



****Bread Pudding****

Raspberry White Chocolate Bread Pudding (Oven)

Dessert for your Valentine! Absolutely delicious with raspberries, white chocolate, eggs, cream, vanilla, and bourbon!

Diet Points: 21 Calories: 428, Total Fat: 21g, Sat. Fat: 14g, Trans Fat: 0.0g, Cholesterol 50mg, Sodium: 159mg, Potassium: 79mg, Total Carbohydrates: 39g, Dietary Fiber: 1, Sugars: 38g, Protein: 2g

****Beef****

Cheesy Macaroni Beef Casserole (Oven)

Beef, macaroni, corn, peas, mushrooms, onions, and cheddar with a hint of chili powder and Worcestershire....one dish meal!

Diet Points: 13 Gluten free with rice! Calories: 379, Total Fat: 18.6g, Sat. Fat: 11.0g, Trans Fat: 0.0g, Cholesterol 50 mg, Sodium: 873mg, Potassium: 236mg, Total Carbohydrates: 34.8g, Dietary Fiber: 3.1g, Sugars: 4.6g, Protein: 20.0g

Crockpot Enchilada Casserole (Crockpot)

Enchiladas ready when you get home! Layers of Corn Tortillas, beef, tomatoes, green chilies, onion, green peppers, chili powder, cumin, Monterey Jack and cheddar cheeses....all in the crockpot!

Diet Points: 13 Gluten free with corn tortillas! Calories: 417 Total Fat: 18.3g, Sat. Fat: 8.9g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 1662mg, Potassium 382mg, Total Carbohydrates: 34.1g, Dietary Fiber: 6.7g, Sugars: 6.9g, Protein: 31.1g

Horseradish Encrusted Beef Tenderloin *Lighter, no rice (Oven)....with rice and green beans

Our unbelievably tender beef tenderloin encrusted in horseradish and Dijon and served with a sour cream and horseradish sauce.

Diet Points: 12(*10) Gluten free! Calories: 425(*381), Total Fat: 23.7g(*19.6), Sat. Fat: 10.5g(*8.0), Trans Fat: 0.0g, Cholesterol 156mg(*147), Sodium: 994mg(*769), Total Carbohydrates: 5.9g(*4.3), Dietary Fiber: 1.4g(*1.1), Sugars: 2.6g(*2.0), Protein: 45.5g(*44.8)

Steak Medallions with Gorgonzola Pasta *Lighter (no pasta, California blend) (Stovetop)with Broccoli.

Steak medallions marinated in balsamic vinegar and brown sugar top the gorgonzola pasta.

Diet Points: 15(includes pasta)(*9) Gluten free with GF pasta! Calories: 535(*344), Total Fat: 24.3g(*19.4), Sat. Fat: 10g(*8.5), Trans Fat: 0.0g(*0.0), Cholesterol 141mg(*94), Sodium: 723mg(*723), Total Carbohydrates: 35.8g(*3.8), Dietary Fiber: 0.5g(*0.5), Sugars: 2.5g(*1.7), Protein: 40.6g(*36.2)

****Chicken****

Apricot Curry Chicken *Lighter... with California blend (Oven or Grill)with peas and rice

Chicken breasts marinated in an apricot jam sauce with a hint of curry.

Diet Points: 7 Gluten Free! Calories: 228, Total Fat: 3.2g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 79mg, Sodium: 231mg, Total Carbohydrates: 18.4g, Dietary Fiber: 0.2g, Sugars: 12.5g, Protein: 28.4g

Chicken Asparagus Bundles *Lighter (less sauce, no cheese) no egg noodles (Oven) ...with egg noodles

Chicken breasts rolled up around Swiss cheese and asparagus spears, topped with Dijon tarragon sauce.

Diet Points: 11(*7), Gluten free with GF breadcrumbs! Calories: 430(*276), Total Fat: 13.7g(*5.3), Sat. Fat: 3.8g(*0.3), Trans Fat: 0.0g(*0), Cholesterol 99mg(*82), Sodium: 1569mg(*979), Total Carbohydrates: 34.2g(*22.3), Dietary Fiber: 4.2g(*3.6), Sugars: 7.1g(*4.9), Protein: 41.2g (*34.9)

Chicken with Walnuts Casserole (Oven)

Chicken, walnuts, peas, carrots, potatoes, and French fried onions! An all in one dinner!

Diet Points: 14 Gluten free with onions! Calories: 428 Total Fat: 22g, Sat. Fat: 9.7g, Trans Fat: 0.0g, Cholesterol 78mg, Sodium: 1371mg, Potassium 236mg, Total Carbohydrates: 27.5g, Dietary Fiber: 2.7g, Sugars: 2.9g, Protein: 26.2g

Crockpot Chicken in Spinach Cream Sauce (Crockpot, Oven) ...with penne

Chicken thighs rubbed with paprika simmer in creamed spinach with Parmesan and a touch of lemon juice.

Diet Points: 7 Gluten free with rice! Calories: 292, Total Fat: 12.1g, Sat. Fat: 6.2g, Trans Fat: 0.0g, Cholesterol 109mg, Sodium: 470mg, Potassium: 139mg, Total Carbohydrates: 4.3g, Dietary Fiber: 1.1g, Sugars: 1.3g, Protein: 41.5g

Crockpot Creamy Shredded Parmesan Chicken and Pasta (Crockpot, Oven)

Shredded chicken breasts, penne, cream cheese, Parmesan, and homemade creamy Italian dressing

Diet Points: 25 Gluten free with rice! Calories: 782, Total Fat: 49g, Sat. Fat: 19g, Trans Fat: 0.0g, Cholesterol 172mg, Sodium: 732mg, Potassium: 226mg, Total Carbohydrates: 40g, Dietary Fiber: 2g, Sugars: 4g, Protein: 47g

It's Amore! Chicken *Lighter ...with carrots (Stovetop) ...with Peas and Penne

Chicken breasts marinated with rosemary and lemon juice butterflied so that when you sauté them in your skillet they look like a heart! Add our delicious topping of parsley, mint, basil, and a little Dijon mustard for a great Mediterranean taste!

Diet Points: 6 Gluten free! Calories: 285, Total Fat: 15.0g, Sat. Fat: 2.5g, Trans Fat: 0.0g, Cholesterol 86mg, Sodium: 699mg, Total Carbohydrates: 2.6g, Dietary Fiber: 0.6g, Sugars: 0.3g, Protein: 33.5g

*Sautéed Chicken Breasts with Raspberry Chipotle Sauce *Lighter with green beans* (Broil, Grill, or Stovetop) ...with Green Beans and Egg Noodles

Chicken breasts sautéed and topped with our special sauce made with raspberries, chipotle paste, jalapenos (optional), brown sugar, and cider vinegar. You will love it!

Diet Points: 6 Gluten free! Calories: 208, Total Fat: 4.2g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 172mg, Total Carbohydrates: 19.0g, Dietary Fiber: 1.4g, Sugars: 16.9g, Protein: 22.5g

****Pork****

*Caramelized Pork and Jasmine Rice *Lighter, no rice.* (Stovetop) ...with vegetable medley

Toss pork cubes, onion, green chilies pepper, green onion, and sesame oil in caramelized sugar heated in your skillet. Serve over Jasmine rice

Diet Points: 7 Gluten free! Calories: 673, Total Fat: 15.4g, Sat. Fat: 5.3g, Trans Fat: 0.0g, Cholesterol 119mg, Sodium: 79mg, Potassium: 655mg, Total Carbohydrates: 84.20g, Dietary Fiber: 3.6g, Sugars: 34.4g, Protein: 47.7g

*Crockpot Orange Cranberry Pork Roast *Lighter, with California blend* (Crockpot or Oven) ...with vegetable medley and egg noodles

Sweet and tangy! This pork roast cooks in cranberry sauce, sweet and tangy dressing, and orange juice

Diet Points: 8 Gluten free! Calories: 356, Total Fat: 14.7g, Sat. Fat: 5.2g, Trans Fat: 0g, Cholesterol 119mg, Sodium: 141mg, Potassium: 683mg, Total Carbohydrates: 7.6g, Dietary Fiber: 1.6g, Sugars: 3.7g, Protein: 43.3g

Crockpot Cheddar Pork Chops (Crockpot or Oven) ...with green beans

On top of shredded potatoes, this warm and cheesy pork chop dinner with cream sauce, sour cream, and French fried onions

Diet Points: 28 Gluten free! Calories: 686, Total Fat: 41.4g, Sat. Fat: 21.4g, Trans Fat: 0g, Cholesterol 153.3mg, Sodium: 807mg, Potassium: 353.4mg, Total Carbohydrates: 29.3g, Dietary Fiber: 2.0g, Sugars: 2.9g, Protein: 45.8g

*Marsala Pork Tenderloin *Lighter, with California blend* (Stovetop) ...with vegetable medley and rice

Pork tenderloin rubbed with parsley, rosemary, sage, and garlic powder with mushrooms and onions in a Marsala wine sauce

Diet Points: 5 Gluten free! Calories: 222, Total Fat: 5.4g, Sat. Fat: 2.0g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 858mg, Potassium: 159mg, Total Carbohydrates: 9.3g, Dietary Fiber: 0.8g, Sugars: 1.5g, Protein: 25.4g

*Pork Chops with Cherry Jalapeno Sauce *Lighter (less sauce), with green beans* (Stovetop) ...with peas and penne

Celebrate President's Day with our pork chops sautéed then simmered in a sauce with cherries and jalapenos.

Diet Points: 8 (*6) Gluten free! Calories: 316(*257), Total Fat: 9.1g (*9.1), Sat. Fat: 3.0g (*3.0), Trans Fat: 0.0g(*0.0), Cholesterol 75mg(*75), Sodium: 555mg(*546), Total Carbohydrates: 29.9g(*15.5), Dietary Fiber: 0.7g(*0.4), Sugars: 0.7g(*0.7), Protein: 25.1g(*24.9)

****Seafood****

Baked Bruschetta Shrimp (Oven) ... with penne and vegetable medley

Bruschetta shrimp!! Shrimp baked in garlic and wine with panko, tomatoes, basil, and Parmesan

Diet Points: 7 Gluten free with gf panko! Calories: 315, Total Fat: 7.4g, Sat. Fat: 3.6g, Trans Fat: 0.0g, Cholesterol 292mg, Sodium: 828mg, Potassium: 427mg, Total Carbohydrates: 19.1g, Dietary Fiber: 1.6g, Sugars: 2.8g, Protein: 39.3g

Creamy Shrimp and Angel Hair Casserole (Oven) ... with peas

Great casserole with angel hair pasta, shrimp, feta, Swiss, Monterrey Jack, basil, oregano, parsley, salsa, cream, eggs, and yogurt

Diet Points: 19 Calories: 591, Total Fat: 27.7g, Sat. Fat: 15.8g, Polyunsaturated Fat: 1.7g, Monounsaturated Fat 5.6g, Cholesterol 290.9mg, Sodium: 920.3mg, Potassium: 623.8mg, Total Carbohydrates: 40.8g, Dietary Fiber: 3.0g, Sugars: 8.9g, Protein: 45.0g

*Tilapia with Artichoke Caponata *Lighter (no rice)* (Oven or Grill, Stovetop) ...with rice

Tilapia baked and topped with a warm caponata of artichokes, red peppers, capers, pine nuts, celery, onion, and white wine

Diet Points: 7 Gluten free! Calories: 268, Total Fat: 14.4g, Sat. Fat: 2.1g, Trans Fat: 0.0g, Cholesterol 55mg, Sodium: 302mg, Total Carbohydrates: 13.2g, Dietary Fiber: 3.6g, Sugars: 6.7g, Protein: 24.0g

****Ground Beef or Ground Turkey** Bacon Cheeseburger Meatloaf *Lighter (less cheese, bacon, mayo, fried onions), with carrots** (Oven) ...with rice and corn

One fantastic meatloaf! It tastes just like a bacon cheeseburger!!

TURKEY Diet Points: 14 (*12) Gluten free with GF breadcrumbs and no fried onions! Calories: 479(*384), Total Fat: 30.4g (*22.1), Sat. Fat: 9.7g(*5.9), Trans Fat: 0.0g, Cholesterol 143mg(129), Sodium: 923mg(*731), Total Carbohydrates: 15.4g(*13.0), Dietary Fiber: 0.8g(*0.8), Sugars: 6.0g(*6.0), Protein: 41.1g(*38.0)

BEEF Diet Points: 14 (*12) Gluten free with GF breadcrumbs and no fried onions! Calories: 469(*374), Total Fat: 25.0g (*16.7), Sat. Fat: 10.3g(*6.5), Trans Fat: 0.0g, Cholesterol 129mg(115), Sodium: 876mg(*685), Total Carbohydrates: 15.4g(*13.0), Dietary Fiber: 0.8g(*0.8), Sugars: 6.0g(*6.0), Protein: 44.5g(*41.4)

****Vegetarian** Spinach Lasagna** (Oven)

Our spinach lasagna can be vegetarian...or add bacon to give it a new twist!

Diet Points: 13 (nutritional information does not include bacon) Calories: 385, Total Fat: 14.5g, Sat. Fat: 7.8g, Trans Fat: 0.0g, Cholesterol 54mg, Sodium: 841mg, Total Carbohydrates: 39.5g, Dietary Fiber: 2.9g, Sugars: 8.4g, Protein: 23.9g