


Meal Mixer Personalized Menu for example@morethyme.com

(Copyright 2008 by More Thyme, LLC. May not be reproduced or shared in any way. Doing so is in violation of the terms of service.)

	Breakfast	Lunch	Dinner
S U N	Royal French Toast (1 of 4) Turkey Sausages (1 of 4) Orange Juice (1 of 1)	4 Fruit Salad (1 of 6) Tasty and Simple Beer Bread (1 of 8) Baked Bean Soup (1 of 8)	Beef Carbonnade (1 of 8) Caramelized Butternut Squash (1 of 8) Steamed Broccoli (1 of 4)
	Snacks: Mozzarella Cheese Stick (1 of 1)		
	<u>Calories</u> 1922 / 2106	<u>Carbs</u> 241 / 270g	<u>Fat</u> 71 / 80g <small>Unsat.: 8% Sat.: 92%</small>
M O N	Peanut Sunflower Spirals (1 of 2) Cantaloupe (1 of 4) Fruit Flavored Non Fat Yogurt (1 of 1) Orange Juice (1 of 1)	Plain Salami Sandwich (1 of 1) Dill Pickles (1 of 4) Potato Chips - Reduced Fat (1 of 4) Root Beer Soda (1 of 1)	Yogurt Marinated Chicken (1 of 4) Candied Carrots (1 of 4) Parmesan Orzo Primavera (1 of 4) Olympian Greek Salad (1 of 6)
	Snacks: Mozzarella Cheese Stick (1 of 1)		
	<u>Calories</u> 1988 / 2106	<u>Carbs</u> 239 / 270g	<u>Fat</u> 74 / 80g <small>Unsat.: 22% Sat.: 78%</small>
T U E	Breakfast Parfaits (1 of 4) Whole-Wheat Toast with Buttery Spread (1 of 1) Orange Juice (1 of 1)	Grilled Peanut Butter and Jelly Sandwiches (1 of 4) Pear (1 of 1)	Basil Pork Cutlets (1 of 4) Lemon Buttered Asparagus (1 of 4) Thyme Fried Potatoes (1 of 4) Winter Fruit Pie (1 of 8)
	Snacks: Mozzarella Cheese Stick (1 of 1)		
	<u>Calories</u> 2335 / 2106	<u>Carbs</u> 308 / 270g	<u>Fat</u> 87 / 80g <small>Unsat.: 14% Sat.: 86%</small>
W E D	Pear and Maple Oatmeal (1 of 1) Turkey bacon (1 of 4)	Veggie Rollups (1 of 4) Potato Chips - Reduced Fat (1 of 4) Winter Fruit Pie (1 of 8)	Walking Tacos (1 of 4) Spanish Rice - Vegetarian (1 of 4) Tropical Fruit Salad (1 of 8)
	Snacks: Mozzarella Cheese Stick (1 of 1)		
	<u>Calories</u> 2036 / 2106	<u>Carbs</u> 271 / 270g	<u>Fat</u> 77 / 80g <small>Unsat.: 14% Sat.: 86%</small>
T H U	Oatmeal Pancakes (1 of 6) Banana (1 of 1) Turkey bacon (1 of 4) Skim Milk (1 of 1)	Tuna and Garbanzo Salad (1 of 4) Apple (1 of 1) Bread and Olive Oil (1 of 4) Mozzarella Cheese Stick (1 of 1)	Meaty Ziti Casserole (1 of 6) 4 Fruit Salad (1 of 6) Cheesy Garlic Bread (1 of 8) Tossed Salad (1 of 4)
	Snacks: Mozzarella Cheese Stick (1 of 1)		
	<u>Calories</u> 2198 / 2106	<u>Carbs</u> 255 / 270g	<u>Fat</u> 86 / 80g <small>Unsat.: 13% Sat.: 87%</small>
F R I	Toasted Oat Cereal (1 of 1) Banana (1 of 1) Fruit Flavored Non Fat Yogurt (1 of 1)	Corned Beef Sandwiches (1 of 4) Pretzels (1 of 4) Raw Carrots (1 of 1)	Crispy Tilapia and Classic Tartar (1 of 4) Peas - Frozen (1 of 4) Really Red Potato Salad (1 of 4)
	Snacks: Mozzarella Cheese Stick (1 of 1)		
	<u>Calories</u> 1882 / 2106	<u>Carbs</u> 227 / 270g	<u>Fat</u> 70 / 80g <small>Unsat.: 16% Sat.: 84%</small>
S A T	Snacks:		
	Daily Average (actual/goal) 		
	<u>Calories</u> 2060 / 2106	<u>Carbs</u> 257 / 270g	<u>Fat</u> 78 / 80g <u>Protein</u> 85 / 76g <u>Sugar</u> 117g <u>Fiber</u> 25g <u>Sodium</u> 3530mg

Meal Mixer Shopping List

Baking

- all-purpose flour (1 3/8 cups)
- baking powder (2 tsp)
- breadcrumbs (3/4 cups)
- cornstarch (3/8 cups)
- light brown sugar (1/4 cups)
- olive oil (1/2 cups)
- self-rising flour (3 cups)
- sugar (1 cups)
- sunflower seeds (1/8 cups)
- vanilla extract (1 tsp)
- vegetable oil (1 cup)

Beans

- canned baked beans (30 oz)
- canned garbanzo beans (15 oz)

Bread

- bread (18 sl)
- french bread (4 sl)
- french bread loaf (1 ea)
- fresh breadcrumbs (2 cups)
- rye bread (8 sl)
- whole-wheat toast (2 sl)

Canned Fruit

- canned mandarin oranges (30 oz)
- canned pineapple chunks in juice (40 oz)
- canned sliced peaches in juice (40 oz)

Canned Goods

- canned tuna in water (12 oz)
- canned whole tomatoes (28 oz)
- tomato paste (7/8 cups)
- tomato sauce (8 oz)

Cereal

- low-fat granola cereal with raisins (2 cups)
- maple syrup (2 tsp)
- oatmeal (2 1/2 cups)
- toasted oat cereal (3/4 cups)

Chips Nuts

- pretzels (4 oz)
- reduced fat potato chips (8 oz)
- tortilla chip (4 oz)

Condiments

- black olive (1/4 cups)
- capers (2 tsp)
- dijon mustard (1 tsp)
- dill pickle (4 ea)
- hot pepper sauce (1 dash)
- mayonnaise (1/8 cups)
- mustard (1 tsp)
- prepared horseradish (1 tsp)
- reduced fat mayonnaise (3/4 cups)
- reduced fat ranch salad dressing (3/4 cups)
- sweet pickle relish (3/8 cups)
- white wine vinegar (2 tsp)

Dairy

- butter (1 5/8 cups)
- buttery spread w/ yogurt (2 tsp)
- cream cheese - reduced fat (3/4 cups)
- egg (9 ea)
- feta cheese (6 oz)
- fruit flavored non fat yogurt (2 cups)
- milk - 2% (2 cups)
- milk - skim (2 1/2 cups)
- mozzarella cheese stick (7 ea)
- parmesan cheese (1 1/4 cups)
- plain yogurt (1 cup)
- shredded cheddar cheese (1 cup)
- sour cream (1/4 cups)
- strawberry yogurt (16 oz)
- swiss cheese (4 sl)
- unsalted butter (1/2 cups)

Deli

- deli corned beef (8 oz)
- salami (3 sl)

Ethnic

- salsa (1/4 cups)
- taco seasoning mix (0.50 pkg)

Frozen

- frozen peas (10 oz)
- turkey breakfast sausage (8 ea)

Jams Jellies

- creamy peanut butter (3/4 cups)
- grape jelly (1/8 cups)
- honey (1 Tbs)
- seedless raspberry jam (1/4 cups)

Juices

- apple juice (2 cups)
- lemon juice (1/2 cups)

Meat

- bacon (2 sl)
- beef chuck roast (40 oz)
- boneless skinless chicken breast half (4 ea)
- ground beef sirloin (16 oz)
- ground turkey (8 oz)
- pork cutlet (16 oz)
- turkey bacon (16 sl)

Pasta Rice

- egg noodles (12 oz)
- orzo pasta (1 cup)
- rice (1 cup)
- ziti (8 oz)

Pop Soda

- root beer soda (1 1/2 cups)

Meal Mixer Shopping List

Produce

- apple (1 ea)
- asparagus (16 oz)
- banana (6 ea)
- broccoli flowerette (1 1/4 cups)
- broccoli head (1 ea)
- butternut squash (64 oz)
- button mushroom (1 cup)
- cabbage (0.25 ea)
- cantaloupe (0.50 ea)
- carrot (2 ea)
- carrots - baby (16 oz)
- celery stalk (1 ea)
- croutons (1 cup)
- cucumber (1 ea)
- dried apricots (1 cup)
- dried cherries (1 1/2 cups)
- fresh dill (3/8 cups)
- fresh oregano (2 tsp)
- fresh parsley (1/2 cups)
- garlic clove (6 ea)
- green bell pepper (1 ea)
- green onion (7 ea)
- italian plum tomato (3 ea)
- kalamata olive (3/8 cups)
- lemon (1 ea)
- mango (2 ea)
- onion (4 3/8 cups)
- pear (96 oz)
- pineapple (1 ea)
- potato (32 oz)
- red bell pepper (1 ea)
- red onion (1 1/8 cups)
- red potato (16 oz)
- romaine lettuce head (1 ea)
- tomato (1 ea)
- yellow bell pepper (3/4 cups)

Refrigerator Case

- flour tortilla (2 ea)
- orange juice (2 1/4 cups)
- refrigerated pie crust (4 ea)
- whole-wheat tortilla (4 ea)

Seafood

- tilapia fillet (16 oz)

Soup

- beef broth (1 3/8 cups)
- chicken broth (1 7/8 cups)
- vegetable broth (2 1/2 cups)

Wine Spirits

- beer (3 cups)

Meal Mixer Recipes

Royal French Toast

1 tbs butter, or margarine	1 tsp vanilla extract
8 sl bread	1 tbs cinnamon
4 eggs	4 tbs seedless raspberry jam
4 fl ozs cream cheese - reduced fat , softened	

- **Melt butter in large skillet or electric frying pan over medium heat.**
- Lightly toast bread.
- Spread with cream cheese and make into 4 sandwiches.
- Beat the eggs with vanilla and cinnamon.
- Press bread into egg mixture and cook both sides until golden brown, about 6 minutes.
- Top with raspberry jam and serve.

Prep Time: 0:10 **Cook Time:** 0:10 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 353.3 **Fat:** 14.8g **Unsaturated Fat:** 6.16g **Protein:** 13.5g **Carb.:** 43.1g **Sugar:** 12.5g **Sodium:** 526.7mg **Cholesterol:** 235.9mg **Fiber:** 2.3g

Tasty and Simple Beer Bread

1/2 cup sugar	3 cups self-rising flour
12 fl ozs beer	1/4 cup butter, melted

- **Preheat the oven to 350.**
- Lightly spray a 9 x 5 loaf pan with non-stick spray
- Stir together the sugar and beer, then mix in the flour.
- Spread the batter into the pan, then drizzle with melted butter.
- Bake 60 minutes.
- **The melted butter over the top is optional. If you opt out, subtract 51 calories and 6 grams of fat from each serving.**

Prep Time: 0:10 **Cook Time:** 1:00 **Skill Level:** Average **Cuisine:** American **Serves:** 8 **Calories:** 275.8 **Fat:** 6.2g **Unsaturated Fat:** 1.94g **Protein:** 4.8g **Carb.:** 47.4g **Sugar:** 12.6g **Sodium:** 638mg **Cholesterol:** 15.3mg **Fiber:** 1.3g

4 Fruit Salad

20 ozs canned sliced peaches in juice, drained	15 ozs canned mandarin oranges, drained
20 ozs canned pineapple chunks in juice, drained	1/4 cup dried cherries

- Mix and eat!
- Nice to let it sit so the cherries soften.

Prep Time: 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 161.8 **Fat:** 0.2g **Unsaturated Fat:** 0.13g **Protein:** 1.3g **Carb.:** 41.4g **Sugar:** 37.6g **Sodium:** 9.1mg **Cholesterol:** 0mg **Fiber:** 2.8g

Baked Bean Soup

1 tbs vegetable oil	4 cups water
1/4 cup onion, diced	1 dried bay leaf
1 celery stalk, diced	1/8 tsp pepper
1 tbs tomato paste	1 dash hot pepper sauce
30 ozs canned baked beans	

- Sweat onion and celery in oil until soft, but now browned.
- Add tomato paste, beans, bay leaf, and water.
- Bring to a boil then reduce heat and simmer for 20 minutes.
- Transfer 2 cups of the soup to a blender and puree.
- If you want a completely smooth soup, do all of it.
- Season to taste with pepper and hot sauce.

Prep Time: 0:20 **Cook Time:** 0:30 **Skill Level:** Average **Cuisine:** American **Serves:** 8 **Calories:** 115.7 **Fat:** 2.1g **Unsaturated Fat:** 1.75g **Protein:** 5.2g **Carb.:** 18.9g **Sugar:** 10.2g **Sodium:** 381.6mg **Cholesterol:** 0mg **Fiber:** 4.6g

Meal Mixer Recipes

Beef Carbonnade

2 sl bacon, diced	2 tsps white wine vinegar
2 1/2 lbs beef chuck roast, cut into 1-inch cubes	1/2 tsp sugar
1/2 tsp salt	1/2 tsp dried thyme
1/2 tsp pepper	10 1/2 fl ozs beef broth
1 garlic clove, minced	12 fl ozs beer
2 cups onion, sliced, thinly	1 dried bay leaf
3 tbs all-purpose flour	12 ozs egg noodles

- Preheat oven to 325°.
- Cook bacon slices in a large Dutch oven over medium-high heat until crisp; remove bacon and set aside.
- Add beef, salt, and pepper to drippings in pan; cook 5 minutes, browning beef well on all sides. Add garlic and cook 30 seconds.
- Remove beef from pan with a slotted spoon; set aside.
- Add sliced onion to pan; cover and cook over medium heat 10 minutes, stirring occasionally. Stir in flour, and cook 2 minutes.
- Add vinegar and the next 5 ingredients (sugar through bay leaf), and bring to a boil.
- Return bacon and beef to pan.
- Cover and bake 2 hours.
- Start cooking the noodles before the beef is done.
- Discard the bay leaf, and combine the beef with the noodles.

Prep Time: 0:30 **Cook Time:** 2:00 **Skill Level:** Average **Cuisine:** American **Serves:** 8 **Calories:** 486.6 **Fat:** 23.7g **Unsaturated Fat:** 11.16g **Protein:** 29.9g **Carb.:** 35.7g **Sugar:** 2g **Sodium:** 566.9mg **Cholesterol:** 126.6mg **Fiber:** 1.7g

4 Fruit Salad

20 ozs canned sliced peaches in juice, drained	15 ozs canned mandarin oranges, drained
20 ozs canned pineapple chunks in juice, drained	1/4 cup dried cherries

- Mix and eat!
- Nice to let it sit so the cherries soften.

Prep Time: 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 161.8 **Fat:** 0.2g **Unsaturated Fat:** 0.13g **Protein:** 1.3g **Carb.:** 41.4g **Sugar:** 37.6g **Sodium:** 9.1mg **Cholesterol:** 0mg **Fiber:** 2.8g

Caramelized Butternut Squash

4 lbs butternut squash	1 1/2 tsps kosher salt
6 tbs unsalted butter, melted	1/2 tsp freshly ground black pepper
1/4 cup light brown sugar, packed	

- **Preheat the oven to 400°F.**
- Peel and seed the squash. The easiest way is to cut off the ends and then slice off the peel from top to bottom.
- Cut the squash into large cubes (about 1.5")
- Toss squash with the melted butter, brown sugar, salt and pepper.
- Spread out in a single layer on the baking sheet.
- Roast, turning occasionally, for 45 minutes to 55 minutes, until the squash is tender and the glaze begins to caramelize.

Prep Time: 0:20 **Cook Time:** 0:45 **Skill Level:** Average **Cuisine:** American **Serves:** 8 **Calories:** 204.1 **Fat:** 8.9g **Unsaturated Fat:** 2.67g **Protein:** 2.4g **Carb.:** 28.7g **Sugar:** 11.6g **Sodium:** 455.1mg **Cholesterol:** 22.9mg **Fiber:** 4.6g

Meal Mixer Recipes

Steamed Broccoli

1 broccoli head

- Separate broccoli into flowerettes keeping as much of the stem as you like, but no part of the stem should be thicker than 1/2".
- Bring 1" of water to a boil.
- Place the broccoli in the steamer basket and cover.
- Let it cook, 5 minutes, until bright green and stems can be easily pierced with a knife tip.

Prep Time: 0:05 **Cook Time:** 0:05 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 34.6 **Fat:** 0.4g **Unsaturated Fat:** 0.06g **Protein:** 3.2g **Carb.:** 4.5g **Sugar:** 1.9g **Sodium:** 37.1mg **Cholesterol:** 0mg **Fiber:** 2.9g

Peanut Sunflower Spirals

2 flour tortillas
4 tbs creamy peanut butter

2 tbs sunflower seeds
4 tsps honey

- Spread the tortillas with peanut butter.
- Sprinkle with sunflower seeds, drizzle with honey, and roll.
- Slice into 1" pieces if desired.

Prep Time: 0:05 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 2 **Calories:** 381.1 **Fat:** 23.5g **Unsaturated Fat:** 18g **Protein:** 12g **Carb.:** 34.2g **Sugar:** 15.1g **Sodium:** 381.8mg **Cholesterol:** 0mg **Fiber:** 3.9g

Plain Salami Sandwich

2 sl bread
1 tsp butter

1 tsp mustard
3 sl salami

- Butter one slice of bread, spread mustard on the other.

Prep Time: 0:00 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 1 **Calories:** 164.3 **Fat:** 5.6g **Unsaturated Fat:** 2.29g **Protein:** 4.1g **Carb.:** 24.3g **Sugar:** 2.3g **Sodium:** 423.7mg **Cholesterol:** 10.2mg **Fiber:** 1.4g

Yogurt Marinated Chicken

2 garlic cloves, minced or pressed
1/2 tsp salt
1 cup plain yogurt

1 lemon, juiced with pulp
1/2 tsp freshly ground black pepper
4 boneless skinless chicken breast halves

- Place salt in a wide, shallow bowl with garlic. Mash together forming a paste.
- Add yogurt, lemon and pepper.
- Add chicken breasts to yogurt mixture and turn to coat.
- Cover bowl tightly and refrigerate.
- Allow to marinate at least 8 hours, turning occasionally.
- Remove chicken breasts from marinade.
- Broil or grill 6 inches from heat 6 to 8 minutes per side or until thoroughly cooked and browned.

Prep Time: 8:05 **Cook Time:** 0:15 **Skill Level:** Average **Cuisine:** Indian **Serves:** 4 **Calories:** 247.8 **Fat:** 7.3g **Unsaturated Fat:** 3.75g **Protein:** 40.2g **Carb.:** 5.4g **Sugar:** 2.7g **Sodium:** 407.2mg **Cholesterol:** 110.2mg **Fiber:** 1.4g

Candied Carrots

1 lb carrots - baby
1/4 cup butter, or margarine
1/4 cup sugar

1 tsp salt
1/3 tsp cinnamon
1 tbs water

- In a deep 1 1/2 quart casserole, combine all ingredients except carrots.
- Microwave 2 minutes, and stir.
- Add carrots, and stir so that they are covered.
- Heat, covered, in microwave oven 7 minutes.
- Spoon sauce over carrots and cook an additional 3 minutes.

Prep Time: 0:10 **Cook Time:** 0:12 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 187.8 **Fat:** 11.7g **Unsaturated Fat:** 3.5g **Protein:** 0.9g **Carb.:** 19.9g **Sugar:** 17.9g **Sodium:** 751.6mg **Cholesterol:** 30.5mg **Fiber:** 2.1g

Meal Mixer Recipes

Parmesan Orzo Primavera

14 1/2 fl ozs chicken broth	1/2 cup carrot, chopped
1 cup orzo pasta	1 cup broccoli flowerette
1/3 cup water	1/3 cup parmesan cheese, grated
1/2 cup red bell pepper, chopped	2 green onions, chopped
1/2 cup yellow bell pepper, chopped	

- Combine chicken broth, water, and orzo in a medium sized pot and bring to a boil.
- Reduce heat, cover, and simmer for 7 minutes.
- Add vegetables, stir well, and cook another 5 minutes. They should be just tender.
- Remove from heat, put in a large serving bowl, and sprinkle with cheese and green onions.

Prep Time: 0:10 **Cook Time:** 0:12 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 167.8 **Fat:** 3.6g **Unsaturated Fat:** 1.66g **Protein:** 11.4g **Carb.:** 22.5g **Sugar:** 1.7g **Sodium:** 802mg **Cholesterol:** 7mg **Fiber:** 1.5g

Olympian Greek Salad

1 cucumber, peeled seeded chopped	1 tbs fresh oregano, chopped
3 italian plum tomatoes	dash salt
1/2 cup red onion, chopped, finely	dash pepper
1/4 cabbage, shredded	1 tbs olive oil
1 green bell pepper, sliced	2 tbs lemon juice
1/3 cup kalamata olive, pitted	6 ozs feta cheese, crumbled
1 tbs fresh parsley, chopped	

- Get a big bowl and toss!
- Note: A true Greek salad does not contain lettuce.

Prep Time: 0:15 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** Greek **Serves:** 6 **Calories:** 122.9 **Fat:** 9g **Unsaturated Fat:** 3.82g **Protein:** 5.4g **Carb.:** 5.2g **Sugar:** 4.7g **Sodium:** 383.3mg **Cholesterol:** 25.2mg **Fiber:** 2.2g

Breakfast Parfaits

16 ozs strawberry yogurt	2 cups low-fat granola cereal with raisins
2 bananas, sliced	

- In 4 ice cream dishes or clear cups, layer as follows: cereal, yogurt, banana slices.
- Repeat layers.

Prep Time: 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 325.7 **Fat:** 3.5g **Unsaturated Fat:** 1.88g **Protein:** 8.9g **Carb.:** 64.7g **Sugar:** 40.7g **Sodium:** 167.8mg **Cholesterol:** 4.5mg **Fiber:** 3.6g

Whole-Wheat Toast with Buttery Spread

2 sl whole wheat toast	2 tsps buttery spread w/ yogurt
------------------------	---------------------------------

Prep Time: 0:00 **Cook Time:** 0:05 **Skill Level:** Average **Cuisine:** American **Serves:** 1 **Calories:** 162.9 **Fat:** 5.7g **Unsaturated Fat:** 3.99g **Protein:** 5.6g **Carb.:** 26g **Sugar:** 11.2g **Sodium:** 354.8mg **Cholesterol:** 0mg **Fiber:** 3.7g

Grilled Peanut Butter and Jelly Sandwiches

8 sl bread	2 tbs grape jelly
1/2 cup creamy peanut butter	2 tbs butter

- Prepare sandwiches as you normally would, then spread the outsides with butter.
- Heat a skillet or griddle to medium high, then cook sandwiches 2 minutes on each side, until golden.

Prep Time: 0:05 **Cook Time:** 0:08 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 402 **Fat:** 23.7g **Unsaturated Fat:** 14.85g **Protein:** 12g **Carb.:** 35.3g **Sugar:** 10g **Sodium:** 532.6mg **Cholesterol:** 15.3mg **Fiber:** 3.2g

Meal Mixer Recipes

Winter Fruit Pie

2 refrigerated pie crusts
 1 cup apple juice
 1/2 cup dried apricots, chopped
 1/2 cup dried cherries, chopped
 1/2 cup sugar

2 1/2 tbs cornstarch
 1/4 tsp cinnamon
 1/4 tsp salt
 3 lbs pears, peeled cored and cut in 1" pieces
 2 tbs butter

- **Preheat oven to 400.**
- Bring juice and dried fruits to a boil, and boil for 2 full minutes.
- Let cool to room temperature and drain.
- In a large bowl, combine sugar, cornstarch cinnamon and salt.
- Toss the pears and the dried fruit with the sugar mixture.
- Line a pie plate with 1 crust, and put in the filling.
- Cut the butter into small pieces, and scatter across the filling.
- Top the pie with the other crust, and crimp/flute the edges as desired.
- Cover a cookie sheet with aluminum foil, and put the pie on top.
- Cut vents in the pie crust, and cover with aluminum foil (covering first prevents burning the crust).
- Bake 45 minutes.
- Remove the foil, and continue baking for 15 minutes, until the crust
- is golden brown and juices are bubbling through.

Prep Time: 0:30 **Cook Time:** 1:00 **Skill Level:** Average **Cuisine:** American **Serves:** 8 **Calories:** 499.2 **Fat:** 20.6g **Unsaturated Fat:** 11.5g
Protein: 3.3g **Carb.:** 75g **Sugar:** 46.6g **Sodium:** 439.9mg **Cholesterol:** 7.6mg **Fiber:** 6.9g

Basil Pork Cutlets

1 egg
 3/4 cup breadcrumbs
 2 tbs dried basil
 1 tbs dried oregano
 1/2 tsp dried thyme

1 tbs parmesan cheese, grated
 1/2 tsp pepper
 1/4 tsp salt
 1 lb pork cutlet, pounded thin
 2 tbs vegetable oil

- In shallow dish, lightly beat egg.
- In separate shallow dish, stir together remaining ingredients, except pork and oil.
- Dip pork into egg to coat well, then press into bread crumb mixture, turning to coat all over.
- In large skillet, heat 1/2 of oil over medium heat.
- Cook pork, in batches, 8 to 10 minutes, turning once adding remaining oil if needed.

Prep Time: 0:10 **Cook Time:** 0:10 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 371.5 **Fat:** 18.1g **Unsaturated Fat:** 11.71g
Protein: 37.4g **Carb.:** 14.7g **Sugar:** 1.5g **Sodium:** 543.3mg **Cholesterol:** 139mg **Fiber:** 2.4g

Meal Mixer Recipes

Thyme Fried Potatoes

2 lbs potatoes, peeled diced
2 tbs unsalted butter, melted

1 tsp dried thyme

- Slice potatoes and boil in salted water until just tender.
- Drain well.
- Melt butter in a heavy skillet over medium-high heat.
- Add potatoes, sprinkle with thyme and stir to coat with butter. Saute 10 minutes or until tender and golden brown.
- Season with salt and pepper to taste.

Prep Time: 0:20 **Cook Time:** 0:10 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 270.5 **Fat:** 6g **Unsaturated Fat:** 1.82g
Protein: 4.9g **Carb.:** 49.3g **Sugar:** 0g **Sodium:** 16.8mg **Cholesterol:** 15.3mg **Fiber:** 3.8g

Lemon Buttered Asparagus

1 lb asparagus
1 tbs butter
1 tsp lemon peel, grated

1 tbs lemon juice
1/4 tsp kosher salt
1/8 tsp freshly ground black pepper

- Place asparagus in a large skillet and cover with water.
- Bring to a boil and cook 5-8 minutes until tender (it depends on the thickness of the stalks).
- Remove asparagus to a clean towel to drain, discard water and wipe out pan.
- Melt butter in the same pan with lemon zest and juice.
- Add asparagus and toss until well coated.
- Season to taste with salt and pepper

Prep Time: 0:05 **Cook Time:** 0:12 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 46.5 **Fat:** 3g **Unsaturated Fat:** 0.97g
Protein: 2.5g **Carb.:** 2.3g **Sugar:** 2.2g **Sodium:** 170.9mg **Cholesterol:** 7.6mg **Fiber:** 2.4g

Meal Mixer Recipes

Winter Fruit Pie

2 refrigerated pie crusts
 1 cup apple juice
 1/2 cup dried apricots, chopped
 1/2 cup dried cherries, chopped
 1/2 cup sugar

2 1/2 tbs cornstarch
 1/4 tsp cinnamon
 1/4 tsp salt
 3 lbs pears, peeled cored and cut in 1" pieces
 2 tbs butter

- **Preheat oven to 400.**
- Bring juice and dried fruits to a boil, and boil for 2 full minutes.
- Let cool to room temperature and drain.
- In a large bowl, combine sugar, cornstarch cinnamon and salt.
- Toss the pears and the dried fruit with the sugar mixture.
- Line a pie plate with 1 crust, and put in the filling.
- Cut the butter into small pieces, and scatter across the filling.
- Top the pie with the other crust, and crimp/flute the edges as desired.
- Cover a cookie sheet with aluminum foil, and put the pie on top.
- Cut vents in the pie crust, and cover with aluminum foil (covering first prevents burning the crust).
- Bake 45 minutes.
- Remove the foil, and continue baking for 15 minutes, until the crust
- is golden brown and juices are bubbling through.

Prep Time: 0:30 **Cook Time:** 1:00 **Skill Level:** Average **Cuisine:** American **Serves:** 8 **Calories:** 499.2 **Fat:** 20.6g **Unsaturated Fat:** 11.5g **Protein:** 3.3g **Carb.:** 75g **Sugar:** 46.6g **Sodium:** 439.9mg **Cholesterol:** 7.6mg **Fiber:** 6.9g

Pear and Maple Oatmeal

1 pear, diced peeled
 1/2 cup oatmeal
 1 cup milk - skim

1/2 tsp vanilla extract
 1 dash salt
 1 tbs maple syrup

- Mix half of the diced pear with the oatmeal, milk, vanilla and salt.
- Microwave 2-5 minutes (depending on if you have instant, quick, or regular oats).
- Stir in remaining pear.
- Drizzle on maple syrup

Prep Time: 0:05 **Cook Time:** 0:05 **Skill Level:** Average **Cuisine:** American **Serves:** 1 **Calories:** 359.1 **Fat:** 1.5g **Unsaturated Fat:** 0.99g **Protein:** 13.5g **Carb.:** 71.6g **Sugar:** 41.9g **Sodium:** 156.8mg **Cholesterol:** 4.9mg **Fiber:** 10g

Veggie Rollups

4 whole-wheat tortillas
 4 tbs cream cheese - reduced fat , flavored is good
 1/2 cup shredded cheddar cheese
 1/4 cup carrot, shredded

1/4 cup broccoli flowerette
 1/4 cup red bell pepper, sliced
 1/4 cup yellow bell pepper, sliced
 4 tbs reduced fat ranch salad dressing

- Spread cream cheese on tortillas.
- Divide vegetables and cheese between, drizzle with dressing, then roll.

Prep Time: 0:10 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 214.8 **Fat:** 12.9g **Unsaturated Fat:** 3.85g **Protein:** 7.7g **Carb.:** 16.8g **Sugar:** 1.8g **Sodium:** 464.1mg **Cholesterol:** 27.4mg **Fiber:** 1.2g

Meal Mixer Recipes

Walking Tacos

4 ozs tortilla chips, any flavor individual bags	1 cup romaine lettuce, chopped
1/2 lb ground beef sirloin	4 tbs sour cream
1/2 pkg taco seasoning mix	4 tbs salsa
1/2 cup shredded cheddar cheese	1/4 cup black olive

- Brown the ground beef and add seasoning as package directs.
- Crush the tortilla chips right in the bag, then cut open the bags.
- Divide the meat and cheese between the bags, and shake.
- Add toppings and enjoy!

Prep Time: 0:10 **Cook Time:** 0:20 **Skill Level:** Average **Cuisine:** Mexican **Serves:** 4 **Calories:** 363.8 **Fat:** 22.1g **Unsaturated Fat:** 11.13g **Protein:** 20.8g **Carb.:** 20.3g **Sugar:** 0.8g **Sodium:** 504.8mg **Cholesterol:** 66.6mg **Fiber:** 2.3g

Tropical Fruit Salad

1 pineapple	2 bananas
2 mangoes	

- Peel and cut the fruit into bite sized pieces, toss and serve.

Prep Time: 0:20 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 8 **Calories:** 88.7 **Fat:** 0.3g **Unsaturated Fat:** 0.14g **Protein:** 0.9g **Carb.:** 20.6g **Sugar:** 16.8g **Sodium:** 1.9mg **Cholesterol:** 0mg **Fiber:** 2.5g

Spanish Rice - Vegetarian

1 tbs vegetable oil	1/2 cup green bell pepper, chopped
1 cup rice	1 garlic clove, minced
1 cup onion, chopped	1 1/2 tsps salt
2 1/2 cups vegetable broth	3/4 tsp chili powder
8 ozs tomato sauce	

- In a large skillet, heat the oil over medium heat.
- Add the rice and onion and cook and stir 5-10 minutes until onion is tender and rice is lightly golden.
- Stir in remaining ingredients and bring to a boil.
- Reduce heat, cover and simmer for 30 minutes.

Prep Time: 0:10 **Cook Time:** 0:30 **Skill Level:** Average **Cuisine:** Spanish **Serves:** 4 **Calories:** 264.6 **Fat:** 4.9g **Unsaturated Fat:** 3.97g **Protein:** 7.7g **Carb.:** 47.5g **Sugar:** 4.6g **Sodium:** 1222mg **Cholesterol:** 0mg **Fiber:** 2.6g

Oatmeal Pancakes

2 cups milk - 2%	3/4 cup all-purpose flour
2 cups oatmeal, not instant	2 tbs sugar
2 eggs	2 1/2 tsps baking powder
1/4 cup vegetable oil	1 tsp salt

- **Preheat electric griddle to 350 and grease lightly.**
- Pour milk over oats and let stand 5 minutes.
- Beat in remaining ingredients (mixture will be thin).
- Pour onto griddle and flip when pancakes look dry and bubbles start to break on the top.
- Cook an additional minute or two.

Prep Time: 0:10 **Cook Time:** 0:12 **Skill Level:** Average **Cuisine:** American **Serves:** 6 **Calories:** 308.6 **Fat:** 13.2g **Unsaturated Fat:** 10.01g **Protein:** 10g **Carb.:** 37.4g **Sugar:** 8.8g **Sodium:** 663.6mg **Cholesterol:** 77.1mg **Fiber:** 3.7g

Meal Mixer Recipes

Tuna and Garbanzo Salad

12 ozs	canned tuna in water, drained	3 tbs	olive oil
15 ozs	canned garbanzo beans, rinsed and drained	1 dash	salt
4	green onions, chopped fine	1 dash	freshly ground black pepper
3 tbs	lemon juice		

- Combine all ingredients in a medium bowl.
- Mix gently.

Prep Time: 0:05 **Cook Time:** 0:00 **Skill Level:** Simple **Cuisine:** American **Serves:** 4 **Calories:** 301.1 **Fat:** 12.1g **Unsaturated Fat:** 9.76g
Protein: 27.3g **Carb.:** 25.9g **Sugar:** 0.6g **Sodium:** 620mg **Cholesterol:** 25.5mg **Fiber:** 5.1g

Bread and Olive Oil

4 sl french bread

4 tbs olive oil

Prep Time: 0:05 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 188.5 **Fat:** 14.3g **Unsaturated Fat:** 11.82g
Protein: 2.3g **Carb.:** 13.5g **Sugar:** 0.1g **Sodium:** 158.7mg **Cholesterol:** 0mg **Fiber:** 0.8g

Meaty Ziti Casserole

1/2 lb	ground beef sirloin	1 1/2 tps	italian seasoning
1/2 lb	ground turkey	1/2 tsp	salt
1 cup	onion, chopped	1/2 tsp	pepper
1 cup	button mushroom	28 ozs	canned whole tomatoes
3/4 cup	green bell pepper, chopped	6 fl ozs	tomato paste
2 tps	garlic cloves, minced	8 ozs	ziti
1 cup	water	1/2 cup	parmesan cheese, grated
1/4 cup	fresh parsley, chopped		

- **Preheat oven to 375.**
- Cook and drain ziti.
- Cook ground beef and turkey in a large pan over medium heat until browned, and drain in a colander.
- Add onion, mushroom, bell pepper and garlic to pan and saute 5 minutes or until tender.
- Return turkey mixture to pan, add water and next 6 ingredients.
- Bring to boil; reduce heat and simmer, uncovered, 20 minutes, stirring occasionally.
- Remove from heat and add pasta, mixing well.
- Spoon into 13 x 9" baking pan. Cover with heavy aluminum foil and cut 3 slashes in foil.
- Bake 45 minutes or until thoroughly heated.
- Sprinkle with parmesan just before serving.

Prep Time: 0:45 **Cook Time:** 0:45 **Skill Level:** Average **Cuisine:** Italian **Serves:** 6 **Calories:** 363.7 **Fat:** 10.4g **Unsaturated Fat:** 5.23g
Protein: 27.5g **Carb.:** 39.9g **Sugar:** 10g **Sodium:** 786.1mg **Cholesterol:** 63.7mg **Fiber:** 4.6g

Cheesy Garlic Bread

1	french bread loaf	1 tbs	fresh parsley, or 1 teaspoon dried
1/2 cup	butter	1/3 cup	parmesan cheese
2	garlic cloves		

- **Preheat the oven to 375.**
- Combine butter, garlic, parsley and parmesan cheese in a blender or food processor until thoroughly combined.
- Place french bread loaf on a cutting board. Put a wooden spoon next to the bread.
- Cut down at 1" intervals until the knife hits the wooden spoon.
- Use a spoon or small spatula to stuff the butter and cheese mixture into the first cut, then every other cut (so only one side of each slice gets buttered). You might not use all of the butter, depending upon the size of your loaf.
- Wrap tightly in foil and bake 15 minutes.

Prep Time: 0:15 **Cook Time:** 0:15 **Skill Level:** Average **Cuisine:** Italian **Serves:** 8 **Calories:** 265.8 **Fat:** 14.2g **Unsaturated Fat:** 4.82g
Protein: 6.5g **Carb.:** 28.1g **Sugar:** 0.2g **Sodium:** 478.3mg **Cholesterol:** 33.4mg **Fiber:** 1.7g

Meal Mixer Recipes

Tossed Salad

1 romaine lettuce head	2 carrots, shredded
1/2 red onion, sliced thinly	1/2 cup reduced fat ranch salad dressing
1 tomato, chopped	1 cup croutons

- Toss ingredients together and serve

Prep Time: 0:15 **Cook Time:** 0:00 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 156.7 **Fat:** 8.1g **Unsaturated Fat:** 0.82g **Protein:** 4.3g **Carb.:** 16.6g **Sugar:** 6.4g **Sodium:** 412mg **Cholesterol:** 8.4mg **Fiber:** 5.6g

Corned Beef Sandwiches

8 sl rye bread	1/2 tsp salt
4 sl swiss cheese	1/2 tsp pepper
8 ozs deli corned beef, chopped	2 tbs sweet pickle relish
1/2 cup celery stalk, finely	1 tsp prepared horseradish
1 tbs onion, minced	2 tbs mayonnaise

- Toast bread and top with cheese.
- Mix remaining ingredients and divide between sandwiches.
- Note: This also makes a good dip for rye crackers!

Prep Time: 0:05 **Cook Time:** 0:04 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 455.4 **Fat:** 26g **Unsaturated Fat:** 14.15g **Protein:** 23g **Carb.:** 32.3g **Sugar:** 1.3g **Sodium:** 1525.9mg **Cholesterol:** 83.8mg **Fiber:** 4.2g

Crispy Tilapia and Classic Tartar

<u>Tartar Sauce</u>	<u>Tilapia</u>
1/2 cup reduced fat mayonnaise	1/3 cup all-purpose flour
2 tbs red onion, minced	2 eggs, beaten
2 tbs sweet pickle relish	2 cups fresh breadcrumbs
2 tbs fresh parsley, minced	1 lb tilapia fillet, in 4 pieces
1 tbs capers, if they are large chop them	1/2 cup vegetable oil
2 tsps lemon juice	

Tartar Sauce

- Combine all ingredients and refrigerate until needed.

Tilapia

- Fresh bread crumbs are merely bread that you grind in your blender, great way to use up the ends.
- Rinse the fish, pat dry, and season to taste with salt and pepper.
- Dredge the fish in flour, and tap off all excess.
- Dip in egg, let excess drain off.
- Press into breadcrumbs.
- Cook 2-3 minute on each side.

Prep Time: 0:15 **Cook Time:** 0:15 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 545.5 **Fat:** 30.5g **Unsaturated Fat:** 15.87g **Protein:** 28.5g **Carb.:** 39.2g **Sugar:** 4.1g **Sodium:** 831.5mg **Cholesterol:** 172.9mg **Fiber:** 1.8g

Meal Mixer Recipes

Really Red Potato Salad

1 lb red potato	1/4 cup reduced fat mayonnaise
1 red bell pepper, chopped	1 tbs sweet pickle relish
1/2 cup red onion, sliced	1 tsp dijon mustard
1 green onion, chopped	1/3 cup fresh dill

- Wash and cube potatoes into bite sized pieces.
- Place in a large pot of heavily salted water and bring to a medium boil.
- When potatoes are tender, add onion and red pepper and allow to cook with the potatoes for 2 minutes, then drain (this takes the bite out of the onion).
- Combine remaining ingredients in a large bowl.
- Toss in drained vegetables.
- Serve warm or cold.

Prep Time: 0:10 **Cook Time:** 0:15 **Skill Level:** Average **Cuisine:** American **Serves:** 4 **Calories:** 172.7 **Fat:** 5.2g **Unsaturated Fat:** 0.15g
Protein: 2.9g **Carb.:** 28.5g **Sugar:** 2.1g **Sodium:** 174.1mg **Cholesterol:** 5.3mg **Fiber:** 2.6g