



Recipes for Women

Egg White, Oatmeal Pancakes

Ingredients

3/4 cup uncooked oatmeal
7-9 egg whites
3 Tablespoons Splenda (sweetener)
Cinnamon to taste (usually about a 1/2 teaspoon)
Vanilla Extract to taste (usually about a capful)

Directions

1. Blend all ingredients in blender or with hand blender on a low speed just until everything is blended.
2. Pour in med/large pan (heated to medium with Pam spray).
3. Let cook until bubble form on top and start to pop to form open holes (usually 5 minutes).
4. Flip and let cook another 3 minutes. Makes one large pancake.

Chicken Cacciatore

Ingredients

2 lbs boneless skinless chicken breast
1 28 oz can crushed tomato
1 chopped onion
1 chopped green pepper
3 pressed garlic cloves
1/4 t. thyme
3/4 t. salt
1/2 t. oregano
1 T. parsley
Dash of pepper
Cooking spray

Directions

1. Spray pan with cooking spray and heat.
2. Brown chicken and set aside.
3. Add chopped onion, green pepper and garlic.
4. Cook until the onion is tender; about 5 minutes.
5. Add crushed tomatoes, parsley, oregano, thyme, salt and pepper.
6. Cook over low for 15 minutes; stirring occasionally.
7. Add browned chicken, cover and cook on low for 45 minutes.
8. Uncover and cook an additional 15 minutes, Serve.
9. Top on whole wheat pasta or brown rice if desired.

Tortilla Wrap

Ingredients

- 1 Whole wheat tortilla
- 5 oz. Fat free or 99% fat free deli meat
- 2 T. salsa
- Sliced green or red peppers.
- Fat free cheese (if desired)
- Roll up and eat hot or cold.

Chili

Ingredients

- 1 lb lean ground beef (browned)
- 2 cans diced tomatoes
- 2 diced yellow/gold onions
- 1 diced bell pepper
- 3 chopped carrots
- 2 stalks chopped celery
- 2 cans pinto beans (drained & rinsed)
- 2 T tomato paste
- 2 cloves minced garlic
- 2-3 T. chili powder
- 1 t. cumin
- Salt & pepper to taste
- 1 Cup fat free, low sodium chicken broth
- Makes Approximately 6 servings

Directions

1. Brown the ground beef in large pan.
2. Remove from heat and drain.

3. Set ground beef aside.
4. Sauté onions, pepper, carrots and celery in pan until tender.
5. Add browned ground beef and remaining ingredients; simmer 30-45 minutes. If additional liquid is needed, add the chicken broth to achieve desired consistency.

Fast Chicken Fajitas

Ingredients

- 1 chicken breast
- 1 Whole-wheat tortilla
- Low sodium fajita or other seasoning to taste
- Salsa to taste
- Fat free cheese (if desired)

Directions

- Lightly spray skillet with cooking spray and sauté chicken breast.
- Season with low-sodium fajita seasoning or Ms. Dash.
- Remove from heat and slice chicken breast.
- Heat tortilla in skillet.
- Remove from heat.
- Add chicken, fat free cheese and salsa. Serve.

Pan Broiled Fish

Ingredients

- 1 lb. Fish filets
- 1 14 oz. Can diced tomatoes w/ basil, garlic & oregano
- Makes 4 servings

Directions

1. Pre-heat oven 350-degrees.
2. Mix raw beef and uncooked oatmeal in large bowl.
3. Add egg whites, diced onions and diced green peppers.
4. Add 2 t. Worchester sauce.
5. Mix with hands until firm.
6. Put mixture into loaf pan.
7. Bake at 350 degrees for 45 minutes.
8. Pour excess liquid from pan.
9. Top with tomatoes and serve.

Broiled Fish Dijon

Ingredients

6 fish filets
1 1/2 lbs small zucchini, cut lengthwise into halves
1/2 c. lemon juice
2 T. low-calorie Dijon mustard
1 clove garlic, minced or pressed
2 T. drained capers
Makes 6 servings

Directions

1. Rinse fish and pat dry.
2. In a separate bowl, stir together mustard and garlic.
3. Arrange fish and zucchini in a single layer in a large pan.
4. Drizzle with lemon juice.
5. Broil on top rack for 5 minutes.
6. Turn fish over, spread with mustard/garlic mixture.
7. Continue to broil for 5 minutes or until zucchini is lightly browned and fish is cooked.
8. Sprinkle with paprika and capers.

Meatloaf

Ingredients

1 lb lean ground beef
Approximately 2/3 cup uncooked oatmeal
2 egg whites
1 can diced or crushed tomatoes
1/3 cup diced green pepper
2/3 cup diced onion
2 t. Worcestershire sauce

Directions

1. Pre-heat oven 350-degrees.
2. Mix raw beef and uncooked oatmeal in large bowl.
3. Add egg whites, diced onions and diced green peppers.
4. Add 2 t. Worcestershire sauce.
5. Mix with hands until firm.
6. Put mixture into loaf pan.
7. Bake at 350 degrees for 45 minutes.
8. Pour excess liquid from pan.

9. Top with tomatoes and serve.