

**Spanish Chicken**

- 4 chicken thighs
- 1 cup onion, chopped
- 1c no added salt tomato sauce
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp basil
- 1 tsp black pepper
- 1 tsp parsley
- ¼ cup water

Combine spices in a plastic bag. Add chicken pieces and shake to coat evenly. Place chicken and onions in skillet with a lid. Add water. Cover and cook 10 mins. Turn and cook 10 mins more. Pour sauce over and continue until done through, about 10 more mins. Serve with pasta or rice. Spoon sauce and onion mixture over.

Serving: 1 chicken thigh Yields 4 servings

Calories 105, Protein 10g, Total Carb 13g, Dietary Fiber 13, Total Fat 2g, Saturated Fat 0g, Sodium 73mg.



**Pasta With Chicken,  
Zucchini and Tomatoes**

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 8 oz. Linguine or Spaghetti     | 2 cups chicken, cooked and cubed |
| 2 T oil                         | 1 cup non fat dairy creamer      |
| 2 small zucchini, cut in strips | 1/8 tsp black pepper             |
| ½ c mushrooms, sliced           | 6 roma tomatoes, sliced          |
| ½ tsp basil                     | 2 Tbsp grated parmesan cheese    |
| 1 clove garlic, minced          |                                  |

Cook linguini or spaghetti according to package directions. In a skillet, heat oil. Add zucchini, mushrooms, garlic and basil. Cook and stir until zucchini is crisp-tender, about 2-3 mins. Drain pasta and return to saucepan. Stir in creamer, chicken and zucchini mixture and heat through. Add tomatoes and cheese. Toss and serve.

Serving size: about ½ cup.

Calories 355, Protein 22g, Total Carb 40g, Dietary Fiber 4g, Total Fat 11g, Saturated Fat 2g, Sodium 118mg



**Sweet Potato Squash  
Casserole**

- 2 sweet potatoes
- 1 butternut squash
- 1cup orange juice
- 1 Tbsp unsalted margarine
- 2 cinnamon sticks

Preheat oven to 375 degrees. Cut sweet potatoes in half. Cut the squash in half vertically and scrape out the seeds. Put the vegetables, cut side up, in a baking pan and bake, uncovered, until they are very soft, at least 1 ½ hours. Scoop the potato and squash out of the skins, combine them, and mash until smooth. Put the orange juice, margarine, and cinnamon sticks in a small saucepan and heat, reducing until it is about ¼ cup syrup. Discard the cinnamon sticks. Stir the orange syrup into the mashed vegetables.

Yield 4 servings

Calories 163, Total fat 3g, Saturated fat 1g, Sodium 13g Carbohydrates 33g, Dietary fiber 2g, Protein 2 g



**White Chocolate  
Cranberry Cookie**

- |                      |                             |
|----------------------|-----------------------------|
| 1/2 c Shortening     | 1 t Sodium Free Baking Soda |
| 1 c Brown Sugar      | 1/4 c Buttermilk            |
| 1/4 c Egg Substitute | 1/2 c White Chocolate Chips |
| 1 t Vanilla          | 1/2 c Dried Cranberries     |
| 1 3/4 c Flour        |                             |

Beat shortening until light. Add sugar and beat until fluffy. Beat in egg and vanilla. Stir together dry ingredients. Add alternately with buttermilk. beat until smooth. Stir in chips and cranberries. Drop about 2 inches apart on greased baking sheet. Bake at 375 8 to 10 minutes, until lightly browned.

Yield: 36 Servings

Calories 92, Protein 1g, Total Carb 14g, Dietary Fiber 0.3g, Total Fat 4g, Saturated Fat 1g, Sodium 10mg.

