

Simple Spaghetti

Makes 6 servings.

You'll Need -

1 pound lean ground beef or
ground turkey

1 small onion

2 (16 ounce) cans unsalted tomatoes

2 (6 ounce) cans tomato paste

1 teaspoon oregano

1 teaspoon basil

2 cloves garlic

1 package artificial sweetener (optional)

Take Out -

large skillet
pancake turner
spoon
can opener
measuring spoons
knife
cutting board

Hot cooked spaghetti

1. Brown meat. Drain.
2. Chop onion and garlic. Add with tomatoes and tomato paste to meat.
3. Measure oregano and basil. Add to meat.
4. Bring to a boil. Turn heat down. Simmer for 20 minutes. Stir occasionally.
5. Remove from heat. Add artificial sweetener before serving.
6. Serve over cooked spaghetti.

Exchange: 2 starch, 2 meat, 1 vegetable

Pot Roast

Makes 16- 3 ounce servings.

You'll Need -

Take Out -

4 pound chuck roast

dutch oven

1 medium onion

knife

cutting board

1 clove garlic

measuring cups

2 cups water or beef broth

salt and pepper (optional)

carrots, celery and potatoes (optional)

1. Trim fat from chuck roast.
2. Slice onion and chop garlic.
3. Put roast in dutch oven with onion and garlic. Measure and add water or broth.
4. Simmer on top of stove for 2 ½ hours.
5. Can add cut up carrots, celery and potatoes last half hour.

Exchange: 3 meat

Succulent Sirloin

Makes 4- 3 ounce servings.

You'll Need -

Take Out -

1 pound sirloin steak-
1 inch thick

1 clove garlic

salt and pepper (optional)

broiler pan with rack
knife
cutting board
knife

1. Trim fat from steak.
2. Cut garlic in half. Rub steak with cut garlic. Sprinkle with salt and pepper if needed.
3. Boil 3 inches from broiler for 7-8 minutes per side.
4. Cut into 4 pieces.

Exchange: 3 meat

Marinated Flank Steak

Makes 4- 3 ounce servings.

You'll Need -

1 small onion
1 clove garlic
1/4 teaspoon basil
1/4 teaspoon dry mustard
1/4 cup vinegar
2 tablespoon vegetable oil
few drops hot sauce
1 pound flank steak

Take Out -

shallow glass baking pan
knife
cutting board
measuring cups
measuring spoons
tongs
plastic wrap
broiler pan with rack

1. Chop onion and garlic. Measure basil and dry mustard.
2. Mix with vinegar, oil and hot sauce in baking dish.
3. Place flank steak in dish and turn to coat.
4. Marinate for 8 hours. Turn 3 times.
5. Drain steak. Broil 3 inches from broiler for 8 minutes each side.
6. Slice diagonally into thin slices.

Exchange: 3 meat

Broiled Beef Pattie

4- 3 ounce servings.

You'll Need -

½ pound mushrooms

1 medium onion

1 pound lean ground beef

salt and pepper (optional)

non-stick vegetable spray

Take Out -

pancake turner

large bowl

knife

cutting board

broiler pan with rack
or outdoor grill

1. Chop up onion and mushrooms very fine.
2. Mix well with beef, salt and pepper in bowl.
3. Shape into 4 patties.
4. Spray broiler pan and rack or grill with non-stick spray.
5. Broil patties for 4-5 minutes. Turn. Broil 4-5 minutes more.

Exchange: 3 meat

(Can also use ground turkey instead of beef)

Baked Pork Chop

Makes 4 servings.

You'll Need -

1 medium onion
1 clove garlic
4 - 4 ounce pork chops
1/4 teaspoon oregano
1/4 teaspoon basil
1/4 teaspoon red pepper
salt and pepper (optional)
non-stick vegetable spray

Take Out -

cutting board
measuring spoons
foil
knife
baking pan

1. Chop onion and garlic very fine.
2. Spray baking pan with non-stick spray.
3. Place pork chops into pan. Cover with onions and garlic.
4. Measure oregano, basil and red pepper. Sprinkle over pork.
5. Add salt and pepper if needed.
6. Cover with foil and bake for 30 minutes at 350 degrees. Uncover pan for last 5 minutes to brown.

Exchange: 3 meat

Roast Pork

Makes 16- 3 ounce servings.

You'll Need -

Take Out -

4 pound pork roast

salt and pepper if needed

roasting pan with rack
knife

cutting board

meat thermometer

1. Trim fat from roast.
2. Place roast on rack in pan. Insert thermometer in meat away from bone and fat.
3. Bake 2 hours or until thermometer says 160 degrees. (30-35 minutes per pound)
4. Let stand 10-15 minutes before slicing.

Exchange: 3 meat

Roast Turkey

Makes 20-30 3 ounce servings depending on size of turkey.

You'll Need -

12-15 pound turkey, thawed
not self-basting

salt and pepper (optional)

1 Tablespoon flour

Take Out -

large roasting pan
turkey-size cooking bag
knife

measuring spoons
meat thermometer

bulb baster
small storage containers

1. Remove turkey giblets and neck from inside turkey. Simmer these in water to make broth.
2. Sprinkle turkey with salt and pepper.
3. Place 1 tablespoon of flour in cooking bag. Shake.
4. Put turkey in bag and seal. Put in pan.
5. Stab top of bag with knife in 6 different places.
6. Put thermometer in thigh through slit in bag.
7. Bake at 350 degrees for 2-3 hours or until thermometer says 180-185 degrees.
8. Carefully slip open bag. Remove turkey drippings with baster.
9. Let turkey stand 20 minutes before carving.
10. Refrigerate drippings. When cool, take off fat. Use to season vegetables and make soup.
11. Freeze turkey and broth in small containers for 2-3 months or refrigerate 2-3 days.

Exchange: 1 ounce = 1 meat

Luscious Lowfat Chicken

Makes 4 servings.

You'll Need -

Take Out -

4 skinned chicken breast

cutting board
knife

1 small onion

large baking pan
measuring spoons

1-2 cloves of garlic

foil

1/4 teaspoon basil

2 Tablespoons rose` wine

salt and pepper (optional)

non-stick cooking spray

1. Spray baking pan with non-stick spray.
2. Place chicken in pan.
3. Cut up onion and garlic very fine. Measure out herbs and wine.
4. Sprinkle chicken with onion, garlic, herbs and wine. Add salt and pepper if needed.
5. Cover with foil. Bake for 45 minutes at 350 degrees.

Exchange: 3 meat

Oven-fried Chicken

Makes 4 servings.

You'll Need -

Take Out -

1/4 cup plain cornmeal

1/4 cup whole wheat flour

1/8 teaspoon herb shaker
(spicy or lemon flavor)

3 sprigs parsley

2 Tablespoons vegetable oil

4 small chicken breasts, skinned

non-stick vegetable spray

large baking dish

pancake turner

knife

cutting board

measuring spoons

measuring cups

paper or plastic bag

1. Measure out cornmeal, flour, and herbs. Mix together in bag.
2. Chop parsley very fine. Add to cornmeal mix.
3. Spray baking dish with non-stick spray and coat with vegetable oil.
4. Shake chicken in bag.
5. Put chicken in baking dish. Turn to coat with oil.
6. Bake for 1 hour at 350 degrees.

Exchanges: 3 meat

Broiled Shrimp

Makes 4- 4 ounce servings.

You'll Need -

1 small onion

1 clove garlic

1 celery stalk

1 bay leaf

salt (optional)

1 pound shrimp, cleaned

lemon

Take Out -

measuring cups

cutting board

slotted spoon

plastic wrap

knife

large saucepan

1. Slice onion and chop up garlic and celery.
2. Measure water into saucepan. Add onion, garlic, celery, bay leaf and salt. Bring to boil then turn down. Simmer 5 minutes.
3. Add shrimp. Simmer 5 more minutes. Shrimp should turn pink but not curl.
4. Drain immediately and chill.
5. Shell and devein shrimp before eating.
6. Squeeze lemon over shrimp.

Exchange: 2 meat per 4 ounces shrimp

Shrimp Salad

Makes 4- 2 ounce servings.

You'll Need -

Take Out -

8 ounces peeled and boiled shrimp

½ cup green pepper

1 small onion

1 teaspoon lemon juice

salt (optional)

1/4 cup lite mayonnaise

1/4 cup plain lowfat yogurt

small bowl
spoon

knife

cutting board

measuring cups

measuring spoons

1. Cut shrimp in half.
2. Chop up green pepper and onion very fine.
3. Mix everything together in bowl.
4. Chill. Serve on lettuce or whole wheat bread.

Exchange: 1 meat, 1 fat

Broiled Scallops

Makes 4- 4 ounce servings.

You'll Need -

Take Out -

1 pound bay scallops

1 lemon

3 green onions

3 sprigs of parsley

non-stick vegetable spray

broiling pan
pancake turner
knife
cutting board

1. Spray broiler pan well with non-stick spray. Put scallops in one layer in pan.
2. Cut lemon in half and seed. Squeeze over scallops.
3. Chop green onion and parsley very fine.
4. Broil scallops for 3 minutes. Turn.
5. Sprinkle onion and parsley over scallops. Broil 2-3 minutes more. Do not overcook.

Exchange: 2 meat per 4 ounces

Salmon or Tuna Fish Salad

Makes 4- 2 ounce servings.

You'll Need -

Take Out -

1 stalk celery

1 medium dill pickle

2 Tablespoons lite mayonnaise

2 Tablespoons plain lowfat yogurt

1 cup salmon or
a 6 ½ or 7 ounce can of tuna, drained

knife

cutting board

medium bowl

measuring cups

measuring spoons

spoon

1. Chop celery and pickle very fine.
2. Mix everything together in bowl.
3. Chill.
4. Serve on lettuce or bread.

Exchange: 2 meat, ½ fat

Egg Salad

Makes 4 servings.

You'll Need -

Take Out -

4 hard-cooked eggs

small bowl

fork

1 teaspoon mustard

measuring spoons

knife

2 Tablespoons lite mayonnaise

cutting board

2 Tablespoons plain lowfat yogurt

1 medium dill pickle

salt (optional)

1. Mash hard-cooked eggs with fork in bowl.
2. Measure out mustard, mayonnaise and yogurt. Mix in with egg.
3. Chop pickle very fine. Stir into egg mix.
4. Add salt if needed.
5. Chill. Serve on whole grain bread.

Exchange: 1 meat, ½ fat

Fat Free Broth

Makes 3-4 cups.

You'll Need -

Take Out -

beef, pork, chicken or
turkey bones and fat

2-3 celery stalks

1 large onion

1 clove garlic

4 cups of water

salt and pepper (optional)

herb shaker to taste

medium sauce pan with lid

slotted spoon

strainer

cutting board

knife

measuring cups

shallow storage container(s)

1. Put bones and fat into pan.
2. Chop up onion, celery and garlic. Add to pan.
3. Add salt, pepper and herbs.
4. Measure water and add.
5. Bring to boil. Turn down heat. Simmer for 1 hour.
6. Strain broth. Store in shallow container(s). Cool in refrigerator. Take fat off top when cool.
7. Freeze for several months or refrigerate for 2-3 days. Use to season vegetables and make soups.

Exchange. free

Homemade Bean Soup

Makes 4 - 1 cup servings.

You'll Need -

½ cup dried pinto or white beans

water

1 carrot

2 celery stalks

1 large potato

1 clove garlic

4 cups fat free broth

salt and pepper (optional)

Take Out -

large pot with lid

cutting board

knife

measuring cups

measuring spoons

large spoon

1. Soak dried beans cover with water overnight in refrigerator.
2. Drain beans.
3. Chop up carrot, onion, celery, potato and garlic.
4. Measure broth, put in pan with beans, carrot, onion, celery, potato and garlic.
5. Bring to boil. Turn heat down. Simmer 2-3 hours or until beans are tender.
6. Add salt and pepper before serving if needed.

Exchange: 2 starch

Seasoned Green Beans

4 - ½ cup servings.

You'll Need -

Take Out -

1 (10 ounce) package
frozen green beans or
2 cups fresh

1 cup fat free broth

½ cup teaspoon herb spice shaker
(spicey type the best)

juice of 1 lemon

black pepper

medium sauce pan
knife
cutting board
measuring cups
measuring spoons

1. Heat broth to boiling.
2. Measure herbs. Add with beans to broth.
3. Turn heat down. Cook 15-20 minutes.
4. Before serving, sprinkle on lemon and pepper.

Exchange: 1 vegetable

(Can use same recipe for other vegetables)

Oven Baked Fries

Makes 1 serving per potato.

You'll Need -

Take Out -

1 medium potato

non-stick vegetable spray

paprika

salt and pepper (optional)

cookie sheet
pancake turner
knife
cutting board

1. Wash unpeeled potato(es) well.
2. Slice across unpeeled potato(es). Make slices very thin.
3. Spray cookie sheet with non-stick spray.
4. Place slices in one layer on cookie sheet.
5. Sprinkle with paprika, salt and pepper.
6. Bake in 500 degree oven for 5 minutes. Turn.
7. Sprinkle again with paprika. Cook another 5-10 minutes until brown.

Exchange: 1 starch

Baked Acorn Squash

Makes 4 servings.

You'll Need -

Take Out -

1 medium acorn squash

1 cookie sheet
knife

1-2 packages artificial sweetener

non-stick vegetable spray

1. Spray cookie sheet with non-stick spray.
2. Put uncut squash onto cookie sheet.
3. Bake 1 to 1 ½ hours in 400 degree oven until tender.
4. Cut into 4 pieces. Take out seeds.
5. Sprinkle pieces with artificial sweetener.

Exchange: 1 starch

Crunchy Coleslaw

Makes 8- ½ cup servings.

You'll Need -

3 ½ cups shredded cabbage
(about ½ medium head)

1 medium carrot

1 stalk celery

2 Tablespoons lite mayonnaise

2 Tablespoons plain lowfat yogurt

salt (optional)

½ teaspoon celery seed

Take Out -

grater
knife
cutting board
large bowl
large spoon
measuring cups
measuring spoons
vegetable scraper

1. Clean carrot and cabbage. Shred with grater.
2. Chop celery very fine.
3. Mix carrot, cabbage and celery together in bowl.
4. Measure out mayonnaise, yogurt and celery seed. Add to bowl.
5. Add salt if needed. Mix everything together well.
6. Chill.

Exchange: ½ vegetable

Delicious Muffins

Makes 12 muffins.

You'll Need -

1 cup all-purpose flour
3/4 cup whole wheat flour
1/4 cup brown sugar
2 teaspoons baking powder
3/4 cup skim milk
1 egg
1/3 cup vegetable oil
non-stick vegetable spray

Take Out -

large bowl
measuring cups
measuring spoons
rubber spatula
muffin pans(s)

1. Measure all-purpose and whole wheat flours, brown sugar and baking powder. Mix together in bowl.
2. Measure out milk and oil. Add with egg to flour mix. Stir just so flour mix is moist.
3. Spray muffin pan with cooking spray. Fill each hole 2/3 full with batter.
4. Bake at 400 degrees for 25 minutes.

Exchange: 1 starch, 1 fat

Can stir in 1/2 cup blueberries or raisins before baking.

Easy French Toast

Makes 4- 5 servings.

You'll Need -

2 eggs or ½ cup egg substitute
½ cup skim milk
4-5 slice of bread (whole grain best)
non-stick vegetable spray

Take Out -

medium bowl
fork
measuring cups
pancake turner
shallow pan
skillet

1. Crack eggs or measure out egg substitute into bowl.
2. Measure out milk and add. Beat well with fork.
3. Pour into shallow pan. Dip bread slices in one at a time. Coat both sides.
4. Spray skillet with non-stick spray. Heat skillet over medium-high heat.
5. Put dipped bread in skillet. Do not crowd. Brown both sides.
6. Top with warm sugar-free syrup.
7. Leftovers can be refrigerated or frozen.

Exchange: 1 starch, ½ meat

Tasty Rice

Makes 9- 1/3 cup servings.

You'll Need -

Take Out -

2 ½ cups water or fat-free broth

1 stalk celery with leaves

1 small onion

salt or pepper (optional)

1 cup uncooked rice (brown or white)

cutting board

knife

measuring cups

spoon

medium sauce pan with lid

1. Measure out broth or water. Put in pan.
2. Chop up celery and onion. Add to pan.
3. Add salt and pepper if needed.
4. Measure rice and add to pan. Put on lid.
5. Bring to boil. Turn down heat. Simmer for about 45 minutes or until rice is tender.

Exchange: 1 starch

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