

Low Country Bariatric Support Group



“Mens Sana in Corporae Sana”

A Healthy Mind in a Healthy Body

Cookbook!!!

Exchange healthy recipes

Share our ups AND downs

ENCOURAGE AND SUPPORT EACH OTHER DAILY!!

White Sauce for Fish Tacos

1/2 cup plain yogurt
1/2 cup mayonnaise
1 lime, juiced
1 jalapeno pepper, minced
1 teaspoon minced capers
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon dried dill weed
1 teaspoon ground cayenne pepper

In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne.

Aneisa Breakfast Casserole

Bake at 350

25 30 minutes

9X13 glass pan

Ingredients:

Low fat shredded cheese

10 – 12 egg (egg whites or eggbeaters)

Mushrooms

Spinach

Onions

Turkey breast (ground)

¼ cup of skim milk

Mrs. Dash of your choice

Preheat oven to 350 degrees spray with Pam

I would start by browning the turkey, and sauté the onions, mushrooms (maybe even) the spinach. You can get a little creative and add anything you want, like maybe Basil, or chopped tomato.

Layer the food starting with cheese, then end with cheese on top, add ¼ c of skim milk

- *Bacon Cheeseburger Quiche*

*Ingredients: 1 lb very lean hamburger, or ground turkey
1 small onion, chopped
4 slices crisp cooked turkey bacon, chopped in bits
...3 eggs
1/2 cup lite or olive oil mayonnaise 1/2 cup half and half (I use skim milk) 8 oz low cal.
shredded cheddar or low cal. Swiss cheese
Garlic powder to taste, optional White pepper*

Directions: Brown hamburger in skillet with onion. Remove and mix in bowl with bacon pieces, breaking up any larger clumps with a fork or pastry mixer to a fine mix. Drain well of grease and press into a deep dish pie pan then set aside. Preheat oven to 350 degrees. Combine remaining ingredients in mixer bowl and whip well. Pour mixture over beef crust and bake 40-45 minutes, or until top is browned and set. Cool 15-20 minutes before slicing. This can be packaged in plastic bags or containers for meals quickly microwaveable over the next 3-5 days. Does not freeze well.

Kristen Coxwell Stiner

Best Chili Ever

- *This recipe uses ground beef, but we usually use ground turkey instead. We also use everything "hot" instead of "mild". The recipe makes a very mild chili, but you can make it as hot as you want it. Makes about 8 - 1 cup servings.*

*1 onion (rinsed)
1 1/2 lb ground chuck beef
3 tablespoons chili powder
1/2 teaspoon seasoned salt
1/2 teaspoon pepper
1 (10.75-ounce) can condensed tomato soup
1 (14.5-ounce) can diced tomatoes/sweet onions (undrained)
1 (10-ounce) can milder diced tomatoes/green chiles (undrained)
1 (16-ounce) can chili beans in mild sauce (undrained)
1 (15-ounce) can black beans (drained)*

Steps

Remove ends and peel from onion; chop onion coarsely and divide in half. Preheat large saucepan on medium-high 2–3 minutes. Place beef, chili powder, seasoned salt, pepper, and one-half of the onions in pan. Cook 4–5 minutes, stirring to crumble meat, or until meat is brown and no pink remains.

Stir in remaining ingredients, including remaining one-half onions. Bring to a boil, stirring often.

Reduce heat to low; cook 10 more minutes, stirring occasionally, to blend flavors. Serve

*CALORIES (per 1/8 recipe) 310kcal; FAT 11g; CHOL 50mg;
SODIUM 1160mg; CARB 29g; FIBER 7g; PROTEIN 22g;*

Kristen Coxwell Stiner

Blackened Tuna

- *Ingredients:*

4 (approx. 4 ounce each) tuna steaks (about 2/3 thick each)

1 tablespoon sweet paprika

1 teaspoon oregano

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon salt

1/2 teaspoon ground cumin

1/2 teaspoon freshly ground black pepper

1/4 teaspoon cayenne pepper (optional)

1 tablespoons unsalted butter, softened

Directions:

Heat oven to 400 F. Combine paprika, oregano, garlic powder, onion powder, salt, cumin, pepper, and cayenne pepper on a plate. Rub butter over tuna steaks.

Press tuna steaks into spice mixture; gently rub spices onto fish.

Heat a large heavy oven proof skillet (cast iron works great) over high heat for 2 minutes or until skillet smokes. Cook tuna steaks 1 minute on each side.

They will make some smoke this is normal.

Transfer skillet to oven and roast fish 5 minutes for medium rare doneness.

Do not overcook.

Serves 4

Kristen Coxwell Stiner

Caprese-Inspired Chopped Salad

This salad would be great to spoon on top of chicken breasts, baked fish fillets, or on top of burgers. It's easy to put together and the addition of the white balsamic vinegar keeps it pretty! Add some marinated artichoke hearts and brined olives for a different taste.

2 large tomatoes, seeded and diced 1 cucumber, diced 1 red onion, diced 1/4 cup chopped fresh basil 1/2 cup fresh Perlini mozzarella balls (the tiny ones!) or diced fresh mozzarella 2 tablespoon olive oil 2 tablespoons balsamic vinegar (I like the white in this so it doesn't discolor) Kosher salt and black pepper

Combine tomatoes, cucumber, onion, basil and cheese. Whisk together the olive oil, vinegar, salt and pepper. Drizzle over salad and serve. Makes six servings.

Per Serving: 98 Cal; 5 g Protein; 7 g Tot Fat; 5 g Carb; 1 g Fiber; 1 g Sugar; 88 mg Sodium

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<http://www.bariatriceating.com/BEhealthnutrition/recipes/capreseinspiredchoppedsalad.php>

- *Crustless Pizza*

1 lb lean ground beef or ground turkey

1 small jar of pizza sauce

8 oz pkg of mozzarella cheese (preferably low fat)

Any choices of toppings- sausage, green peppers, tomatoes, onions, black olives and etc..

... Instructions Pat ground beef or ground turkey on cookie sheet. Bake for 15-18 mins at 400 degree. Pat paper towel on excessive fat grease off the meat. Spread pizza sauce over cooked beef or cooked turkey. Sprinkle your favorite toppings and sprinkle mozzarella cheese. Bake again in oven for 15 mins till cheese melts and lightly brown at 400 degree

Kristen Coxwell Stiner

Eggplant Parmesan

Temp. 350 degrees 25 30 minutes casserole dish

1 med eggplant peeled

Light coating

Pam olive oil spray

Any Italian sauce of your choice (classico is my favorite)

Mozzarella cheese or Four Cheese (my favorite)

Preheat oven to 350 degrees spray 9 X 13 casserole dish or a light layer of sauce as base.

Peel and slice eggplant to $\frac{1}{4}$ inches, lightly bread with your choice of breading, (prefer Panko breading) slightly brown but still have some texture of firmness.

Layer; starting with eggplant, sauce, and cheese ending with cheese.

Suggestion of adding, Mushroom, Zucchini

[Dolores Surprenant](#)

Escarole is the best...if it's hard to find in your area you can substitute kale or curly endive..

This freezes very well.

Escarole Soup with Turkey Meatballs

Ingredients:

1 1/2 pounds ground turkey

1 head escarole (1 pound), thick stems removed, rinsed and cut into 1/2 strips

2 tablespoons olive oil, divided

6 green onions, finely chopped, divided

3 cloves garlic, thinly sliced

2 cans (14 1/2 ounces each) reduced-sodium chicken broth, plus 3 cans water

1/2 teaspoon dried rosemary, divided

1/4 cup breadcrumbs (this amount will not add impactable carbs)

1 egg

3/4 teaspoon salt

1/2 teaspoon pepper

1/8 tsp garlic powder

1 cup grated Parmesan cheese(divided in 2)

Directions:

Heat 1 tablespoon of the oil in a large soup pot over medium heat. Add two-thirds of the green onions and cook 3 minutes, until softened. Add garlic and cook 1 minute more. Stir in escarole and mix to coat in oil. Add broth, water and 1/4 teaspoon of the rosemary; bring to a boil. Reduce heat and simmer, partially covered, 10 minutes.

For meatballs: Mix remaining green onions, turkey, bread crumbs, egg, salt, pepper and remaining 1/4 teaspoon rosemary, garlic powder and 1/2 cup of the parmesan cheese... Form into 1 1/2 balls. Heat remaining tablespoon of oil in a large skillet. Brown the meatballs on all sides, about 3 minutes. Add to soup. Cook meatballs 5 minutes more, until cooked through. Ladle soup into bowls; sprinkle with Parmesan cheese.

Approx. 8-10 servings.

- *Grilled Chicken and Vegetables*

Ingredients:

*4 boneless, skinless chicken breast halves (about 2 pounds)
1/4 cup shallots, roughly chopped
3 tablespoons extra-virgin olive oil
1 tablespoon chopped garlic
1 teaspoon salt
1/2 teaspoon black pepper
1 red bell pepper, seeded and quartered (about 1 1/2 cups)
1 medium zucchini, quartered lengthwise (about 1 1/2 cups)
1 medium yellow squash, quartered lengthwise (about 1 1/2 cups)
1 medium leek, root trimmed (not removed), halved lengthwise
1/4 cup fresh basil chiffonade (shredded)*

Directions:

Mix shallots, oil, garlic, salt and pepper in a large re-sealable plastic bag. Add chicken, peppers, zucchini, squash and leek. Gently shake bag to coat chicken and vegetables, and marinate in refrigerator for 1 to 3 hours, turning occasionally. Prepare a medium-low grill. Place chicken on grill and cook until just cooked through, turning once, about 12 minutes. About 2 minutes into cooking process, add peppers and cook until tender, turning once, about 10 minutes. About 2 minutes after adding peppers, add zucchini, squash and leeks and cook until tender, turning once, about 8 minutes. Sprinkle with fresh basil chiffonade before serving.

Kristen Coxwell Stiner

- *Mexican Style Pork Chops*

Ingredients:

4 boneless center-cut pork chops (about 1 pound)

1 teaspoon vegetable oil

salt and pepper

1/4 cup tomato salsa

1/2 can (4.5 ounces) diced green chilies, drained

1 teaspoon cumin

1/3 cup grated Cheddar cheese

2 tablespoons light cream cheese

Directions:

Heat oil in a nonstick skillet over medium-high heat.

Season chops with salt and pepper.

Brown chops about 2 minutes per side.

Combine salsa, chilies and cumin in a bowl. Pour mixture over chops.

Reduce heat to low, cover skillet and simmer chops 5 minutes or until cooked through.

Mix cheeses in a bowl. Divide cheese mixture over chops, cover and cook 1 minute, just until cheese melts.

Kristen Coxwell Stiner

- *Mock French Toast*

*4 egg whites
1 egg
1 tsp. vanilla
....1/4 cup ricotta cheese
dash cinnamon
1 packet of splenda
I cant believe its not butter spray
sugar free maple syrup*

*mix all together in a bowl and beat with a fork
pour into pan like you would as if you were making pancakes
top with butter spray and syrup and ENJOY!!!*

226 calories, 10 grams of fat, 5 grams carbs and 27 gram of protein when made with part skim ricotta.

If you've never tried this, it's delicious... and it does taste like french toast.

Kristen Coxwell Stiner

Parmesan Roasted Cauliflower

Roasting the cauliflower brings out a sweet and nutty flavor that is very different from any other way that you have tasted this vegetable. Slicing the cauliflower creates flat areas that caramelize and turn golden brown where it comes into contact with the metal roasting pan. This is a delicious way to serve this vegetable.

1 large head fresh cauliflower, cut into 1-inch thick slices and separated into florets
2 tablespoons olive oil
1 teaspoon Kosher salt
Freshly ground black pepper
 $\frac{1}{4}$ cup freshly grated parmesan cheese

Preheat oven to 400°. Arrange cauliflower on rimmed baking sheet, drizzle with olive oil, sprinkle with salt and pepper and toss to coat. Sprinkle with Parmesan cheese, and roast for 20 to 25 minutes, until edges are golden and cauliflower is tender.

Serves 6. Calories 89: carbs 8g; fat 6g; protein 4g.

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<http://www.bariatriceating.com/BEhealthnutrition/recipes/parmcauliflower.php>

- *Salmon and Bok Choy*

Ingredients:

*2 pounds salmon fillet, cut into 8 portions
1 1/2 pounds bok choy, cut into 1 1/2 pieces
2 tablespoons olive oil
1/2 tablespoon butter
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon grated lemon peel*

For Puree

*1/4 cup roasted red peppers, patted dry
1/4 cup mild chunky salsa*

Directions:

Heat oven to 475F.

Place olive oil and butter in an ovenproof skillet large enough to hold fish in a single layer.

Place in oven 3 minutes, until butter is melted.

Season fish with salt and pepper. Place fish flesh side down in prepared skillet. Bake 10 minutes, turning carefully once halfway through cooking time, until just cooked through.

Remove from skillet; tent with foil.

Add bok choy and lemon peel to skillet. Stir to coat with pan's oil.

Place in oven 1 minute, until leaves are wilted and stems are warmed through.

To make puree, blend peppers and salsa in a blender 30 seconds.

Plate the greens; top each with a piece of fish. Dollop puree over fish.

Kristen Coxwell Stiner

- *Steak Pizzaiola*

*2 lb. piece of boneless chuck steak about 3/4" thick
1 (35 oz.) can Italian style tomatoes
1 tsp. oregano
1 tsp. salt
1/2 tsp. parsley
2 cloves garlic, finely diced
1 med. onion, sliced*

Directions

Place steak in a roasting pan. Crush tomatoes and place them on the steak, adding remaining liquid to the pan. Place sliced onions on top of the tomatoes. Sprinkle the oregano, salt and parsley over the steak. Bake, uncovered at 350 degrees for 2 hours or until meat is tender when pierced with a fork. (If sauce tends to become too thick while cooking, add a small amount of water to the mixture.)

Kristen Coxwell Stiner