

## **Personally Fit's Recipes for Success**

### **Breakfast Frittata**

6 eggs  
2 Roma Tomatoes  
½ cup onion, diced  
4 slices turkey bacon  
¼ cup non-fat Feta cheese

Spray a 12-muffin pan with non-stick cooking spray. Mix ingredients and portion into pan. Bake at 375° for 15 minutes. Put in refrigerator and heat 1 – 2 for 20 seconds. Add a piece of fruit to keep your calorie level up for breakfast.

### **Sautéed Seasoned Chicken and Veggies**

1 lb. skinless, boneless chicken breast  
Mrs. Dash Original to taste  
1 tbsp. olive oil  
1 cup chopped onion  
1 cup sliced mushrooms  
1 cup sliced zucchini  
¼ tsp. dried basil and oregano (each)  
1 can Bush's Best Garbanzo beans, drained and rinsed  
1 tsp freshly minced garlic  
1-16 oz can no salt diced tomatoes  
2 tbsp fat free sour cream  
1 tbsp balsamic vinegar

Coat chicken with Mrs. Dash. Heat oil in skillet over med-high heat. Sauté chicken until brown, 2-3 minutes on each side.

Add onion, mushroom, zucchini, basil, oregano, and garlic. Sauté 4-5 minutes.

Reduce heat to medium and add remaining ingredients. Cover and cook 10 minutes.

### **Corn & Black Bean Go To Meal**

1 can shoe peg corn, drained and rinsed  
1 or 2 cans black beans, drained and rinsed  
Salsa (mild, med, hot) to taste

Mix all together in bowl, and heat in microwave. Serve over brown rice, wild rice, or "cooked" (bag) coleslaw (I steam the coleslaw in the microwave - it's fast!). Keep all these ingredients on hand for a last minute meal, and use leftovers for another meal and/or snacks. You could also add chicken if on hand.

### **Seasoned Sweet Potatoes**

2 medium sweet potatoes (8-10 oz. each), diced in ¼" cubes  
1 Tbsp. balsamic vinegar  
Paul Prudhomme's Vegetable Magic Seasoning (to taste)  
1 tsp. olive oil

Preheat oven to 400°

Mix balsamic vinegar, olive oil and Vegetable Magic seasoning in Ziploc bag. Place sweet potatoes in bag and shake to coat.

Spread sweet potatoes over lightly greased cooking sheet. Bake 45 minutes; flip sweet potatoes every 10 minutes to avoid burning. May also be cooked in a skillet.

### **Oatmeal Pancakes**

½ cup cottage cheese, ½ cup oatmeal, ¼ cup egg beaters or 2 egg whites, 2 packets Splenda (not necessary), 1 tsp. vanilla, and cinnamon to taste. Mix ingredients in the blender and then cook. Top with syrup (which is surprisingly good!) or make a pancake sandwich with peanut butter and ½ mashed bananas. These pancakes are TERRIFIC! Yields: 1 serving

### **Wild Rice with Blueberries**

1 cup wild rice  
2 1/3 cups chicken broth

8 ounces dried blueberries or cherries

Bring broth to boil. Add rice. Lower heat to simmer and cover. Cook for 55 minutes. Remove from heat. Add a package of dried blueberries and stir gently. May substitute beef broth for chicken broth and add cooked, cubed beef.

### **Spaghetti Squash with Meat Sauce**

½ pound ground round	½ cup onion, chopped
1 garlic clove, minced	8 oz. Tomato sauce, no salt added
1 tsp. Dried oregano leaves, crushed	1 tsp. dried basil leaves, crushed
¼ tsp. granulated sugar	¼ tsp. salt
1/8 tsp. pepper	

Poke holes in spaghetti squash and place in oven at 350 for 90 minutes. Let spaghetti squash cool for 10 minutes. Cut in half; pull out threads and seeds. Using a spoon, scoop the 'meat' of the squash from the rind; the squash will have the appearance of pasta. The squash can be cooked the day before to save time that evening.

Brown beef with onions and garlic. Drain well. Stir in tomato sauce, oregano, basil, sugar, salt and pepper. Simmer 15 minutes. Serve over spaghetti squash.

Yields: 4 servings.

### **Ham-wrapped Asparagus with Dip**

24 Asparagus Spears	1 Tbsp Dijon Mustard
1 Tbsp Runny Honey	Zest of ½ orange
Salt & Pepper to Taste	6 slices Ham (Thin sliced)

Bring a pan of water to boil, add asparagus and simmer for 3 -4 minutes (until tender). Drain well and rinse under cold water to cool it quickly. Mix together mustard, honey, orange zest and seasoning. Spread a very thin layer of mixture on one side of each slice of ham. Cut ham slices into four, lengthways. With the sticky side against the asparagus, wrap the ham around asparagus and arrange on serving plate. Yields 4 servings

### **Corn & Crawfish Soup**

Shrimp or crab can be used instead of crawfish.

½ medium onion, chopped

¼ cup flour

1 can (15oz.) whole kernel corn

1 lb. crawfish tails

3 cups chicken broth (no MSG)

1 cup fat free half & half

1 can (15 oz.) creamy style corn

Tony's seasoning to taste

Sauté onions in 2 T chicken broth. Add flour and cook until just slightly tan. Add remaining chicken broth, half & half, and seasoning. Cook 10 minutes. Add corn; cook 20 minutes on simmer. Add crawfish; cook 10 minutes until crawfish are heated.

Serves 6