nutmeg

Salt and freshly ground black pepper

Directions

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

Recipe Courtesy of Food Network Kitchens, and I love this recipe because it is super healthy, low-calorie, low-fat, low-carb and very filling 😊



Crispy Quinoa Bites: Makes a great snack!

Ingredients: (this makes about 24 bites)

½ cup uncooked quinoa
½ cup uncooked black rice
2 large eggs
1 cup Vidalia onions – finely chopped
1 cup low-fat shredded mozzarella cheese or dairy-free mozzarella cheese
3 garlic cloves, minced
¼ cup fresh basil, finely chopped
1/3 cup grape tomatoes, diced
½ teaspoon sea salt
½ teaspoon ground pepper
1 teaspoon chili powder
Sprinkle of cayenne pepper (optional – to taste)

- Cook quinoa and rice according to package. Then prepare muffin/cupcake pan with non-stick baking spray.
- Preheat oven to 350 degrees.
- In a large bowl, combine cooked quinoa and rice with remaining ingredients – mix well.
- Transfer quinoa and rice mixture to prepared muffin pan – using a tablespoon to fill each muffin cup to the top. Then using a spatula, press down on the mixture to create a flat surface.
- Bake for 20 minutes or until golden brown. Remove from oven, set aside to cool for 15 minutes. Then using a teaspoon, gently remove Crispy Quinoa Bites from muffin cups.

You can wrap each one individually and store in Ziplock baggie – and even freeze them. They are delicious and satisfying as a snack or even as a side-dish with chicken or fish (proteins).



CRUSTLESS BREAKFAST SPINACH QUICHE

You can make this on a Sunday --and I make two of them in square glass baking dish so that I can have a portion every morning for breakfast – just reheat in the microwave ☺

Ingredients

1 Tablespoon of Coconut Oil
1 small/med. size onion
1 (10 oz.) package of chopped spinach (thawed, drained)
5 eggs (beaten)
3 cups of Sargento's Shredded Low-Fat Cheddar Cheese
½ teaspoon of salt
1/8 teaspoon black pepper

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a square, glass baking dish.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
3. In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into square glass baking dish (use coconut oil to lightly grease pan).
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.



Hillarie's Detox Vegetable Soup with Turkey Meatballs:

1 serving for lunch = a full cup (meaning, fill the measuring cup to the brim) + **have a side/tossed garden salad with 2 Tablespoons of your favorite low-fat salad dressing** (I love Bolthouse Farms – all natural dressings found in the refrigerated section of the Produce Dept.)

Ingredients Are Underlined and Directions Included:

- In frying pan, use 3 Tablespoons of olive oil, and brown 2 cloves of fresh garlic (minced) – then add:
- 6 stalks of celery – chopped
- 1 cup of baby carrots – chopped
- 1 Vidalia onion – chopped
- 4 cups of fresh baby spinach
- 2 zucchini – chopped
- Sautee these vegetables for 2-3 minutes while adding a little salt, pepper and garlic powder (You can also spice it up with a little Cayenne Pepper).
- Fill a large pot (or your crock-pot) with Organic Low-Sodium Chicken Broth (I buy the cartons found at Shop-Rite in the healthy/gourmet aisles)
- Add all the sautéed vegetables to the Chicken Broth in your crockpot or pot on your stove.
- Now take a 1 lb. package of Ground Turkey Breast – and make mini-meatballs – to drop into your soup. You can drop them into your pot or crock-pot “raw” as they will cook within the soup with the vegetables.



Protein-Enriched Oatmeal Raisin Bars

Makes a great snack and also a perfect energy bar for athletes too!

Love this recipe from my friend, Barb – I just added the protein powder to it so that it makes it a more “balanced” snack. Servings: Makes 9 bars

Ingredients:

- 2 cups old-fashioned oats
- 1/2 cup all-purpose flour (or whole wheat flour)
- 1/2 cup packed brown sugar
- 1/2 cup canola oil (or you can substitute another fat -- butter, margarine)
- 2 eggs
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1 cup raisins (or dried cranberries)
- 1 scoop of Whey Protein Powder (vanilla)

Directions:

1. Preheat oven to 350 degrees.
2. Spray 8”X 8” baking pan with non-stick cooking spray.
3. In a large mixing bowl, combine ingredients until smooth.
4. Spread batter in prepared baking pan and bake for approximately 25-30 minutes until bars are cooked all the way through.
5. Let bars cool completely in pan before cutting.



Hillarie's Chicken & Vegetable Pasta Salad

This is particularly healthy because it is made with high protein pasta (Barilla Plus), and it has chopped vegetables and chicken to further enhance its nutritional value.

Enjoy! 1 FULL Cup = A Serving (that means fill the measuring cup to the rim – pack it in!! (Women – 1 FULL cup, Men = 1.5)

Ingredients:

- 1 Box of Barilla Plus Pasta (I used Rotini) – *Or if you want Gluten-Free, use Brown Rice Pasta*
- 1 package of boneless chicken breasts (about 1 lb. package)
- 2 cups of broccoli florets – pulled apart into smaller pieces
- 1 cup of sliced or chopped raw baby carrots
- 1 red pepper (diced)
- 1 yellow pepper (diced)
- ½ cup of chopped onions (optional – skip if you don't like onions)
- 1 bottle of "Simply Dressed" Balsamic Vinaigrette Dressing – found in refrigerated produce dept.

Directions:

- Cook 1 box of Barilla Plus (boil for 10 minutes as directed) – drain, cool and put aside in a large Tupperware
- Grill or bake a one-pound package of Perdue boneless chicken breasts
- Cool off chicken, then chop into large pieces and put it in your mini-chopper – this will shred the chicken. Add your cooked chicken to pasta & sprinkle with sea salt and pepper.
- Dice/slice your vegetables -- add to chicken & pasta mixture.
- Sprinkle ½ the cruet of dressing over the pasta salad and mix thoroughly – then add the other ½ of the cruet just before serving.



Crock-Pot Pulled Chicken:

Serve with Pan-Fried Asparagus (6-10 spears per serving – depending on how skinny they are – they are low-calorie so enjoy!): Just take a Tablespoon of Olive Oil and pan fry asparagus for a few minutes, sprinkling with salt and pepper. If you are using the skinny asparagus, they only take a few minutes to cook and they are great slightly softened but still crunchy.

Ingredients:

- 1 package of Perdue Chicken Breasts (use the thicker boneless chicken breasts for this recipe – not the thin-sliced ones). If you are cooking for a family, you can use a large package of chicken (about 1.5-2.0 lbs).
- 1 medium-size onion – thin sliced
- 2 Tbsp. brown sugar
- 1 Tbsp. Paprika
- 1 teaspoon salt
- ½ teaspoon black pepper
- 6 Tbsp. cider vinegar (I will be using Apple Cider Vinegar)
- 1 cup of low-sodium chicken broth
- 2 Tbsp. Worcestershire Sauce
- Red Pepper Flakes – to taste
- 1 teaspoon of Agave Nectar (I refuse to use refined white sugar – since we are already using 2 Tbsp. of brown sugar. You can find Agave Nectar at Shop-Rite in healthy section right next to Produce aisles.
- 1 teaspoon dry mustard
- ½ teaspoon cayenne pepper

Directions:

- Place onion in slow cooker.
- In a small bowl, combine brown sugar, paprika, salt and pepper and mix thoroughly. Rub the mixture on the chicken breasts – coating evenly as best you can. Place the chicken in the slow cooker.
- In a medium bowl, combine the vinegar, chicken broth, Worcestershire sauce, red pepper flakes, Agave Nectar, mustard and cayenne pepper, mixing thoroughly. Add this mixture to slow cooker
- Cover and cook on low for 6-8 hours
- Remove from heat and using forks – shred the chicken and onions coarsely. YUM



Hill's Turkey Burger / Turkey Meatloaf Ingredients:

- 1 package of ground turkey (about a pound or a little more)
 - $\frac{3}{4}$ cup of chopped fresh mushrooms
 - 1 diced yellow pepper (chopped finely)
 - 1 whole egg
 - 1 small onion or a $\frac{1}{2}$ of a large onion – chopped finely
 - 2 cloves of garlic (minced)
 - 5 tablespoons of Worcestershire sauce
 - $\frac{1}{2}$ cup of shredded lite cheddar cheese
 - spices: sprinkle with sea salt, garlic powder, parsley & black pepper
- Combined all ingredients in a large mixing bowl, and form into hamburger-like patties – or you can form into a meatloaf (4 oz. serving for women/6 oz. for men). Cook in frying pan or on grill until center is cooked (white and not pink).

Garden Salad Ingredients:

- 2 cups Spring Mixed Greens & Chopped Romaine Lettuce – rinsed & dried
- Bermuda onion – sliced on top of salad
- 8 cherry or grape tomatoes sliced in $\frac{1}{2}$ on top of salad
- 5 black olives (optional)
- 1 teaspoon of grated or shaved Parmesan Cheese or Tablespoon of crumbled blue cheese or feta
- 2 tbsp. of low-fat dressing or use 1 measured tablespoon of olive oil (per serving) + vinegar.



20-Minute Chicken Creole:

Serve over ½ cup of cooked quinoa or whole wheat pasta + tossed garden salad with 2 Tbs. of Low-Fat Dressing.

INGREDIENTS:

- PAM cooking Spray or use a teaspoon of Coconut oil
- 4 medium chicken breast halves, skinned, boned, and cut into 1" strips*
- 1 can (14 oz.) tomatoes, cut up**
- 1 cup low-sodium chili sauce
- 1-1/2 cups green peppers, chopped (1 large)
- 1/2 cup celery, chopped
- 1/4 cup onion, chopped
- 2 cloves minced garlic
- 1 tablespoon fresh basil or 1 teaspoon dried
- 1 tablespoon fresh parsley or 1 teaspoon dried
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt

DIRECTIONS:

1. Spray a deep skillet with nonstick spray coating or smear with coconut oil. Preheat pan over high heat.
2. Cook chicken in hot skillet, turning a few times (about 3-5 minutes), or until no longer pink. Reduce heat.
3. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
4. Serve over ½ cup of cooked quinoa or brown rice pasta.



Avocado Chicken Salad:

- **This makes a great cold supper . . . or you can always have a lunch too! A serving would be 1 cup – served over a garden salad. If you have kids, they can have it on a bun.**

Ingredients:

- 1 package of Perdue Thin-Sliced Chicken Breasts (use more if you are feeding a larger family)
- 1 avocado
- ¼ onion (minced)
- Lime (juice squeezed from one half)
- 2 Tbsp. of fresh Cilantro (chopped)
- Spices: Salt & black pepper to taste
- Olive Oil

Directions:

- Season the chicken with salt and pepper. You can either grill the chicken or sauté it in frying pan line pan with smear of olive oil. Let cool, then chop/shred. Mix with all other ingredients.



HOME-MADE MAC & CHEESE

This is just an extra recipe you can make for your kids! It's DELICIOUS TOO!

Easy, One-Pan Meal to make for them and you can enjoy some protein with a salad 😊

INGREDIENTS:

8 ounces uncooked elbow macaroni (Use Barilla Plus since it is protein enriched)

2 Cups Sargento's Shredded Sharp Cheddar Cheese

½ cup grated parmesan cheese

3 cups ½ milk

¼ cup butter

2 and ½ Tablespoons all-purpose flour

1 Tablespoon Butter

½ cup breadcrumbs

½ cup breadcrumbs

Pinch of Paprika

Directions:

1. Cook macaroni according to the package directions. Drain.
2. In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well.
3. Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika.
4. Bake at 350 degrees F (175 degrees C) for 30 minutes. Serve.