

COOKBOOK AND GUIDELINE



Mediterranean #1 Recipe

Disclaimer: *Calorie estimates are approximate and may vary based on specific ingredients and portion sizes. For more accurate calorie counts, use a nutrition tracking app or consult a registered dietitian.*

Ingredients:

- 1 salmon fillet (approximately 6 oz)
- 1 cup mixed vegetables (e.g., broccoli, carrots, bell peppers)
- 1/4 cup hummus
- 1/4 cup carrot sticks
- 1/4 cup cucumber slices
- 1/4 cup cherry tomatoes

Instructions:

1. **Prepare the salmon:** Season the salmon fillet with salt and pepper. Grill or bake until cooked through and flaky.
2. **Steam the vegetables:** Steam the mixed vegetables until tender-crisp.
3. **Assemble the meal:** Place the cooked salmon on a plate. Arrange the steamed vegetables, hummus, carrot sticks, cucumber slices, and cherry tomatoes around the salmon.

Calorie Estimate:

- **Salmon:** Approximately 200-250 calories
- **Vegetables:** Approximately 50-75 calories
- **Hummus:** Approximately 100-150 calories
- **Carrot sticks, cucumber slices, and cherry tomatoes:** Approximately 25-50 calories

Total estimated calories: Approximately 425-625 calories

Note: To reduce calories, opt for a leaner cut of salmon and use a smaller portion of hummus. You can also add a side salad or a whole-grain side dish for a more balanced meal.



Mediterranean #2 Recipe: Lentil Soup

Disclaimer: *Calorie estimates are approximate and may vary based on specific ingredients and portion sizes. For more accurate calorie counts, use a nutrition tracking app or consult a registered dietitian.*

Ingredients:

- 1 cup dried red lentils
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried oregano, thyme
- 1/2 teaspoon red pepper flakes
- 4 cups vegetable broth
- 1 can (15 oz) diced tomatoes, undrained
- Salt and pepper to taste
- 1/4 cup chopped fresh parsley for garnish (optional)

Instructions:

1. **Rinse the lentils:** Rinse the lentils under cold water until the water runs clear.
2. **Sauté the vegetables:** Heat the olive oil in a large pot over medium heat. Add the onion, carrots, celery, and garlic. Sauté until softened, about 5 minutes.
3. **Add the spices:** Stir in the oregano, thyme, and red pepper flakes (if using).
4. **Add the broth and tomatoes:** Pour in the vegetable broth and

diced tomatoes. Bring to a boil, then reduce heat to low.

5. **Simmer the soup:** Simmer for 20-25 minutes, or until the lentils are tender.

Calorie Estimate:

- **Lentils:** Approximately 200 calories
- **Vegetables:** Approximately 50-75 calories
- **Olive oil:** Approximately 120 calories
- **Diced tomatoes:** Approximately 40 calories

Total estimated calories: Approximately 410-460 calories



See Stuffed Grape leaves and roasted chick pea recipes next page.

Vegetarian Stuffed Grape Leaves
Mediterranean #2 Recipe continued

Ingredients:

- 1 jar grape leaves
- 1 cup rice
- 1/2 onion, finely chopped
- 1/4 cup parsley, chopped
- 1/4 cup mint, chopped
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- Salt and pepper to taste

6. Instructions:

- 7. Prepare the filling:** In a bowl, combine rice, onion, parsley, mint, lemon juice, olive oil, salt, and pepper.
- 8. Stuff the leaves:** Lay a grape leaf shiny side down. Place a spoonful of filling near the bottom. Fold the bottom over the filling, then fold in the sides. Roll up the leaf tightly.
- 9. Cook:** Place a layer of grape leaves in a pot. Add a layer of sliced tomatoes or potatoes, lemon slices. Repeat until all leaves are used. Pour water over the leaves until they are covered. Place a plate over the grape leaves to maintain them inside the pot if needed.
- 10. Simmer:** Bring the pot to a boil, then reduce heat and simmer for 30-45 minutes, or until the rice is tender.

Yields 20 servings. Approx 200 calories per serving.



Crispy Roasted Chickpeas

Per serving: Approximately 200-250 calories

Mediterranean #2 Recipe Continued

Yields: 4 servings Prep time: 15 minutes Cook time: 30-40 minutes

Ingredients:

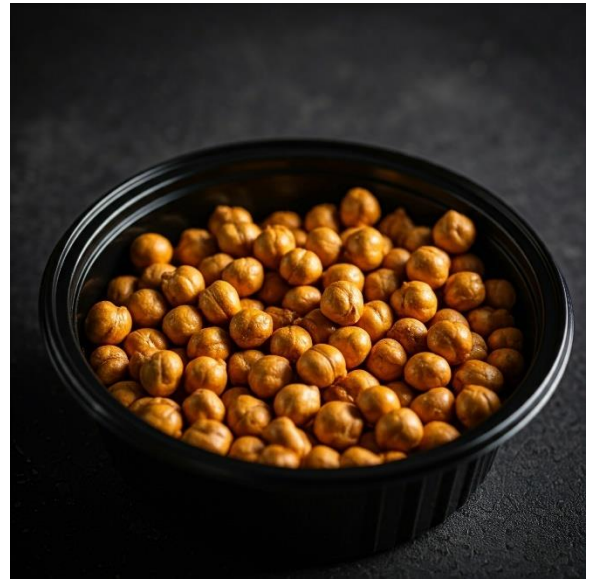
- 1 can (15 ounces) chickpeas, rinsed and drained
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. **Preheat oven:** Preheat oven to 400°F (200°C).
2. **Prepare chickpeas:** In a large bowl, combine chickpeas, olive oil, cumin, paprika, salt, and pepper. Toss to coat evenly.
3. **Roast:** Spread the chickpeas in a single layer on a baking sheet lined with parchment paper. Roast for 30-40 minutes, or until crispy and golden brown. Shake the pan halfway through cooking to ensure even browning.
4. **Serve:** Let cool slightly before serving. Store leftovers in an airtight container in the refrigerator for up to a week.

Optional seasonings: For a different flavor profile, try adding:

- **Spicy:** Cayenne pepper, chili powder
- **Savory:** Garlic powder, onion powder
- **Sweet:** Cinnamon, maple syrup
- **Tangy:** Lemon zest, lime juice



Mediterranean #3 Recipe (Estimated Calories: 600-700)

Ingredients:

- **For the Chicken Skewers:**

- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 10-12 metal skewers

- **Optional Salad or a Tabouleh**

- 1 cup chopped kale
- 1 cup chopped tomatoes
- 1/2 cup chopped cucumber
- 1/4 cup chopped red onion
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- **For the Rice:**

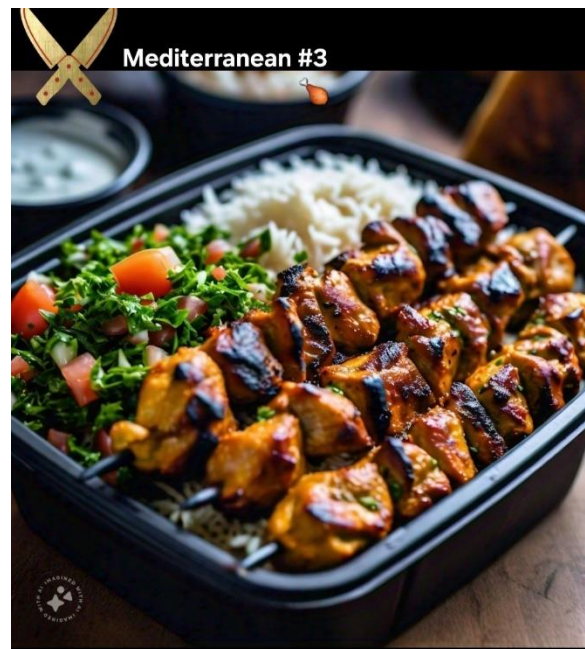
- 1 cup long-grain white rice
- 2 cups water

Instructions:

1. **Prepare the Chicken:** In a large bowl, combine the chicken cubes, olive oil,

lemon juice, cumin, paprika, garlic powder, salt, and pepper. Toss to coat evenly. Thread the chicken cubes onto the metal skewers.

2. **Grill or Cook the Chicken:** Grill the skewers over medium-high heat for 5-7 minutes per side, or until cooked through. Alternatively, you can cook the skewers in a preheated broiler for 10-12 minutes.
3. **Make the Salad:** In a medium bowl, combine the kale, tomatoes, cucumber, red onion, feta cheese, olive oil, lemon juice, salt, and pepper. Toss to coat.
4. **Cook the Rice:** Bring the water to a boil in a medium saucepan. Add the rice and salt, reduce heat to low, and simmer for 15-20 minutes, or until tender.
5. **Assemble the Meal:** Place a portion of cooked rice on a plate. Top with grilled chicken skewers and a generous serving of salad.



Mediterranean #4 Recipe (Estimated Calories: 500-600)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Fish:**

- 1 lb cod fillet
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil

- **For the Asparagus:**

- 1 bunch asparagus, trimmed
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- **For the Pita Bread:**

- 1 pita bread, cut into wedges

- **For the Tzatziki Sauce:**

- 1 cup Greek yogurt
- 1/2 cucumber, finely grated
- 2 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon dill

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. **Prepare the Fish:** In a shallow dish, combine the breadcrumbs, Parmesan cheese, parsley, garlic powder, salt, and pepper. In a separate bowl, whisk together the olive oil and lemon juice. Dip the cod fillet in the wet mixture, then coat evenly with the breadcrumb mixture.
2. **Cook the Fish:** Preheat a skillet over medium-high heat. Add the fish and cook for 3-5 minutes per side, or until cooked through and flaky.
3. **Prepare the Asparagus:** Toss the asparagus with the olive oil, salt, and pepper. Grill or roast the asparagus until tender-crisp.
4. **Make the Tzatziki Sauce:** In a small bowl, combine the Greek yogurt, grated cucumber, minced garlic, lemon juice, dill, salt, and pepper. Stir well.



Mediterranean #5 Recipe (Estimated Calories: 350-450)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Shrimp:**
 - 1 lb large shrimp, peeled and deveined
 - 2 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1 teaspoon garlic powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
- **For the Zucchini:**
 - 1 medium zucchini, sliced into 1/4-inch thick rounds
 - 1 tablespoon olive oil
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
- **For the Olive Tapenade:**
 - 1/2 cup pitted kalamata olives
 - 1/4 cup capers, drained
 - 2 tablespoons olive oil
 - 2 cloves garlic, minced
 - 1 tablespoon fresh lemon juice
 - 1 teaspoon chopped fresh parsley

Instructions:

1. **Prepare the Shrimp:** In a large bowl, combine the shrimp, olive oil, lemon

juice, garlic powder, salt, and pepper. Toss to coat evenly.

2. **Grill or Cook the Shrimp:** Grill the shrimp over medium-high heat for 2-3 minutes per side, or until cooked through and pink. Alternatively, you can cook the shrimp in a preheated skillet for 2-3 minutes per side.
3. **Prepare the Zucchini:** Toss the zucchini slices with the olive oil, salt, and pepper. Grill or roast the zucchini until tender-crisp.
4. **Make the Olive Tapenade:** In a food processor, combine the kalamata olives, capers, olive oil, garlic, lemon juice, and parsley. Pulse until smooth.
5. **Assemble the Meal:** Place the grilled shrimp and zucchini on a plate. Top with a dollop of olive tapenade.



Mediterranean #6 Recipe (Estimated Calories: 500-600)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Chicken:**
 - 1 lb boneless, skinless chicken breast
 - 1 tablespoon olive oil
 - 1 teaspoon lemon juice
 - 1/2 teaspoon garlic powder
 - Salt and pepper to taste
- **For the Couscous:**
 - 1 cup couscous
 - 1 1/4 cups vegetable broth
 - 1/4 teaspoon salt
- **For the Salad:**
 - 1 cup chopped cucumber
 - 1/2 cup chopped tomato
 - 1/4 cup chopped red onion
 - 1/4 cup chopped fresh mint
 - 2 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
- **For the Tzatziki Sauce:**
 - 1 cup Greek yogurt
 - 1/2 cucumber, finely grated
 - 2 cloves garlic, minced

- 1 tablespoon fresh lemon juice
- 1 teaspoon dill
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

1. **Prepare the Chicken:** Season the chicken breast with olive oil, lemon juice, garlic powder, salt, and pepper. Grill or pan-fry until cooked through. Slice into thin strips.
2. **Cook the Couscous:** In a small saucepan, bring the vegetable broth to a boil. Add the couscous and salt, cover, and let sit for 5 minutes, or until the couscous is tender. Fluff with a fork.
3. **Make the Salad:** In a medium bowl, combine the cucumber, tomato, red onion, and mint. Whisk together the olive oil, lemon juice, salt, and pepper. Toss the salad with the dressing.
4. **Make the Tzatziki Sauce:** In a small bowl, combine the Greek yogurt, grated cucumber, minced garlic, lemon juice, dill, salt, and pepper. Stir well.



Mediterranean #7 Recipe (Estimated Calories: 500-600)

Ingredients:

- **For the Falafel:**

- 1 cup dried chickpeas, soaked overnight and rinsed
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh cilantro
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup all-purpose flour
- 1/4 cup vegetable oil

- **For the Hummus:**

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1/4 cup tahini
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- Salt & black pepper
- 2 tablespoons olive oil

- **For the Rice:**

- 1 cup long-grain white rice
- 2 cups water
- 1/2 teaspoon salt

- 1 pita bread, cut into wedges

Instructions:

1. **Make the Falafel:** In a food processor, combine the soaked chickpeas, parsley, cilantro, onion, garlic, cumin, coriander, cinnamon, salt, and pepper. Pulse until finely chopped but not completely smooth. Add the flour and vegetable oil, and pulse until just combined. Shape the mixture into small balls.
2. **Cook the Falafel:** Heat a skillet over medium-high heat with a thin layer of oil. Fry the falafel balls until golden brown and crispy on all sides.
3. **Make the Hummus:** In a food processor, combine the chickpeas, tahini, olive oil, garlic, lemon juice, salt, and pepper. Process until smooth.
4. **Cook the Rice:** Bring the water to a boil in a medium saucepan. Add the rice and salt, reduce heat to low, and simmer for 15-20 minutes, or until tender.



French #8 Recipe (Estimated Calories: 600-700)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Beef:**

- 1 lb beef stew meat, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 tablespoon flour
- 1 onion, chopped, 2 carrots, chopped
- 1 celery stalk, chopped
- 1 cup of mushrooms
- 2 cloves garlic, minced
- 1 cup red wine
- 1 cup beef broth
- 1 can (10.75 ounces) condensed beef consommé
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- Salt and pepper to taste

- **For the Potatoes:**

- 1 lb potatoes, peeled and cut into 1-inch cubes

- **For the Asparagus:**

- 1 bunch asparagus, trimmed
- 1 tablespoon olive oil

Instructions:

1. **Brown the Beef:** In a large Dutch oven or pot, heat the olive oil over medium-

high heat. Add the beef cubes and cook until browned on all sides. Remove the beef and set aside.

2. **Sauté the Vegetables:** In the same pot, add the onion, carrots, celery, and garlic. Cook until softened, about 5 minutes.
3. **Make the Sauce:** Stir in the flour and cook for 1 minute. Gradually whisk in the red wine, beef broth, beef consommé, Worcestershire sauce, thyme, salt, and pepper. Bring to a boil, then reduce heat to low and simmer for 1 hour, or until the beef is tender.
4. **Cook the Potatoes:** Toss the potatoes, mushrooms with the olive oil, salt, and pepper. Add the potatoes to the pot with the beef and sauce, and continue to simmer for 30-45 minutes, or until the potatoes are tender.
5. **Cook the Asparagus:** Toss the asparagus with the olive oil, salt, and pepper. Grill or roast the asparagus until tender-crisp.



French #9 Recipe (Estimated Calories: 500-600)

Ingredients:

- **For the Chicken:**

- 2 bone-in, skin-on chicken thighs
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- 1 cup red wine
- 1/2 cup chicken broth
- 1 tablespoon Dijon mustard
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- **For the Potatoes:**

- 1 lb potatoes, peeled and cut into 1-inch cubes
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- **For the Green Beans:**

- 1 pound green beans, trimmed
- 1 tablespoon olive oil
- 1/2 teaspoon salt, black pepper

Instructions:

1. **Brown the Chicken:** In a large skillet or Dutch oven, heat the olive oil over

medium-high heat. Add the chicken thighs and cook until browned on both sides. Remove the chicken and set aside.

2. **Sauté the Vegetables:** In the same pot, add the onion, carrot, celery, and garlic. Cook until softened, about 5 minutes.
3. **Make the Sauce:** Stir in the red wine, chicken broth, Dijon mustard, thyme, salt, and pepper. Bring to a boil, then reduce heat to low and simmer for 15-20 minutes, or until the sauce has thickened.
4. **Cook the Chicken:** Return the chicken thighs to the pot with the sauce. Cover and simmer for 30-40 minutes, or until the chicken is cooked through.
5. **Cook the Potatoes:** Toss the potatoes with the olive oil, salt, and pepper. Add the potatoes to the pot with the chicken and sauce, and continue to simmer for 15-20 minutes, or until the potatoes are tender.
6. **Cook the Green Beans:** Toss the green beans with the olive oil, salt, and pepper. Steam or boil until tender-crisp.



French #10 Recipe (Estimated Calories: 500-600)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Stuffed Peppers:**
 - 2 large bell peppers, cut in half lengthwise and seeded
 - 1 cup cooked rice
 - 1/2 cup grated Parmesan cheese
 - 1/4 cup chopped fresh parsley
 - 1/4 cup chopped fresh basil
 - 2 cloves garlic, minced
 - 1/4 cup olive oil, salt & pepper
- **For the Fish:**
 - 1 lb cod fillet
 - 1 tablespoon olive oil
- **For the Tomato Sauce:**
 - 1 can (15 ounces) crushed tomatoes
 - 1 onion, chopped
 - 1 clove garlic, minced
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon red pepper flakes
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper

Instructions:

1. **Prepare the Peppers:** Preheat oven to 375°F (190°C). In a small bowl, combine the cooked rice, Parmesan cheese,

parsley, basil, garlic, olive oil, salt, and pepper. Stuff the pepper halves with the rice mixture.

2. **Cook the Peppers:** Place the stuffed peppers on a baking sheet and bake for 20-25 minutes, or until the peppers are tender and the filling is heated through.
3. **Cook the Fish:** In a skillet, heat the olive oil over medium-high heat. Season the cod fillet with salt and pepper. Cook for 3-5 minutes per side, or until cooked through and flaky.
4. **Make the Tomato Sauce:** In a saucepan, heat the olive oil over medium heat. Add the onion and garlic, and cook until softened. Stir in the crushed tomatoes, oregano, red pepper flakes, salt, and pepper. Bring to a simmer and cook for 10-15 minutes, or until the sauce has thickened.



French #11 Recipe (Estimated Calories: 400-500)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Bouillabaisse:**

- 1 pound cod fillet
- 1 pound mussels, scrubbed
- 1 pound clams, scrubbed
- 1 onion, chopped
- 2 carrots, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- 1 cup white wine
- 2 cups fish broth
- 1 can (14.5 ounces) diced tomatoes
- 1 teaspoon dried thyme
- 1/2 teaspoon saffron threads
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

- **For the Rouille:**

- 1/2 cup mayonnaise
- 1/4 cup aioli
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper

- **For serving:**

- Crusty bread

Instructions:

1. **Prepare the Seafood:** Scrub the mussels and clams under cold running water. Remove any beards from the mussels.
2. **Make the Bouillabaisse:** In a large pot, heat the olive oil over medium-high heat. Add the onion, carrots, and celery, and cook until softened. Stir in the garlic, white wine, fish broth, diced tomatoes, thyme, saffron, salt, and pepper. Bring to a boil, then reduce heat to low and simmer for 15-20 minutes.
3. **Add the Seafood:** Add the cod fillet, mussels, and clams to the pot. Cover and cook for 5-7 minutes, or until the mussels and clams open. Discard any unopened shellfish.
4. **Make the Rouille:** In a small bowl, combine the mayonnaise, aioli, Dijon mustard, garlic, paprika, and cayenne pepper. Stir well.



French #12 Recipe Chicken Provencale (Estimated Calories: 500-600)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Chicken:**
 - 1 lb boneless, skinless chicken breast
 - 1 tablespoon olive oil
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
- **For the Tomato Sauce:**
 - 1 can (15 ounces) crushed tomatoes
 - 1 onion, chopped
 - 2 cloves garlic, minced
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon red pepper flakes
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
- **For the Mashed Potatoes:**
 - 2 pounds potatoes, peeled and quartered
 - 1/2 cup milk
 - 1/4 cup butter
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper

Instructions:

1. **Cook the Chicken:** Season the chicken breast with olive oil, salt, and pepper. Grill or pan-fry until cooked through.

2. **Make the Tomato Sauce:** In a saucepan, heat the olive oil over medium heat. Add the onion and garlic, and cook until softened. Stir in the crushed tomatoes, oregano, red pepper flakes, salt, and pepper. Bring to a simmer and cook for 10-15 minutes, or until the sauce has thickened.
3. **Make the Mashed Potatoes:** Boil the potatoes until tender. Drain and mash with the milk, butter, salt, and pepper.
4. **Serve:** Serve the grilled chicken topped with the tomato sauce, accompanied by a serving of mashed potatoes.



French #13 Recipe Encrusted Catfish (Estimated Calories: 500-600)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Fish:**

- 1 lb cod fillet
- 1/2 cup Penko or all-purpose flour
- 1/4 cup grated Parmesan cheese, garlic powder
- 1/2 teaspoon salt and pepper
- 2 tablespoons olive oil

- **For the Mushroom Sauce:**

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 pound cremini mushrooms, sliced
- 1/2 cup dry white wine
- 1/4 cup chicken broth
- 1 tablespoon Dijon mustard
- thyme leaves 1/2 teaspoon salt and pepper

- **For the Rice:**

- 1 cup brown rice
- 2 cups water
- 1/2 teaspoon salt

Instructions:

1. **Prepare the Fish:** In a shallow dish, combine the flour or Penko, Parmesan

cheese, garlic powder, salt, and pepper. Dip the cod fillet in the mixture, coating evenly.

2. **Cook the Fish:** Heat the olive oil in a large skillet over medium-high heat. Add the coated fish and cook for 3-5 minutes per side, or until cooked through and flaky. Remove from the skillet and set aside.
3. **Make the Mushroom Sauce:** In the same skillet, melt the butter and add the olive oil. Sauté the onion until softened. Add the sliced mushrooms and cook until browned. Deglaze the pan with the white wine and chicken broth, scraping up any browned bits. Stir in the Dijon mustard, thyme, salt, and pepper. Bring to a simmer and cook for 5-7 minutes, or until the sauce has thickened.
4. **Cook the Rice:** Bring the water to a boil in a medium saucepan. Add the rice and salt, reduce heat to low, and simmer for 20-25 minutes, or until tender.



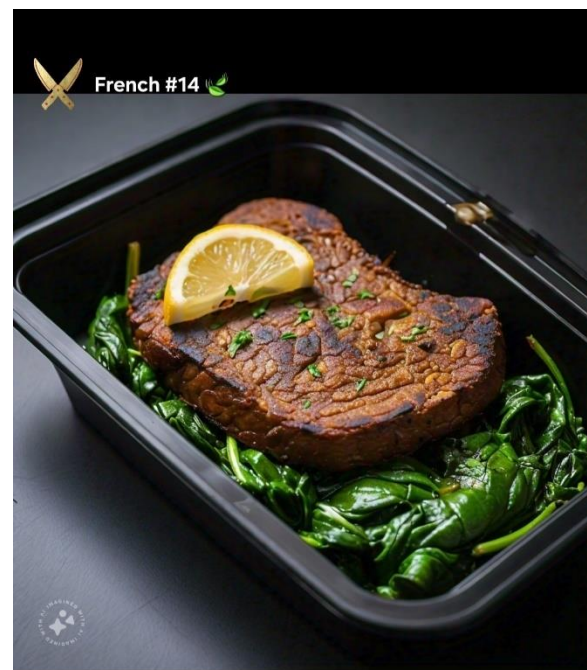
French #14 Recipe (Estimated Calories: 400-500)

Ingredients:

- **Vegan Seitan Steak**
- **Yields:** 4 servings **Prep time:** 30 minutes
Cook time: 10-15 minutes
- **Ingredients:**
- **For the seitan:**
 - 1 cup vital wheat gluten
 - 1/2 cup water
 - 1/4 cup vegetable broth
 - 1 tablespoon soy sauce
 - 1 tablespoon olive oil
 - 1 teaspoon garlic powder, onion powder
 - 1/2 teaspoon black pepper
- **For the marinade:**
 - 1/4 cup soy sauce
 - 2 tablespoons maple syrup
 - 1 tablespoon olive oil
 - smoked paprika, garlic powder, onion powder
- **Instructions:**
- **Make the seitan:** In a large bowl, combine vital wheat gluten, water, vegetable broth, soy sauce, olive oil, garlic powder, onion powder, and black pepper. Mix until a dough forms.
- **Knead and shape:** Knead the dough for 5-7 minutes, or until smooth and elastic. Shape the dough into 4 steaks.
- **Cook:** Heat a large skillet over medium-high heat. Cook the seitan steaks for 5-7

minutes per side, or until golden brown and crispy.

- **Marinate:** Whisk together the soy sauce, maple syrup, olive oil, smoked paprika, garlic powder, and onion powder in a small bowl.
 - **Finish:** Remove the seitan steaks from the skillet and brush them with the marinade. Serve immediately.
 - **For the Spinach:**
 - 1 bunch fresh spinach
 - 1 clove garlic, minced
 - 1 tablespoon olive oil
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
1. **Cook the Spinach:** In a large skillet, heat the olive oil over medium-high heat. Add the garlic and cook for 30 seconds. Add the spinach and cook, stirring frequently, until wilted. Season with salt and pepper.



Mexican #15 Recipe (Estimated Calories: 500-600)

Note: These calorie estimates are approximate and can vary based on specific ingredients and portion sizes.

Ingredients:

- **For the Chicken:**
 - 1 lb boneless, skinless chicken breast, cut into strips
 - 1 tablespoon olive oil
 - 1 teaspoon chili powder
 - 1/2 teaspoon cumin
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon onion powder
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
- **For the Fajitas:**
 - 1 large onion, sliced
 - 1 red bell pepper, sliced
 - 1 green bell pepper, sliced
 - 1 yellow bell pepper, sliced
- **For the Sides:**
 - 1 cup cooked rice (optional)
 - 1 cup black beans, rinsed and drained (optional)
 - Salsa
 - Guacamole
 - Shredded cheese
 - Flour tortillas

Instructions:

1. **Prepare the Chicken:** In a large bowl, combine the chicken strips, olive oil, chili powder, cumin, garlic powder, onion powder, salt, and pepper. Toss to coat evenly.
2. **Cook the Chicken:** Grill or sauté the chicken strips until cooked through and slightly charred.
3. **Cook the Fajitas:** In the same skillet, add the onion and bell peppers. Cook until softened and slightly caramelized.
4. **Assemble the Fajitas:** In a serving dish, combine the cooked chicken and fajita vegetables.
5. **Serve:** Serve the fajitas with cooked rice, black beans, salsa, guacamole, shredded cheese, and warm flour tortillas.

For a lower-calorie option: Reduce the amount of olive oil used. You can also substitute the rice with brown rice or quinoa.



Mexican #16 Fish Tacos Recipe

Ingredients:

- 1 pound white fish fillets (e.g., cod, tilapia, halibut)
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup cornstarch
- 1/2 cup water
- Vegetable oil for frying
- 12 corn tortillas
- Grated carrots marinated in lemon & garlic vinaigrette
- Tomatoes, diced
- Red onion, thinly sliced
- Lime wedges
- Salsa

Instructions:

1. **Prepare the fish:** Cut the fish fillets into bite-sized pieces. In a shallow bowl, combine the flour, salt, and pepper. In another bowl, whisk together the cornstarch and water to form a slurry.
2. **Coat the fish:** Dredge the fish pieces in the flour mixture, then dip them in the cornstarch slurry.
3. **Fry the fish:** Heat vegetable oil in a large skillet over medium-high heat. Carefully add the coated fish pieces and fry until golden brown and cooked through (about 2-3 minutes per side). Remove the fish from the skillet and drain on paper towels.

4. **Warm the tortillas:** Warm the corn tortillas on a griddle or in a skillet until slightly softened.
5. **Assemble the tacos:** Place a portion of fried fish on each tortilla. Top with lettuce, diced tomatoes, red onion, and a squeeze of lime juice.
6. **Serve:** Serve the tacos with salsa and side of grated carrots.

Approximate calorie count:

The calorie count for fish tacos can vary depending on the specific ingredients and portion sizes used. However, a typical serving of fish tacos (2 tacos with a side of salsa) might contain approximately 400-500 calories.



Vegan Pork Stew with Beans and Rice

Yields: 4 servings **Prep time:** 30 minutes **Cook time:** 1 hour

Ingredients:

For the stew:

- 1 block extra-firm tofu, pressed and cubed
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt, 1/4 teaspoon black pepper
- 2 cups vegetable broth
- 1 can (15 ounces) diced tomatoes, undrained

For the rice:

- 1 cup brown rice
- 2 cups water

Beans: Any can of beans.

Instructions:

1. **Cook the rice:** Bring 2 cups of water to a boil in a medium saucepan. Add the brown rice and reduce heat to low. Cover and simmer for 25-30 minutes, or until tender.
2. **Make the stew:** In a large pot, heat a drizzle of olive oil over medium heat. Add the onion, carrots, and celery, and cook until softened, about 5 minutes.
3. **Add the tofu:** Stir in the garlic, tomato paste, thyme, rosemary, salt, and pepper. Cook for 1 minute.
4. **Simmer:** Add the vegetable broth and diced tomatoes. Bring to a simmer and cook for 30 minutes, or until the flavors have combined.
5. **Serve:** Serve the vegan pork stew over the cooked brown rice and a side of beans.

Tips:

- For a thicker stew, you can add a tablespoon of cornstarch mixed with 2 tablespoons of water to the stew.
- Add other vegetables to the stew, such as mushrooms, peas, or corn.



Mexican #18: Black Bean and Cheese Quesadillas with Corn

Yields: 2 servings **Calories per serving:** Approximately 450-500 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 cup cooked black beans
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped cilantro
- 1/4 cup salsa
- 4 flour tortillas
- 1 cup cooked corn kernels
- 1/4 cup salsa (for serving)

Instructions:

1. **Prepare filling:** In a bowl, combine black beans, shredded cheese, cilantro, and 1/4 cup salsa.
2. **Assemble quesadillas:** Divide the filling evenly among the four tortillas. Fold the tortillas in half and press the edges together.
3. **Cook quesadillas:** Heat a large skillet over medium-high heat. Cook the quesadillas for 2-3 minutes per side, or until golden brown and the cheese is melted.
4. **Serve with corn:** Serve the quesadillas with a side of cooked corn kernels and additional salsa for dipping.

Note: For a lower-calorie option, you can use reduced-fat cheese or opt for whole-wheat tortillas. You can also add other vegetables to the filling, such as sautéed onions or bell peppers.



Mexican #19: Chicken Enchiladas

Yields: 4 servings **Calories per serving:**

Approximately 500-550 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 pound boneless, skinless chicken breasts, shredded
- 1 can (10 ounces) diced tomatoes and green chilies
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and pepper to taste
- 12 corn tortillas
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1/2 cup sour cream
- 1 avocado, mashed
- 1/2 cup diced red onion

Instructions:

1. **Prepare chicken filling:** In a large skillet, cook the shredded chicken until browned. Add the diced tomatoes and green chilies, chili powder, cumin, garlic powder, onion powder, salt, and pepper. Simmer for 10-15 minutes, or until the flavors have combined.
2. **Warm tortillas:** Warm the corn tortillas one at a time in a skillet or microwave.
3. **Assemble enchiladas:** Place a spoonful of chicken filling on each tortilla. Roll up the tortilla and place it in a greased baking dish.

4. **Top with cheese and sauce:** Pour the remaining chicken sauce over the enchiladas. Top with shredded cheddar and Monterey Jack cheese.
5. **Bake enchiladas:** Bake in a preheated oven at 375°F (190°C) for 20-25 minutes, or until the cheese is melted and bubbly.
6. **Serve with toppings:** Serve the enchiladas with a dollop of sour cream, mashed avocado, and diced red onion.

Note: For a lower-calorie option, you can use reduced-fat cheese or opt for whole-wheat tortillas. You can also add more vegetables to the chicken filling, such as sautéed onions or bell peppers.



Mexican #20: Beef Tacos with Chicken Wings and Rice

Yields: 2 servings **Calories per serving:**

Approximately 600-650 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

For the tacos:

- 1 pound ground beef
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and pepper to taste
- 8 corn tortillas
- 1/2 cup shredded lettuce
- 1/2 cup diced tomatoes
- 1/4 cup chopped red onion
- 1/4 cup salsa

For the chicken wings:

- 1 pound chicken wings
- 1/2 cup barbecue sauce
- 1 tablespoon brown sugar

For the rice:

- 1 cup brown rice
- 2 cups water

Instructions:

Prepare tacos:

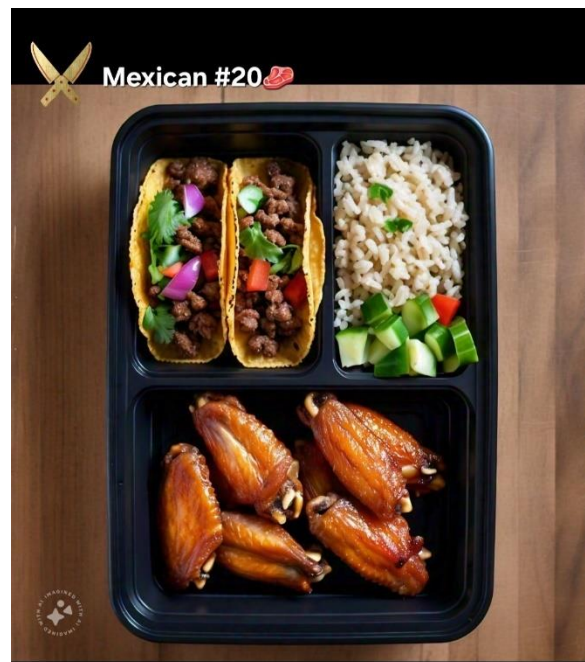
1. Brown the ground beef in a skillet. Add the onion and bell pepper, and cook until softened.
2. Stir in the chili powder, cumin, garlic powder, onion powder, salt, and pepper.
3. Warm the corn tortillas and fill with the ground beef mixture, lettuce, tomatoes, and red onion.

Prepare chicken wings:

1. Preheat oven to 400°F (200°C).
2. Toss the chicken wings with barbecue sauce and brown sugar.
3. Bake for 20-25 minutes, or until cooked through.

Cook rice:

1. Rinse the brown rice.
2. Combine rice and water in a pot. Bring to a boil, then reduce heat and simmer for 20-25 minutes, or until tender.



Mexican #21: Vegan Steak Burrito with Grilled Vegetables

Yields: 4 servings **Prep time:** 30 minutes **Cook time:** 20 minutes

Ingredients:

For the filling:

- 1 block extra-firm tofu, pressed and crumbled
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup vegetable broth
- 1 can (15 ounces) black beans, rinsed and drained

For the burritos:

- 8 flour tortillas
- 1 cup shredded vegan cheddar cheese
- Your favorite toppings, such as salsa, guacamole, sour cream, and avocado

Instructions:

1. **Make the filling:** In a large skillet, heat a drizzle of olive oil over medium-high heat. Add the tofu and cook until browned, about 5 minutes.
2. **Add vegetables:** Stir in the onion, bell pepper, and garlic, and cook until softened, about 5 minutes.

3. **Season:** Add the chili powder, cumin, smoked paprika, salt, and pepper. Cook for 1 minute.
4. **Simmer:** Stir in the vegetable broth and black beans. Bring to a simmer and cook for 10 minutes, or until the flavors have combined.
5. **Assemble the burritos:** Place a tortilla on a flat surface. Add a spoonful of the vegan ground beef filling, shredded cheese, and your desired toppings. Fold the tortilla over the filling and roll up tightly.
6. **Warm:** Heat a large skillet over medium heat. Cook the burritos for 2-3 minutes per side, or until heated through.

Serve: Serve the grilled burritos with grilled vegetables and a side of salsa.



Italian #22: Chicken Parmigiana with Penne Pasta

Yields: 2 servings **Calories per serving:**
Approximately 600-650 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 pound boneless, skinless chicken breasts, pounded thin
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 large eggs, beaten
- 1 cup breadcrumbs
- 1/2 cup vegetable oil
- 1 jar (24 ounces) marinara sauce
- 1 cup shredded mozzarella cheese
- 1 cup cooked penne pasta
- 1/4 cup grated Parmesan cheese

Instructions:

1. **Prepare chicken:** Pound the chicken breasts to an even thickness. In a shallow bowl, combine flour, salt, and pepper. Dredge the chicken breasts in the flour mixture.
2. **Coat in egg and breadcrumbs:** In another shallow bowl, beat the eggs. Dip the floured chicken breasts in the egg mixture, then coat in breadcrumbs.
3. **Cook chicken:** Heat oil in a large skillet over medium-high heat. Cook the chicken breasts until golden brown and cooked through, about 3-4 minutes per side.

4. **Prepare sauce:** Pour the marinara sauce into a baking dish.
5. **Assemble dish:** Place the cooked chicken breasts on top of the marinara sauce. Top with shredded mozzarella cheese.
6. **Bake:** Bake in a preheated oven at 375°F (190°C) for 20-25 minutes, or until the cheese is melted and bubbly.
7. **Serve with pasta:** Serve the chicken parmigiana with a side of cooked penne pasta and a sprinkle of grated Parmesan cheese.

Note: For a lower-calorie option, you can use reduced-fat cheese or opt for a healthier cooking method like baking the chicken instead of frying it. You can also add more vegetables to the dish, such as sautéed zucchini or roasted red peppers.



Italian #23: Lemon/Orange Garlic Salmon with Risotto

Yields: 2 servings **Calories per serving:**

Approximately 550-600 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

For the salmon:

- 1 pound salmon fillet
- 1 tablespoon olive oil
- 1/2 lemon, zested and juiced
- 2 cloves garlic, minced
- 1/4 teaspoon salt - 1/4 teaspoon black pepper

For the risotto:

- 1 cup arborio rice
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cups chicken broth
- 1 cup white wine
- Lemon and Orange juice per taste
- 1/2 cup grated Parmesan cheese
- 1/4 cup butter
- Salt and pepper to taste

Instructions:

Prepare salmon:

1. Season the salmon fillet with salt and pepper.
2. Heat olive oil in a skillet over medium-high heat.
3. Add the salmon fillet to the skillet and cook for 3-4 minutes per side, or until cooked through.

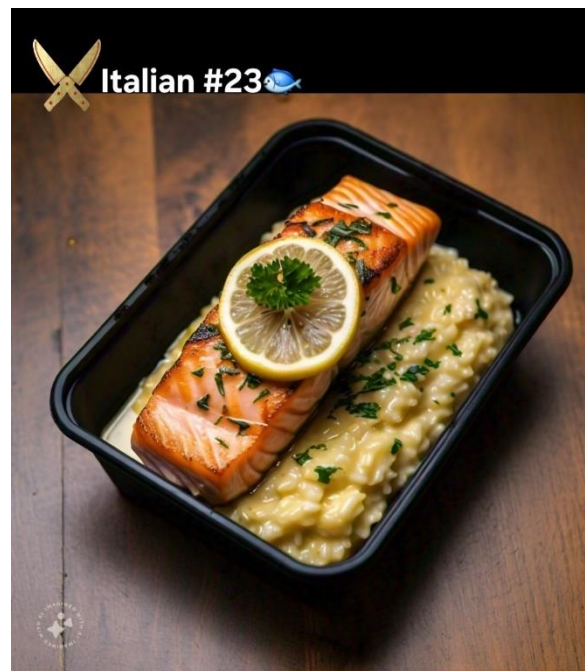
4. Remove the salmon from the skillet and set aside.

Cook risotto:

1. In the same skillet, sauté the onion until softened.
2. Add the arborio rice and stir for 1 minute.
3. Gradually add the chicken broth and white wine, stirring constantly until the liquid is absorbed before adding more.
4. Continue cooking for 15-20 minutes, or until the risotto is creamy and al dente.
5. Stir in the Parmesan cheese, butter, salt, and pepper.

Serve:

1. Place the cooked salmon on top of the risotto.
2. Drizzle with lemon juice and garnish with lemon and orange zest.



Italian #24: Shrimp Scampi with Zucchini and Spaghetti

Yields: 2 servings **Calories per serving:**
Approximately 450-500 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 cup white wine
- 1/4 cup lemon juice
- 1/4 cup butter
- 1/2 teaspoon red pepper flakes
- Salt and pepper to taste
- 1 pound spaghetti
- 1 zucchini, sliced
- 1/4 cup chopped fresh parsley

Instructions:

1. **Cook shrimp:** Heat olive oil in a large skillet over medium-high heat. Add garlic and cook for 30 seconds, or until fragrant.
2. Add shrimp to the skillet and cook for 2-3 minutes per side, or until pink and cooked through.
3. **Add sauce:** Pour in white wine, lemon juice, and butter. Bring to a simmer and cook until the sauce thickens.
4. **Season:** Stir in red pepper flakes, salt, and pepper.
5. **Cook pasta:** Cook spaghetti according to package directions. Drain and set aside.

6. **Add zucchini:** Add the sliced zucchini to the skillet with the shrimp and sauce. Cook for 2-3 minutes, or until the zucchini is tender.
7. **Combine:** Toss the cooked spaghetti with the shrimp, zucchini, and sauce.
8. **Serve:** Serve immediately, garnished with chopped parsley.

Note: For a lower-calorie option, you can use reduced-fat butter or opt for a whole-wheat pasta. You can also add other vegetables to the dish, such as mushrooms or spinach.



Italian #25: Vegan Chi'ken Cacciatore with Rotini Pasta

Vegan Cacciatore with Seitan

Yields: 4 servings Prep time: 30 minutes Cook time: 30 minutes

Ingredients:

- 1 pound seitan, cut into cubes
- 1 large eggplant, cubed
- 1 red bell pepper, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (15 ounces) crushed tomatoes
- 1 cup vegetable broth
- 1/4 cup olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound whole grain pasta

Instructions:

1. **Cook the pasta:** Bring a large pot of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside.
2. **Sauté the vegetables:** Heat the olive oil in a large skillet over medium-high heat. Add the eggplant, red pepper, onion, and garlic. Cook until softened and slightly browned, about 10-12 minutes.
3. **Cook the seitan:** Add the seitan cubes to the skillet and cook for 5-7 minutes, or until heated through.

4. **Make the sauce:** Add the crushed tomatoes, vegetable broth, oregano, red pepper flakes, salt, and pepper to the skillet. Bring to a simmer and cook for 15-20 minutes, or until the sauce has thickened.
5. **Combine and serve:** Add the cooked pasta and seitan to the sauce and toss to coat. Serve immediately.



Italian #26: Classic Spaghetti and Meatballs

Yields: 4 servings **Calories per serving:**

Approximately 500-550 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

For the meatballs:

- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 egg
- 1/4 cup chopped onion
- 1/4 cup chopped parsley
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the sauce:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (28 ounces) crushed tomatoes
- 1 can (15 ounces) tomato sauce
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon red pepper flakes
- Salt and pepper to taste

For the pasta:

- 1 pound spaghetti

Instructions:

Make meatballs:

1. In a large bowl, combine ground beef, breadcrumbs, Parmesan cheese, egg, onion, parsley, garlic, salt, and pepper. Mix well.
2. Shape the mixture into small meatballs and set aside.

Make sauce:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, and cook until softened.
2. Stir in crushed tomatoes, tomato sauce, oregano, basil, red pepper flakes, salt, and pepper. Bring to a simmer and cook for 20-25 minutes, or until the sauce thickens.

Cook meatballs:

1. Add the meatballs to the sauce and simmer for 15-20 minutes, or until cooked through.

Cook pasta:

1. Cook the spaghetti according to package directions. Drain and return to the pot.



Italian #27: Chicken Piccata with Penne Pasta

Yields: 2 servings **Calories per serving:**

Approximately 500-550 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 pound boneless, skinless chicken breasts, pounded thin
- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 large eggs, beaten
- 1/2 cup breadcrumbs and parmesan
- 2 tablespoons olive oil
- 1/2 cup chicken broth
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1 tablespoon capers, drained
- 1/4 cup chopped fresh parsley
- 1 pound penne pasta

Instructions:

1. **Prepare chicken:** Pound the chicken breasts to an even thickness. In a shallow bowl, combine flour, salt, and pepper. Dredge the chicken slices in the flour mixture.
2. **Coat in egg and breadcrumbs:** In another shallow bowl, beat the eggs. Dip the floured chicken slices in the egg mixture, then coat in breadcrumbs.
3. **Cook chicken:** Heat olive oil in a large skillet over medium-high heat. Cook the chicken slices until golden brown and cooked through, about 2-3 minutes per side.

4. **Make sauce:** In the same skillet, add chicken broth, lemon juice, garlic, and capers, sprinkle with parmesan. Bring to a simmer and cook for 2-3 minutes, or until the sauce thickens.
5. **Serve with pasta:** Cook the penne pasta according to package directions. Drain and toss with the chicken and sauce.
6. **Garnish:** Serve immediately, garnished with chopped parsley.

Note: For a lower-calorie option, you can use reduced-fat cheese or opt for a whole-wheat pasta. You can also add more vegetables to the dish, such as sautéed zucchini or roasted red peppers.



Italian #28: Classic Vegetarian Lasagna

Yields: 6 servings **Calories per serving:**

Approximately 450-500 calories

Ingredients:

For the sauce:

- 1 onion chopped, 2 cloves garlic minced
- 16 ounces Spinach
- 1 can (28 ounces) crushed tomatoes
- 1 can (15 ounces) tomato sauce
- 1/2 cup red wine
- 1/4 cup tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Salt and pepper to taste, red pepper flakes
- 1 lb of asparagus, blanched served on side.

For the ricotta cheese mixture:

- 15 ounces ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 egg, salt & pepper
- 1/4 cup chopped fresh parsley

For the lasagna:

- 12 lasagna noodles
- 1 cup shredded mozzarella cheese

Instructions:

1. **Make sauce:** Grill onion and garlic, and cook until softened, add spinach
2. Stir in crushed tomatoes, tomato sauce, red wine, tomato paste, oregano, basil, red pepper flakes, salt, and pepper.

Bring to a simmer and cook for 1 hour, or until the sauce thickens.

3. **Make ricotta mixture:** In a medium bowl, combine ricotta cheese, Parmesan cheese, egg, parsley, salt, and pepper.
4. **Assemble lasagna:** Preheat oven to 375°F (190°C).
5. Spread a thin layer of sauce in the bottom of a 9x13 inch baking dish.
6. Layer 6 lasagna noodles over the sauce.
7. Spread half of the ricotta cheese mixture over the noodles.
8. Top with half of the spinach sauce and mozzarella cheese.
9. Repeat layers with remaining lasagna noodles, ricotta mixture, sauce, and mozzarella cheese.
10. Cover with aluminum foil and bake for 30 minutes. Uncover and bake for an additional 20 minutes, or until bubbly and cheese is melted.



German #29: Bratwurst with Sauerkraut and Potatoes

Yields: 4 servings **Prep time:** 20 minutes **Cook time:** 30-40 minutes

Ingredients:

- 4 bratwurst sausages
- 1 head of sauerkraut
- 1 pound potatoes, peeled and quartered
- 1 onion, chopped
- 2 tablespoons butter
- 1 teaspoon caraway seeds
- Salt and pepper to taste

Instructions:

1. **Cook the potatoes:** Place the potatoes in a large pot of salted water and bring to a boil. Reduce heat and simmer until tender, about 20-25 minutes. Drain and set aside.
2. **Cook the sauerkraut:** In a separate saucepan, combine the sauerkraut, onion, and butter. Cook over medium heat, stirring occasionally, until the sauerkraut is softened and the onion is caramelized, about 10-15 minutes. Season with salt and pepper to taste.
3. **Cook the bratwurst:** Grill or pan-fry the bratwurst until cooked through and browned.

Calorie Estimate:

Per serving: Approximately 500-600 calories (may vary depending on the specific ingredients and cooking methods used).



Indian #30: Chicken Curry with Rice and Mushrooms

Yields: 2 servings **Calories per serving:**

Approximately 450-500 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 pound boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1 can (15 ounces) diced tomatoes
- 1 cup coconut milk
- 1 cup vegetable broth
- 1 teaspoon garam masala
- Salt and pepper to taste
- 1 cup cooked brown rice
- 1 cup sliced mushrooms

Instructions:

1. **Cook chicken:** Season the chicken breasts with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Cook the chicken breasts until browned on both sides. Remove from the skillet and set aside.
2. **Sauté vegetables:** Add the onion, bell pepper, and garlic to the skillet. Cook until softened, about 5 minutes.
3. **Add spices:** Stir in the cumin, coriander, turmeric, diced tomatoes, coconut milk, vegetable broth, and garam masala. Bring to a simmer.
4. **Return chicken:** Return the cooked chicken breasts to the skillet and simmer for 10-15 minutes, or until the flavors have combined and the chicken is cooked through.
5. **Add mushrooms:** Stir in the sliced mushrooms and cook for 5-7 minutes, or until the mushrooms are tender.
6. **Serve with rice:** Serve the chicken curry with cooked brown rice.

Note: For a lower-calorie option, you can use less coconut milk or opt for a lighter curry sauce. You can also add more vegetables to the curry, such as spinach or peas.



Hawaiian #31: Hawaiian Luau, a Kalua Pork with Mashed Potatoes, Vegetables, and Rice

Yields: 2 servings **Calories per serving:**

Approximately 600-650 calories (may vary based on specific ingredients and portion sizes)

Ingredients

For the kalua pork:

- 2-3 pounds pork shoulder, boneless
- 1/2 cup Hawaiian sea salt
- 1/4 cup brown sugar
- 1 tablespoon liquid smoke
- 1/4 cup water

For the sides:

- 2 cups mashed potatoes or cauliflower
- 1 cup green beans
- 1 cup baby carrots
- 1 cup cooked rice

Instructions:

Prepare kalua pork:

1. Rub the pork shoulder with the Hawaiian sea salt, brown sugar, liquid smoke, and water.
2. Wrap the pork in aluminum foil and place in a slow cooker or oven.
3. Cook on low heat for 8-10 hours, or until the pork is very tender and falls apart easily.

Cook vegetables:

1. Steam or roast the green beans and baby carrots until tender.

Assemble meal:

1. Serve the kalua pork with mashed potatoes, steamed vegetables, and cooked rice.

Note: For a lower-calorie option, you can use leaner cuts of pork or reduce the amount of sauce. You can also add other vegetables to the meal, such as grilled pineapple or roasted sweet potatoes.



Irish #32: Grilled Salmon with Mashed Potatoes and Vegetables

Yields: 2 servings **Calories per serving:**
Approximately 450-500 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 pound salmon fillet
- 1 tablespoon olive oil
- 1/2 lemon, zested and juiced
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups mashed potatoes
- 1 cup broccoli florets
- 1 cup baby carrots
- 1/4 cup chopped fresh dill

Instructions:

1. **Prepare salmon:** Season the salmon fillet with salt, pepper, lemon zest, and lemon juice.
2. Grill or pan-sear the salmon in olive oil until cooked through and slightly charred, about 3-4 minutes per side, deglaze in beer.
3. **Cook vegetables:** Steam or roast the broccoli florets and baby carrots until tender.
4. **Serve:** Serve the grilled salmon with mashed potatoes and steamed vegetables. Garnish with chopped dill.

Note: For a lower-calorie option, you can use reduced-fat mashed potatoes or opt for a side salad instead of steamed vegetables.



Chinese #33: Vegan Tofu Stir-Fry with Vegetables

Yields: 2 servings **Calories per serving:** Approximately 400-450 calories (may vary based on specific ingredients and portion sizes)

Ingredients:

- 1 block extra-firm tofu, cubed
- Optional Seitan pieces
- 1 red bell pepper, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 inch piece ginger, grated
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon cornstarch
- 1/4 cup water
- 1 tablespoon sesame oil
- 1/2 cup chopped broccoli florets
- 1/4 cup chopped carrots

Instructions:

1. **Prepare seitan pork and tofu:** Season the seitan pork with salt and pepper. Toss the tofu cubes in a bowl with a little cornstarch.
2. **Stir-fry:** Heat oil in a large skillet over high heat. Add pork and stir-fry until browned. Remove from skillet and set aside.
3. **Cook vegetables:** Add bell pepper, onion, garlic, and ginger to the skillet. Stir-fry for 2-3 minutes, or until softened.

4. **Add sauce:** Stir in soy sauce, oyster sauce, cornstarch, and water. Bring to a simmer and cook for 1 minute, or until the sauce thickens.
5. **Return pork and tofu:** Return the cooked pork and tofu to the skillet. Toss to coat in the sauce.
6. **Add vegetables:** Stir in the broccoli florets and carrots. Cook for 2-3 minutes, or until the vegetables are tender-crisp.
7. **Finish with sesame oil:** Toss in sesame oil.



American #34 Steak with Sides

Yields: 2 servings **Prep time:** 15 minutes **Cook time:** 25-30 minutes

Ingredients:

For the steak:

- 16-ounce ribeye steak or top sirloin
- 1 tablespoon olive oil
- Salt and pepper to taste

For the sides:

- 1 cup mixed vegetables (carrots, peas, green beans)
- 1 tablespoon butter
- 1/2 cup mashed potatoes
- 2 tablespoons butter
- 1/4 cup milk

For the sauces:

- 1/4 cup steak sauce
- 1/4 cup butter, melted
- 1 tablespoon Dijon mustard

Instructions:

1. **Prepare the steak:** Season both sides of the steak with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Add the steak and cook for 5-7 minutes per side for medium-rare, or longer depending on your desired level of doneness. Remove the steak from the skillet and let it rest for 5 minutes.
2. **Cook the vegetables:** While the steak is resting, melt butter in the same skillet over medium heat. Add the mixed vegetables and cook for 5-7 minutes, or until tender-crisp. Season with salt and pepper to taste.

3. **Make the mashed potatoes:** In a small saucepan, combine mashed potatoes, butter, and milk. Heat over medium heat, stirring frequently, until the butter melts and the potatoes are heated through. Season with salt and pepper to taste.
4. **Assemble the dish:** Place the steak on a serving plate. Top with the cooked vegetables and mashed potatoes. Drizzle with steak sauce and a mixture of melted butter and Dijon mustard.

Nutritional Information (per serving):

- **Calories:** Approximately 700-800 calories
- **Protein:** Approximately 50-60 grams
- **Fat:** Approximately 40-50 grams
- **Carbohydrates:** Approximately 30-40 grams



Spanish #35: Paella

Yields: 4 servings **Prep time:** 30 minutes **Cook time:** 30-40 minutes

Ingredients:

- 2 cups arborio rice or brown rice
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, 1 green bell pepper, chopped
- 1 pound boneless, skinless chicken thighs, cut into bite-sized pieces
- 1 pound pork chorizo, sliced
- 1 pound shrimp, peeled and deveined
- 1 pound mussels
- 1 pound clams
- 4 cups chicken broth
- 1 cup saffron-infused water
- 2 tomatoes, chopped
- 1/4 cup peas
- 1/4 cup green beans
- Salt and pepper to taste
- Garnish: fresh parsley

Instructions:

1. **Sauté the vegetables:** Heat olive oil in a large paella pan or Dutch oven over medium heat. Add onion, garlic, red bell pepper, and green bell pepper. Cook until softened, about 5 minutes.
2. **Cook the meat:** Add chicken and chorizo to the pan. Cook until browned, about 5 minutes.

3. **Add the seafood:** Stir in shrimp, mussels, and clams. Cook until the mussels and clams open, about 5 minutes.
4. **Add the rice and broth:** Add rice, chicken broth, and saffron-infused water to the pan. Bring to a boil, then reduce heat to low and simmer, covered, for 20-25 minutes, or until the rice is tender and the liquid is absorbed.
5. **Stir in vegetables:** Stir in tomatoes, peas, and green beans. Cook for 2-3 minutes, or until the vegetables are heated through.

Nutritional Information (per serving):

- **Calories:** Approximately 500-600 calories
- **Protein:** Approximately 30-40 grams
- **Fat:** Approximately 25-30 grams
- **Carbohydrates:** Approximately 50-60 grams

