



Broccoli Salad Dip

Makes: 14 servings

Recommended serving size: $\frac{1}{2}$ cup

Ingredients:

1 medium broccoli head

1 (8 oz) nonfat cream cheese, softened

$\frac{2}{3}$ cup nonfat Greek yogurt, plain

$\frac{1}{4}$ cup apple cider vinegar

2 teaspoons sugar

Salt and pepper to taste

$\frac{1}{3}$ cup red onion, minced

2 slices Canadian bacon

$\frac{1}{2}$ cup reduced fat cheddar cheese, shredded

Directions:

1. Coarsely chop broccoli.
2. Process cream cheese, Greek yogurt, apple cider vinegar, sugar, and salt in a food processor until smooth.
3. Mince red onion and add to food processor with broccoli and pulse until finely chopped.
4. Cut Canadian bacon into small pieces and add to dip with cheddar cheese.
5. Serve immediately or chill for up to 3 days.

Nutrition information per serving: 60 calories, 5 grams carbohydrates, 6 grams protein, 2 grams fat



Greek Yogurt Corn Dip

Makes: 24 servings

Recommended Serving: $\frac{1}{4}$ cup

Ingredients:

2 (8 oz) blocks nonfat cream cheese
16 oz nonfat Greek yogurt, plain
1 (15 oz) can corn, drained and rinsed
2 large red peppers, diced
2 packets ranch dry seasoning
2 jalapenos, diced (optional)

Directions:

1. Combine all ingredients.
2. Chill for 1 hour.

Nutrition information per serving: 50 calories, 7 grams carbohydrates, 5 grams protein, 1 gram fat



Antipasto Skewers

Makes: 25 servings

Recommended serving size: 1 skewer

Ingredients:

50 grape tomatoes

50 thin slices of turkey salami

25 baby mozzarella balls

100 spinach or basil leaves

25 (12-inch) wooden skewers

Balsamic glaze (optional)

Directions:

1. Build skewers alternating ingredients.
2. Top with a balsamic glaze, if desired.

Nutrition information per serving: 65 calories, 1 gram carbohydrates, 5 grams protein, 4 grams fat



“Mushroom” Burgers

Makes: 8, 3oz burgers

Recommended serving size: 1 burger + 1 whole grain bun

Ingredients:

1 (8oz) package white mushrooms

1 lb 93% lean ground beef

Salt & pepper

Directions:

1. Place mushrooms in a food processor; pulse until coarsely chopped
2. Combine mushrooms, ground beef, salt and pepper.
3. Shape beef mixture into 8 patties then grill until cooked through.

Nutrition Information per serving: 210 calories, 26 grams carbohydrate, 18 grams protein, 5 grams fat



Beer and Garlic Chicken

Makes: 10 servings

Recommended serving size: 1 chicken thigh

Ingredients:

- 12oz bottle dark beer, such as Otto's Black Mo Stout
- 3 tablespoons sesame seed oil
- 5 large cloves of garlic, minced, approximately 1 1/2 tablespoons
- 1 tablespoon oregano
- 2 teaspoons salt
- 1 tablespoon ground black pepper
- 2 teaspoons cayenne pepper
- 10 chicken thighs, boneless, skinless



Directions:

1. Place the chicken in a gallon size zip-close bag or an airtight container. Stir together the marinade ingredients and pour over the chicken. Seal and turn the bag or container to coat the pieces evenly. Let rest in the refrigerator for 12-36 hours.
2. When ready to cook the meat, preheat the grill to medium heat. Cook for 6 minutes on each side. Then increase the heat closer to medium-high and cook an additional 4 minutes, as needed.

Nutrition information per serving (1 chicken thigh): 145 calories, 0 grams carbohydrates, 21 grams protein, 1 gram fat



Cauliflower “Potato” Salad

Makes: 10 servings

Recommended serving size: $\frac{1}{2}$ cup

Ingredients:

1 head cauliflower, cut into bite sized pieces

3 tablespoons skim milk

$\frac{1}{4}$ cup plain, non-fat Greek yogurt

$\frac{1}{4}$ cup light mayonnaise

2 tablespoons white vinegar

1 tablespoon yellow mustard

Salt and pepper, to taste

4 hard-boiled eggs, minus 2 yolks, diced

$\frac{1}{2}$ cup diced celery

Directions:

1. Steam the cauliflower florets for about 5-7 minutes or until fork-tender.
2. Transfer about $\frac{1}{2}$ cup of the cauliflower to a blender or food processor with 3 tablespoons of skim milk. Blend into a thick puree, then set aside.
3. In a large mixing bowl, whisk together the yogurt, mayonnaise, vinegar, mustard, salt and pepper.
4. Gently fold in the cooled and drained cauliflower florets, eggs and celery.
5. Next, fold in the pureed cauliflower.
6. Refrigerate for at least 30 minutes before serving.

Nutrition information per serving: 50 calories, 4 grams carbohydrates, 4 grams protein, 2 grams fat



Greek Pasta Salad

Makes: 16 servings

Recommended serving size: $\frac{1}{2}$ cup

Ingredients:

1 (8 oz) box chickpea pasta

1 tablespoon olive oil

$\frac{1}{2}$ cup red wine vinegar

3 mini cucumbers, diced

$\frac{1}{2}$ small red onion, sliced

$\frac{1}{2}$ pint grape tomatoes, halved

1 (8 oz) chunk feta cheese, cubed

Salt and pepper, to taste

Directions:

1. Cook the pasta according to package directions. Drain well and rinse with cold water.
2. Meanwhile, in a small bowl whisk oil, vinegar, salt and pepper.
3. In a large bowl, combine cooked pasta, cucumbers, onion, tomatoes and feta. Drizzle with dressing. Toss gently and serve.

Nutrition information per serving: 110 calories, 12 grams carbohydrates, 7 grams protein, 5 grams fat



Greek Yogurt Coleslaw

Makes: 10 servings

Recommended serving size: $\frac{1}{2}$ cup

Ingredients:

1 cup nonfat Greek yogurt, plain

$\frac{1}{3}$ cup cider vinegar

$\frac{1}{3}$ cup sugar

Salt and pepper, to taste

2 (16 oz) bagged coleslaw blend or shredded cabbage

Directions:

1. In a small bowl, combine Greek yogurt, vinegar, sugar, salt and pepper and whisk until smooth and thoroughly combined.
2. Place slaw blend/cabbage in a large bowl and pour Greek yogurt dressing mixture over top. Stir to coat cabbage thoroughly.
3. Cover and refrigerate for 30 minutes.

Nutrition information per serving: 65 calories, 15 grams carbohydrates, 3 grams protein, 0 grams fat



Chocolate Peanut Butter Popsicles

Makes: 2 servings

Recommended serving size: 1 popsicle

Ingredients:

3 ripe bananas

3 tablespoons chocolate powdered peanut butter

$\frac{1}{4}$ cup skim milk

Directions:

1. Cut bananas into coin sized pieces and place in freezer in a sealable bag. Freeze overnight or until solid.
2. Place all ingredients into a food processor or blender and blend until smooth.
3. Pour contents into popsicle molds. Freeze until solid.

Nutrition information per serving: 105 calories, 23 carbohydrates, 4 grams protein, 1 gram fat

NOTE: You will need 4oz popsicle molds and wooden popsicle sticks for this recipe!