

Bodacious HCG Recipes

These are shared recipes, and some of them contain items that are not on your allowed foods list....If they do, then please take them out of the recipe!

CURRY CHICKEN WITH SPINACH

Ingredients:

- 100 grams chicken
- 2 cups spinach
- 2 tsp. onion powder
- 1 garlic clove (minced)
- ½ cup chicken broth
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 lime
- 2 tsp. turmeric
- 2 tsp. Paprika

Directions:

Mix chicken and all seasonings and ½ the lime and cook chicken through. Throw the spinach in for 1 minute and serve in a bowl and squeeze the other 1/2 of the lime onto the chicken.

CHICKEN SAUSAGE

Ingredients:

- 1 lb. ground chicken breast*
- 2 green onions, finely sliced
- 1 egg white, slightly beaten
- 2 t. poultry seasoning
- 1 t. ground sage
- 1 t. ground fennel seed
- 1 t. garlic powder
- 1 t. onion powder
- 1 t. paprika
- 1 t. salt and pepper

Directions:

Preheat large non-stick skillet on low-medium heat. Mix ground chicken, green onion, egg white, and seasonings together. Form into four equal 4oz. patties. Lightly mist skillet with olive oil pan spray and gently place patties inside. Turning once, half way through cooking. Cook until lightly browned on both sides and until no longer pink. Serve in a lettuce wrap, on Wasa flatbread, or alone for a little something different. Makes 4 servings. Calories: 135 per patty Fat: 3g.

*Note: Choose your chicken breast from the butcher section of your grocer and ask the butcher to grind them, if you don't have a way of grinding for yourself.

CHICKEN & STRAWBERRY SALAD

Dressing: Combine -chill until serving.

- 2 T. fresh squeezed orange juice
- 2 T. fresh squeezed lemon juice
- 1-2 T. Stevia

Marinade:

- ¼ c. soy sauce
- 2 T. fresh squeezed orange juice
- 1 clove garlic, minced
- 2 green onions, thinly sliced
- ½ lb. chicken
- 4 c. raw spinach
- 1 c. sliced strawberries
- ¼ med. red onion sliced, rings separated

Directions:

Heat a large non-stick skillet over medium-high heat and mist lightly with olive oil pan spray. Place chicken in bag combine, soy sauce, green onions, 2 T. orange juice and garlic. Add chicken and seal bag. Marinate in refrigerator for 2-24 hours, turning occasionally. Remove chicken from bag and reserve marinade. Grill or broil chicken for 8-10 minutes turning once, brush with marinade and grill for 8-10 minutes more, or until tender and no longer pink. Cool chicken slightly. Place spinach, 2 c. each onto serving plates. Slice chicken and place on top of spinach, top with sliced strawberries and red onion rings. Shake dressing and pour over salad. Makes 2 servings; Calories: 144 per serving Fat: 3g.

MUSTARD CHICKEN WRAPS

Ingredients:

- 1 lb. ground chicken breast*
- 2 T. mustard, yellow or Dijon (I use spicy brown)
- Salt and pepper to taste
- Paprika to taste and color

Directions:

Mix all ingredients well. Shape into 4 equal, 4oz. patties. Grill or broil as you would a hamburger. Serve in a lettuce wrap, or to cut fat and calories, use for the HCG burger. You can also use this recipe crumbled and browned in a skillet. Wrap in lettuce with your choice of other vegetables, or serve over chopped salad greens. Makes 4 servings. Calories: 135 per serving Fat: 3g.

*Note: Choose your chicken breast from the butcher section of your grocer and ask the butcher to grind them, if you don't have a way of grinding for yourself.

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THAI CHICKEN

Ingredients:

- 1 lb. chicken breast*
- 4 T. soy sauce
- 2 T. Fat Free plain yogurt
- 1 lemon, juiced
- 3 cloves garlic, minced
- 1 t. dried basil
- 1 t. ground ginger
- Dash of crushed red pepper flakes

Directions

Put all ingredients, except chicken, in a gallon size Ziplock bag. Seal bag and mix well. Add chicken to bag. Seal and marinate at room temperature for 30 minutes or for several hours in refrigerator, turning bag a few times to coat chicken. Remove chicken from marinade and grill or bake at 375° for 15-18 minutes or until chicken is no longer pink. Makes 4 servings. Calories: 150 per serving Fat: 3g.

SAUSAGE ZUCCHINI BOATS

Ingredients:

- 2 med. zucchini
- 1 (14oz.) can diced tomatoes
- 1 t. Italian seasoning
- 1 recipe Chicken Sausage (see recipe on previous page)
- Salt and pepper

Directions:

Preheat oven to 450°
Prepare sausage recipe Lightly mist a large non-stick skillet with olive oil pan spray and heat over medium-high heat. Crumble chicken mixture into preheated skillet instead of forming into patties. Cook and stir sausage until browned and no longer pink. Stir in tomatoes, Italian seasoning, and heat through. Remove from heat and set aside. Cut ends from each zucchini and discard. Cut zucchini in half, lengthwise. With a 1 inch melon baller or measuring spoon, carefully scoop out center seeded area of each zucchini half, forming a boat. Lightly mist a baking sheet with olive oil pan spray and place each zucchini boat on baking sheet. Sprinkle zucchini with salt and pepper. Divide sausage mixture evenly into the center of each boat. Cook for 20-25 minutes until zucchini is tender. Makes 4 servings. Calories: 188 per serving Fat: 3g.

ORANGE GRILLED CHICKEN WITH HERBS

Ingredients:

- 1 lb. boneless chicken breast, skin attached
- 2 cloves garlic, minced
- ¾ t. orange zest
- ¼ t. fresh thyme, minced
- ¼ t. fresh rosemary, minced
- Fresh ground pepper to taste
- ½ c. fresh squeezed orange juice
- ¼ c. vinegar
- 2 t. Worcestershire sauce

Directions:

Preheat grill to medium-high. Combine first 5 ingredients in a small bowl. Take each chicken breast and slip your fingers between the skin and flesh of the chicken, leaving the skin attached. Slide some of the herb mixture under the skin of each breast, pulling the skin back over when finished. Mix orange juice, vinegar, and Worcestershire in a small bowl. Grill chicken for 6-8 minutes on each side, turning once and basting with orange juice mixture. Cook until chicken is tender and no longer pink. Remove skin before eating. Makes 4 servings. Calories: 174 per serving Fat: 3.1g.

CHICKEN BROCCOLI CASSEROLE

Ingredients:

- 1 lb. chicken breast, cubed
- 2 c. chicken broth
- 8 c. broccoli florets
- 3 ribs celery with leaves, chopped
- ½ med. onion, chopped
- 1 t. dried parsley
- ½ t. dried thyme
- ½ t. dried marjoram
- Salt and pepper to taste

Directions:

Preheat oven to 375°
Lightly mist a 9x13" baking dish with olive oil pan spray. Layer cubed chicken evenly in bottom of baking dish. Layer broccoli, celery, and onion evenly over top of chicken. Sprinkle herbs, salt and pepper over all. Pour chicken broth over. Cover with foil and bake for 1-1 ½ hours, until chicken is tender and no longer pink. Makes 4 - 2 ½ c. servings. Calories: 205 per serving Fat: 3g.

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GRILLED CHICKEN PICCATA

Ingredients:

- 1 lb. chicken breast
- 2 lrg. lemons
- 1 t. lemon zest
- ½ t. crushed dried rosemary
- ¼ t. salt
- ¼ t. fresh ground black pepper
- 2 T. I Can't Believe It's Not Butter Spray
- 1 T. capers, drained
- ½ t. dried parsley

Directions:

Preheat grill to medium. Halve and juice 1 lemon (should have about 3 T.) set juice aside. Slice remaining lemon into 8 very thin slices and set aside. Place chicken breast on a large plate. In a small bowl combine, lemon zest, rosemary, salt and pepper. Sprinkle the mixture evenly over both sides of the chicken breast. Rub in with your fingers. Arrange two slices of lemon on top of each chicken piece, overlapping if necessary. Place chicken on grill and cover. Grill for 15-18 minutes or until no longer pink and juices run clear. Meanwhile, in a small sauce pan combine the lemon juice, I Can't Believe It's Not Butter Spray, capers and parsley. Heat through. Remove chicken to serving plates and drizzle with warm lemon caper sauce. Makes 4 servings. Calories:144 per serving Fat: 3g.

ITALIAN CHICKEN BUNDLES

Ingredients:

- 1 lb. chicken breast
- 1 med. tomato, sliced into 8 thin slices
- ½ med. red onion, sliced into rings and separated
- 1 c. raw spinach stems trimmed
- 1 (8oz.) can tomato sauce
- ½ c. water
- Italian seasoning
- Garlic salt
- Pepper
- 8 wooden toothpicks

Directions:

Preheat oven to 375° Place chicken breast, smooth side down, between two pieces of plastic wrap. With flat side of a meat mallet, pound lightly to ¼ -inch thickness. Remove top layer of plastic wrap. On each breast, layer two slices of tomato, 3-4 slices of red onion, and 6-8 spinach leaves. Sprinkle chicken with desired amount of Italian seasoning, garlic salt and pepper. Starting from the short side, roll up each breast. Secure with wooden toothpicks. Lightly mist a baking dish with olive oil pan spray. Place each chicken breast into prepared baking dish, with toothpicks facing up. In a small bowl, whisk together, tomato sauce, water and ¼ t. Italian seasoning. Pour sauce over top of chicken. Cover with foil. Bake for 35-40 minutes until chicken is tender and no longer pink. Place each bundle on a serving dish and spoon remaining sauce over top. Makes 4 servings. Calories: 162 per serving Fat: 3g.

CHICKEN ZUCCHINI BAKE

Ingredients:

- 1lb. chicken breast, cubed
- 1 med. onion, diced
- 8c. zucchini, sliced
- 1 clove garlic, minced
- 1(14oz.) can diced tomatoes
- 1(8oz.) can tomato sauce
- 1t. Italian seasoning
- ½c. water
- Salt and pepper to taste

Directions:

Preheat oven to 375° Lightly mist a large non-stick skillet with olive oil pan spray. Cook cubed chicken in skillet over medium-high heat until no longer pink. Reduce heat to medium; add onion, garlic, tomatoes, tomato sauce, water and seasonings. Heat through until thickened and bubbly. Mist a 9x13" baking dish with olive oil pan spray. Evenly spread 1c. chicken mixture in bottom of baking dish. Layer 4c. zucchini over top. Spoon half of chicken mixture evenly over top of first layer of zucchini. Repeat layers with remaining zucchini and chicken mixture. Cover with foil and bake for 1 hour or until zucchini is tender. Makes 4 – 2½ c. servings. Calories: 190 per. Serving Fat: 3g.

LITE LEMON CHICKEN

Ingredients:

- 1 lb. chicken breast
- 2 t. garlic powder
- 2 t. lemon pepper
- ½ t. seasoned salt
- 1 c. fresh squeezed lemon juice
- 4 lemon slices, optional

Directions:

Preheat oven to 400° In a small bowl combine, garlic powder, lemon pepper and seasoned salt. Mix to blend. Place chicken on a large plate, and rub evenly with seasoning mixture. Cover with plastic wrap and refrigerate for 15 minutes. Heat a large non-stick skillet over medium-high heat and mist lightly with olive oil pan spray. Remove chicken from refrigerator and place into heated skillet. Cook chicken 2-3 minutes per side, until browned. Lightly mist a baking dish with olive oil pan spray and place chicken, smooth side up into baking dish. Pour lemon juice over the chicken, and top each with a lemon slice. Bake for 18-20 minutes or until no longer pink and juices run clear. Remove from oven, baste with pan juices. Let stand 5 minutes before serving. Makes 4 servings. Calories: 140 per serving Fat: 3g.

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MUSTARD BAKED CHICKEN

Ingredients:

- 1 lb. chicken breast
- ½ c. brown mustard (I use spicy brown)
- 1 T. soy sauce
- 2 T. Stevia

Directions:

Preheat oven to 425° Lightly mist a shallow baking dish with olive oil pan spray. Place chicken, smooth side up into the baking dish. In a small bowl stir together mustard, soy sauce, and Stevia. Brush mustard mixture generously over each chicken breast. Bake uncovered for 20 minutes or until no longer pink, brushing with mustard mixture half way through cooking. Makes 4 servings. Calories: 140 per serving Fat: 3g.

CHICKEN WITH ONION CILANTRO RELISH

Ingredients:

- 1 lb. chicken breast
- ½ c. onion, coarsely chopped
- ¼ c. fresh cilantro
- ¼ t. salt
- ¼ t. pepper
- 3 T. fresh squeezed lime juice
- 2 med. limes, halved

Directions:

In a food processor combine onion, cilantro, salt and pepper. Process until mixture is very finely chopped. Dip chicken in lime juice and grill or broil for 6 to 8 minutes. Turn chicken over and spread with onion cilantro relish. Cook for 6 to 8 minutes or until no longer pink. Serve with half a lime. Makes 4 serving. Calories: 160 per serving Fat: 3g.

ORANGE GINGER CHICKEN

Ingredients:

- 1 lb. chicken breast
- ¼ c. soy sauce
- ½ c. chicken broth
- ½ c. fresh squeezed orange juice
- 1 t. ground ginger
- 1 clove garlic, minced

Directions:

In a gallon size Ziplock bag combine, soy sauce, chicken broth, orange juice, ginger and garlic. Seal bag and mix well. Add chicken and marinade for 2-6 hours. Preheat grill to medium. Remove chicken from bag and reserve marinade. Grill chicken for 8-10 minutes.

SPICY ORANGE CHICKEN

Ingredients:

- 1 lb. chicken breast
- 2 T. cumin
- 1 c. chicken broth
- ½ c. fresh squeezed orange juice
- 1 T. jalapeno, chopped very fine
- 2 T. Dijon mustard
- 2 small oranges, peeled and cut into ½ inch pieces
- Salt and pepper to taste
- ¼ c. fresh snipped cilantro

Directions:

In a gallon size ziplock bag Sprinkle cumin over chicken, coating chicken breast both sides well. Heat a medium skillet medium heat. Place Chicken into skillet. Cook 4 minutes or until browned, turning once. Remove chicken from skillet and set aside. Increase heat to high. Add chicken broth to skillet and boil 1 minute to reduce broth slightly. Whisk in orange juice, jalapeno, mustard, salt and pepper. Return chicken to skillet and reduce heat to low; cover and simmer 8-10 minutes or until no longer pink, turning chicken once. Add orange segments. Cook briefly to warm. Place on serving plates and sprinkle with cilantro. Makes 4 servings. Calories: 166 per serving Fat: 3g.

CRAZY CHICKEN

Ingredients:

- 1 lb. chicken breast
- ¼ c. lemon juice
- ¼ c. lime juice
- 1 t. turmeric
- ½ t. garlic salt
- ¼ t. black pepper

Directions:

Marinate chicken in a ziplock with other ingredients for 2-24 hours. Grill on medium for 15-30 minutes or until no longer pink. Makes 4 servings Calories: 160 per serving Fat: 3g.

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SHRIMP STUFFED TOMATO

Ingredients:

- 1 lb. cooked salad shrimp
- 8 green onions, thinly sliced
- 1 stalk celery, finely chopped
- 1 clove garlic, minced
- 1 t. Cajun or Blackened seasoning
- ¼ c. fat free mayonnaise
- 1 ½ t. Worcestershire sauce
- 1 head romaine lettuce, chopped
- 4 Med. tomatoes
- 2 med. lemons, halved

Directions:

Place first 7 ingredients into a medium bowl and stir well to combine. Refrigerate until serving. Core the tomatoes and cut each into 8 sections, leaving the sections connected at the bottom. Divide the lettuce among 4 serving plates and top each with a tomato, splaying out the sections slightly. Stuff each tomato with equal amounts of shrimp salad. Serve with a lemon half to be squeezed over top. Makes 4 servings. Calories: 135 per serving Fat: 0.5g.

SPICED SCALLOPS & SHRIMP

Ingredients:

- ½ lb. bay scallops
- ½ lb. raw shrimp, peeled and deveined
- 8 green onions, sliced
- 1 pkt. Stevia
- 1 T. fresh cilantro, chopped
- Salt to taste

Spice Mix:

- 3 cloves garlic, peeled
- 1 in. piece fresh ginger, peeled
- 2 t. mild curry powder
- 2 T. fish sauce or to taste
- ¼ c. water

Directions:

First make the spice mix: Put all ingredients in a food processor fitted with a metal blade and process until smooth. Heat a large nonstick skillet over medium heat. Lightly mist with olive oil pan spray, add the spice mix and cook, stirring for 30 seconds. Turn heat up to medium-high; add scallops, shrimp, green onion, and Stevia to skillet. Stir-fry for about 3-5 minutes, until shrimp are pink and scallops are firm. Remove from heat and stir in fresh cilantro. Makes 4 servings. Calories: 105 per serving Fat: 1.5g.

FISH FILLETS WITH SALSA VERDE

Ingredients:

- 1 lb. white fish
- 1 med. lime, juiced
- ½ c. green salsa
- 2 T. cilantro, fresh snipped
- Salt and pepper to taste

Directions:

Preheat broiler. Place fish on a large plate. Pour lime juice equally over fish and sprinkle with salt and pepper. Lightly mist a broiler pan with olive oil pan spray. Place fish onto pan and tuck under any thin edges. Broil 4 inches from heat for 6-8 minutes or until fish flakes easily with a fork. Place green salsa and cilantro in a small bowl and stir together. Place cooked fish onto serving plates and top each with 2 T. of salsa verde. Serve with a lime or lemon wedge. Makes 4 servings. Calories: 115 per serving Fat: 1g.

FABULOUS TUNA SALAD

Ingredients:

- 4 oz. White Albacore tuna, in water, drained
- 1 lrg. radish, grated
- 1 green onion, sliced
- ½ stalk celery, thinly sliced
- ½ T. Fat Free Mayonnaise
- 1 T. fresh squeezed lemon juice
- Lemon pepper to taste
- Mustard to taste

Directions:

Place all ingredients in a small bowl and mix well. Serve in lettuce of choice, as a wrap, or on Melba toast. This also a great salad topper for greens of your choice, and a lemon wedge squeezed over top. Makes 1 serving. Calories: 160 per serving Fat: 4g.

CITRUS SHRIMP

Ingredients:

- 1 lb. raw shrimp, peeled and deveined
- 2 T. I Can't Believe It's Not Butter Spray
- ½ c. fresh squeezed orange juice
- 1 t. orange zest
- 2 cloves garlic, minced
- 1 t. dried thyme
- Salt and pepper to taste

Directions:

Rinse shrimp, pat dry with paper towels. Set aside. Heat a large skillet over medium high heat. Add I Can't Believe It's Not Butter Spray, orange juice, orange zest, garlic, and thyme. Bring to a boil, stirring constantly. Reduce heat, simmer for 1 minute. Add shrimp, cook and stir for 3-5 minutes, until shrimp is pink and opaque. Makes 4 servings. Calories: 85 per serving Fat: 1g.

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ONION GLAZED ORANGE ROUGHY

Ingredients:

- 1 lb. Orange Roughy
- 1 lrg. onion, thinly sliced and separated into rings
- ½ c. fresh squeezed orange juice
- 1 t. dried basil
- Salt and pepper to taste

Directions:

Preheat oven to 400° Lightly mist a baking sheet with olive oil pan spray. Place fish on baking sheet and sprinkle with salt and pepper. Cook for 12-15 minutes or until fish flakes easily with a fork. Lightly mist a large skillet with olive oil pan spray and preheat over medium high heat. Add onion to hot skillet cook and stir until tender. Carefully stir in orange juice and basil. Bring to a boil; reduce heat. Simmer and stir until most of the liquid has evaporated. Place fish on a serving plate and spoon onion glaze over top. Makes 4 servings. Calories: 120 per serving Fat 1g.

ORANGE ROUGHY WITH STRAWBERRY SALSA

Ingredients:

- 1 lb. Orange Roughy or other white fish
- 20 lrg. strawberries
- ½ red onion, chopped fine
- 2 limes, juiced
- ¼ c. fresh snipped cilantro
- 1 jalapeno, chopped fine (I chop mine in a food processor or blender.)
- ½ orange, juiced
- Salt and pepper to taste

Directions:

For salsa: Marinate chopped onion in the fresh squeezed lime juice, while preparing the other salsa ingredients. Remove stems from strawberries wash and dice into small cubes. Place into a medium mixing bowl. Add; cilantro, jalapeno, orange juice, and the onion lime marinade. Stir. Refrigerate until ready to serve. Preheat oven 400° Lightly mist a baking sheet with olive oil pan spray. Place fish on baking sheet and sprinkle with salt and pepper. Cook for 12-15 minutes or until fish flakes easily with a fork. Place fish on serving plates and spoon strawberry salsa over each fillet. Makes 4 servings. Salsa makes 4- ¼ c. servings. Calories: 37 per serving Fat: 0g. Fish and salsa together: Calories: 127 per serving Fat: 1g.

SPICED SHRIMP AND SPINACH SALAD

Ingredients:

- 1 lb. raw shrimp, peeled and deveined
- 1 ½ t. Fajita or Mexican seasoning
- 2 garlic cloves, minced
- 12 c. spinach
- 2 lemons, juiced
- Vinaigrette dressing.

Directions:

Rinse shrimp; pat dry with paper towels. In a small bowl toss together the shrimp and fajita seasoning; set aside. Lightly mist a large non-stick skillet with olive oil pan spray heat over medium high heat. Carefully add the lemon juice, shrimp and garlic. Cook and stir for 3-5 minutes until the shrimp are pink and opaque. Remove from heat and set aside. Divide spinach equally among 4 serving plates and spoon spiced shrimp over top. Serve with De-Light Makes 4 servings. Calories: 130 per serving Fat: 0.5g.

GARLIC SHRIMP STIR FRY

Ingredients:

- 1 lb. raw shrimp, shelled and deveined
- 1 med. onion, sliced and separated into rings
- 2 stalks celery, cut into ½ inch pieces
- 12 spears asparagus, cut into ½ inch pieces
- 2 c. broccoli, chopped into small pieces
- 2 c. cauliflower, chopped into small pieces
- 4 cloves garlic, minced
- ½ c. soy sauce
- 2 pkts. Stevia
- Dash crushed red pepper

Directions:

Lightly mist a large skillet with olive oil pan spray and preheat over medium high heat. Add onion, celery, asparagus, broccoli, and cauliflower. Cook and stir until vegetables are almost tender. Add shrimp, soy sauce, crushed red pepper, and Stevia. Cook and stir for 3-5 minutes or until shrimp is pink and opaque. Makes 4 servings. Calories: 125 per serving Fat: 0.5g.

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GARLIC SHRIMP

Ingredients:

- 1 lb. raw shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1 (14.5oz.) can crushed tomatoes
- 1 med. lemon, juiced
- 1 pkt. Stevia
- 1 T. dried parsley
- Salt and pepper to taste

Directions:

Place shrimp in a large bowl with the garlic, salt and pepper. Toss. Heat a large nonstick skillet over medium-high heat. Lightly mist with olive oil pan spray. Add the shrimp and garlic, and stir for 2 minutes, or until shrimp are pink. Reduce heat to medium; add the crushed tomatoes, lemon juice, Stevia, and parsley. Cook, stirring, 3-4 minutes until heated through. Makes 4 servings. Calories: 102 per serving Fat: 1g.

SHRIMP SCAMPI

Ingredients:

- 1 lb. raw shrimp, peeled and deveined
- 2 T. Butter flavored Spray
- 2 cloves garlic, minced
- 1 T. fresh snipped parsley or 1 t. dried
- 2 lemons, juiced
- ¼ c. chicken broth
- Dash cayenne pepper

Directions:

Heat a large skillet over medium high heat. Add Butter flavored Spray, garlic, parsley, lemon juice, chicken broth, and cayenne pepper. Bring to a boil stirring constantly. Add shrimp, cook, while stirring for 3-5 minutes until shrimp turn pink and opaque. Makes 4 servings. Calories: 85 per serving Fat: 1g.

UN-FRIED TILAPIA

Ingredients:

- 1 lb. Tilapia, or other white fish
- 4 T. finely ground Melba toast, process in a blender or food processor
- 1 t. dried thyme
- 1 t. dried basil
- ½ t. garlic powder
- ½ t. lemon pepper
- 1 t. Blackening seasoning, or to taste

Directions:

Preheat oven to 400° Lightly mist a baking sheet with olive oil pan spray. Put Melba crumbs and all seasonings on a plate. Mix well. Coat both sides of fish fillets with crumb mixture and transfer to baking

sheet. Place baking sheet on bottom rack of oven. Bake for 20 minutes or until fish flakes and is golden brown. Serve with a lemon wedge. Makes 4 servings. Calories: 115 per serving Fat: 2.5g.

FISH TACO SALAD

Ingredients:

- 1 lb. Orange roughy or other white fish
- 1 t. Blackened or Mexican seasoning
- 12 c. shredded cabbage
- ½ red onion, diced
- 4 med. limes, juiced
- ¼ c. fresh snipped cilantro
- 8 T. salsa

Directions:

Preheat oven to 400° Lightly mist a baking sheet with olive oil pan spray. Place fish on baking sheet and sprinkle with blackened seasoning. Bake for 12-15 minutes or until fish flakes easily with a fork. Remove from oven and cool slightly. Place shredded cabbage, red onion, and cilantro into a large mixing bowl. Pour lime juice over top of cabbage and toss well. Divide equally between 4 salad plates and top cabbage with cooked fish fillet and salsa. Makes 4 servings. Calories: 157 per serving Fat: 1g.

HALIBUT STEAKS WITH CUCUMBER SAUCE

Ingredients:

- 1 lb. Halibut steaks, ¾ inch thick
- ½ c. fat free plain yogurt
- ½ c. cucumber, finely chopped
- ¼ t. dried dill or mint
- Salt and pepper to taste

Directions:

Preheat oven to 400° or grill to medium. For sauce; In a small bowl stir together yogurt, cucumber and dill. Cover and chill until serving. Lightly mist a baking sheet with olive oil pan spray. Place halibut on baking sheet and sprinkle with salt and pepper. Bake or grill for 12-15 minutes or until fish flakes easily when tested with a fork. Serve each with 2 T. cucumber sauce. Makes 4 servings. Calories: 107 per serving Fat: 1g.

Bodacious HCG Recipes

BEEF STUFFED TOMATO

Ingredients:

- 1 lb. extra lean ground beef
- 4 lrg. tomatoes
- ½ med. onion, chopped
- 2 stalks celery, chopped
- 1 small zucchini, grated
- 1 clove garlic, minced
- 1 t. cumin
- Salt and pepper to taste

Directions:

Preheat oven to 350° Cut tops off tomatoes; scoop out pulp and reserve. Brown ground beef in a large skillet over medium-high heat. Add tomato pulp, onion, celery, zucchini, garlic and seasonings. Cook and stir until vegetables are tender. Remove from heat. Lightly mist a shallow baking dish with olive oil pan spray and place each tomato into the baking dish. Stuff each tomato shell equally with the meat mixture, spooning any leftover into the bottom of baking dish. Bake for 20 minutes. Serve each with leftover meat from baking dish spooned around the tomato. Makes 4 servings. Calories: 205 per serving Fat: 5g.

BAKED ITALIAN STEAK

Ingredients:

- 1 lb. lean sirloin steaks, 4oz. each
- ½ t. salt
- ½ t. pepper
- 1 t. garlic powder
- 1 (14oz.) can diced tomatoes
- 1 med. onion, halved and sliced
- 4 c. zucchini, sliced
- 1 t. Italian seasoning

Directions:

Preheat oven to 350° Sprinkle steaks evenly on both sides with salt, pepper, and garlic powder. Preheat a large skillet over medium heat, and mist lightly with olive oil pan spray. Place steaks into skillet and cook briefly until browned on both sides. Transfer steaks to a baking dish. In a large bowl; combine tomatoes, onion, zucchini, and Italian seasoning. Pour evenly over top of steaks. Cover dish with foil, bake for 1 to 1 ½ hours or until steaks are tender. Makes 4 servings. Calories: 214 per serving Fat: 6g.

MEAT LOAF

Ingredients:

- 400 grams hamburger (about ¾ pounds)
- 4 slices melba toast crushed
- 8 T Onion flakes
- ½ tsp. salt
- ½ tsp. pepper
- 1 can fresh tomato sauce

BBQ Sauce on top

- 1/3 cup water
- 3 T apple cider vinegar
- 3 T stevia
- 3 T spicy mustard
- 1 T liquid smoke
- 1 large can fresh tomato sauce

Directions:

Preheat oven to 350°. Combine the beef, melba toast, onion, salt, pepper, and tomato sauce in a big bowl. Mix together with your hands until well blended. Put the mixture into a loaf tin and put to one side. To make the BBQ topping, combine the water, vinegar, stevia, mustard, liquid smoke, and tomato sauce in a bowl and blend well. Pour the mixture on top of the meatloaf. Bake in the preheated oven for 1 hour and 15 minutes. (Makes 4 servings)

SAUERKRAUT AND MEATBALLS

Ingredients:

Meatballs:

- 1 lb. extra lean ground beef
- 1 lrg. egg white
- 2 t. onion powder 1 t. dried parsley
- 1 clove garlic, minced
- Salt and pepper to taste

Cabbage & Kraut:

- 1 small head cabbage, chopped
- 1 med. onion, chopped
- 2 c. tomato juice
- 1 (16oz.) jar of sauerkraut
- 2 c. water

Directions:

In a large mixing bowl, combine ingredients for meatballs and mix well. Form into 16 equal balls and set aside. In a large saucepan, start layering with a layer of cabbage on the bottom, onion, 4 meatballs, and sauerkraut. Repeat layers until all ingredients are used. Pour tomato juice and water evenly over top. Over medium-high heat, bring to a boil. Reduce heat to low and simmer, covered, for 30 minutes. Makes 4 servings with 4 meatballs each Calories: 205 Fat: 5g.

Bodacious HCG Recipes

STEAK & ASPARAGUS STIR-FRY

Ingredients:

- 1 lb. lean sirloin, cut into thin strips ½ inch wide and 2 inches long*
- 4 c. asparagus, stems removed, cut into 1 inch pieces
- ¾ c. beef broth
- ½ c. green onion, coarsely chopped
- 4 cloves garlic, coarsely chopped
- 2 T. fresh ginger, peeled and coarsely chopped
- ½ med. red onion, sliced
- 2 T. soy sauce

Directions:

Steam the asparagus until bright green but still firm, about 2 minutes. Drain; rinse with cold water to stop cooking; drain again. Combine ¼ cup beef broth, green onion, garlic, and ginger in a food processor or blender. Pulse until the mixture is minced and set aside. Heat a large skillet over medium-high heat and mist lightly with olive oil pan spray. Add the steak strips, red onion, and soy sauce and sauté for 4 minutes, or until beef is nearly cooked. Add the green onion mixture and remaining ½ cup of broth, bring to a boil. Add asparagus to the skillet and stir until the asparagus is cooked through, about 3 minutes. Divide among four dinner plates, serve immediately. Makes 4 servings. Calories: 195 Fat: 6 g.

*Note: It is easier to slice beef thinly if you place it in the freezer for about 30 minutes first. I also use kitchen shears to cut the beef.

HCG BURGER

Ingredients:

- 1 lb. extra lean ground beef or veal
- 4 Wasa Multi grain Flatbread
- ½ med. onion, sliced
- 1 med. tomato, sliced
- 24 pickle slices
- 4 lettuce leaves
- Yellow or Spicy Brown mustard
- Seasonings of your choice

Directions:

Divide ground beef into 4 equal 4oz. portions. Shape each portion into an oblong patty, about the size and shape of the flatbread. Season patties, and grill or broil the patties until no longer pink. Spread each of the 4 flatbreads with mustard and top with cooked patties, onion, tomato, pickle, and lettuce. You can also serve wrapped in lettuce. Makes 4 servings; Calories: 216 per serving Fat: 6g.

NEW-FASHIONED MEAT LOAF

Ingredients:

- 1 lb. (95%) lean ground beef or veal
- ½ c. spinach leaves, chopped
- ½ med. onion, minced
- 1 lrg. egg white, lightly beaten
- 2 t. horseradish
- 2 t. Italian seasoning
- 1 t. Worcestershire sauce
- 1 clove garlic, minced
- ½ t. salt

Directions:

Preheat oven to 350° Lightly mist an 8 ½ "x 4 ½ "x 3" nonstick loaf pan with olive oil pan spray. Set aside. In a large mixing bowl, add beef or veal, spinach, onion, egg white, horseradish, Italian seasoning, Worcestershire sauce, garlic, and salt. With hands or a fork, mix well. Transfer the mixture to the prepared loaf pan. Press evenly onto the pan, patting the top flat. Bake for 30 minutes, or until no longer pink. Let meat loaf sit for 10 minutes before cutting into 8 slices. Makes 4 servings; 2 slices each. Calories: 165 per serving Fat: 5g.

STEAK & SPINACH SPIRALS

Ingredients:

- 1 lb. lean sirloin steaks, 4 oz. each
- 1 c. spinach, loosely packed
- 2 green onions, chopped
- 1 clove garlic, minced
- ¼ c. soy sauce
- Salt and pepper to taste

Directions:

Preheat grill to medium. Remove stems from spinach leaves. Layer leaves on top of each other; slice crosswise into thin strips. In a medium bowl combine spinach strips, green onion, garlic, and 2 T. of the soy sauce. Stir and set aside. Trim fat from each steak. Score steaks on both sides by making shallow cuts at 1-inch intervals in a diamond pattern. Place steaks between two pieces of plastic wrap. Pound steaks lightly with flat side of meat mallet, to ¼ inch thickness. Remove top layer of plastic wrap. Sprinkle steaks with salt and pepper. Spread spinach mixture equally over steaks. Starting from short side, roll up steaks. Secure with wooden toothpicks at 1 inch intervals, starting ½ inch from end. Cover and grill for 14-18 minutes for medium doneness, turning once and brushing with soy sauce. Remove from grill and slice each steak between toothpicks. Remove toothpicks before placing on serving plates. Makes 4 servings; Calories: 186 per serving Fat: 6g.

Bodacious HCG Recipes

STUFFED SWEET ONION

Ingredients:

- 1 lb. extra lean ground beef
- 4 lrg. sweet onions
- 2 c. spinach, chopped
- 2 stalks celery, chopped fine
- 1 clove garlic, minced
- 1 egg white, slightly beaten
- ¼ c. Fat Free sour cream
- 1 t. Italian seasoning

Directions:

Preheat oven to 350° Cut tops and bottoms from each onion and carefully remove several inside layers, starting with the center and working out. Leave enough outside shell for onion to stand alone after center is removed. Set aside, and save enough onion centers to provide ½ cup chopped onion to mix with stuffing. Brown ground beef in a large skillet over medium-high heat. Drain grease if needed and set aside to cool slightly. In a large bowl combine chopped onion, spinach, celery, garlic, egg white, fat free sour cream, seasonings, salt and pepper to taste. Add beef and mix all ingredients well. Lightly mist a baking dish with olive oil pan spray and place each onion shell inside. Stuff each onion shell equally with beef mixture, spooning any leftover into the bottom of baking dish. Cover and bake for 35 to 40 minutes or until onions are tender. Serve each with leftover meat from baking dish spooned around the onion and top with sour cream fluff. Makes 4 servings; Calories: 211 per serving Fat: 5g.

ZUCCHINI SPAGHETTI

Ingredients:

Zucchini noodles:

- 4 medium zucchini
- Olive oil pan spray

Spaghetti sauce:

- 1 lb. extra lean ground beef
- ½ med. onion, chopped
- 2 cloves garlic, minced
- 2 (14oz.) cans crushed tomato and garlic.
- 2 T. tomato paste
- ½ c. water
- 1 pkt. Stevia, optional
- 1 t. dried oregano
- 1 t. Italian seasoning
- ½ t. dried basil
- Salt and pepper to taste

Directions:

Cut ends from zucchini. With a vegetable peeler or sharp knife, slice zucchini very thinly lengthwise, making “noodles”, or grate using a large shred cheese grater. Heat a large skillet over medium-high heat. Lightly mist with olive oil pan spray, add zucchini. Sauté and stir until zucchini is tender-crisp. Remove from heat and keep warm. Set a large saucepan over medium heat. Add crumbled ground beef, onion, Cook, stirring occasionally, until beef is brown and no longer pink. Drain grease if needed. Reduce heat to lowest setting. Add crushed tomatoes, tomato paste, water, Stevia, and seasonings. Stir to mix. Simmer for 10 minutes for flavors to blend. Divide zucchini evenly among 4 serving plates and spoon ¾ cup of sauce over top. Makes 4 servings; Calories: 222 per serving Fat: 5g.

Bodacious HCG Recipes

BEEF AND CABBAGE STEW

Ingredients:

- 1 lb. (95%) lean ground beef
- ½ med. onion, chopped
- 2 stalks celery, with leaves, chopped
- 12 c. cabbage, shredded
- 4 c. beef broth
- 1 clove garlic, minced
- ½ t. dried parsley
- ¼ t. onion salt
- ¼ t. celery salt
- Pepper to taste

Directions:

In a large stock pot add cabbage and beef broth. Cover and heat on medium-high until boiling, reduce heat to low. In a large non-stick skillet brown ground beef and drain grease if needed. To browned beef add; onion, celery, garlic and seasoning. Cook and stir until vegetables are slightly tender. Add beef mixture to cabbage. Simmer uncovered, on low until cabbage is tender. Makes 4 servings of 2 ½ cups each; Calories: 198 per serving Fat: 4.5g.

ZUCCHINI RED CHILI

Ingredients:

1 lb. lean stew meat or ground beef
4 med. zucchini, sliced
½ lrg. onion, chopped
2 cloves garlic, minced
1 (14oz.) can diced tomatoes with green chilies
½ t. dried oregano
½ T. cumin
½ T. chili powder
½ t. paprika
1 (8oz.) can tomato sauce
1 ½ c. beef broth
Salt and pepper to taste

Directions:

Cooking time; 5-7 hours. Brown beef cubes in a larger non-stick skillet. In an electric crock pot or slow cooker, combine browned beef, onion, garlic, tomatoes and green chilies, spices, tomato sauce, and beef broth. Stir well. Add sliced zucchini and stir again. Cover and cook on low for 5-7 hours, or until beef is very tender. Makes 4 servings of 2 ½ cups each; Calories: 255 per serving Fat: 8 g.

ITALIAN VEAL STEW

Ingredients:

- 1 lb. veal or beef, 1-inch cubes cut for stew
- 2 c. beef broth
- 8 c. cabbage, coarsely chopped
- 2 stalks celery, cut into ½ inch pieces
- 4 green onions, cut into ½ inch pieces
- 2 cloves garlic, minced
- 1 (14oz.) can diced tomatoes
- 1 (8oz.) can tomato sauce
- 1 bay leaf
- ½ t. crushed rosemary
- 1 t. Italian seasoning
- Salt and pepper to taste

Directions:

Cooking time 7-9 hours. Place all ingredients into a 4 quart or larger crock pot or slow cooker. Stir well. Cover; cook on low for 7-9 hours until meat is very tender. Remove bay leaf before serving. Makes 4 servings of 2 ½ cups each; Calories: 242 per serving Fat: 6.5g.

CHICKEN EGG DROP SOUP

Ingredients:

- 1 lb. chicken breast, cooked and shredded
- 8 c. cabbage, shredded
- 1 small zucchini, grated or 2 c. spinach
- 1 med. onion, chopped
- 1 clove garlic, minced
- 8 c. chicken broth
- 2 egg whites, lightly beaten
- ¼ c. soy sauce
- ¼ t. white pepper
- Salt to taste

Directions:

Add broth, soy sauce, white pepper and salt to a large stock pot. Bring to a boil over medium-high heat. Slowly drizzle egg whites into broth; stirring constantly in a figure 8 motion. Add cabbage, zucchini, onion, and garlic. Reduce heat and simmer until cabbage is tender. Add cooked chicken during last few minutes of cooking, to heat through. Makes 4 servings of 2 ½ cups each; Calories: 190 per serving Fat: 3g.

CHICKEN FAJITA SOUP

Ingredients:

- 1 lb. chicken, cooked and shredded
- 6 c. chicken broth
- 4 lrg. Zucchini, sliced
- 1 (14oz.) can diced tomatoes with green chilies
- 1 med. Onion, chopped
- 1 clove garlic, minced
- 1 T. Fajita or other Mexican seasoning
- ¼ c. fresh snipped cilantro
- Salt and pepper to taste

Directions:

In a large stock pot combine chicken broth, zucchini, and tomatoes with chilies, onion, garlic, and seasoning. Bring to a boil over medium-high; reduce heat. Simmer covered for 15-20 minutes or until zucchini is tender. Stir in cooked chicken; heat through. Just before serving stir in snipped cilantro. Makes 4 servings of 3 cups each; Calories: 197 per serving Fat: 3g.

CHICKEN CABBAGE CHILI

Ingredients:

- 1 lb. chicken breast, cooked and shredded
- 12 c. shredded cabbage
- 8 c. chicken broth
- 1 (14oz.) can diced tomatoes with green chilies
- 1 clove garlic, minced
- ½ med. onion, chopped
- 1 ½ t. chili powder
- 1 ½ t. cumin
- Salt and pepper to taste

Directions:

In a large stock pot, add cabbage, broth, tomatoes and chilies, garlic, and onion. Bring to a boil; add spices and reduce heat to low. Simmer uncovered, stirring often, until cabbage is tender. Add cooked and shredded chicken at last few minutes of cooking to heat through. Makes 4 servings; 3 ½ cups each Calories: 187 per serving Fat: 3g.

Bodacious HCG Recipes

ITALIAN STEWED TOMATOES & ZUCCHINI

Ingredients:

- 8 c. zucchini, halved lengthwise and sliced into ½ inch slices
- 2 (14oz.) cans diced tomatoes
- 1 med. onion, slivered
- 2 cloves garlic, minced
- 1 t. Italian seasoning
- Salt and pepper to taste

Directions:

Place all ingredients in a large saucepan; stir well. Place on stove top over medium-high heat and bring to a boil. Reduce heat and simmer, covered for 15-20 minutes. Stirring occasionally until zucchini is tender. Makes 4 servings of 2 ½ cups each; Calories: 89 per serving Fat; 0g.

LEMON GARLIC BROCCOLI

Ingredients:

- 4 c. broccoli florets
- 1 med. lemon, juiced
- ¼ t. salt
- ¼ t. pepper
- 1 clove garlic, minced

Directions:

Steam broccoli over medium-high heat until tender. Meanwhile; in a serving bowl, combine lemon juice, salt, pepper, and garlic. Add broccoli. Toss to coat and serve immediately. Makes 4 servings of 1 cup each; Calories: 37per serving Fat: 0g.

ROASTED CAULIFLOWER

Ingredients:

- 8 c. cauliflower florets
- ½ med. red onion, sliced
- Butter flavored Spray
- 2 t. Mrs. Dash Garlic & Herb Blend or seasoning of choice
- Salt and pepper to taste

Directions:

Preheat oven to 425° In a large bowl combine cauliflower, onion, and seasonings. Mist with 10 sprays of I Can't Believe It's Not Butter Spray; toss well. Transfer to a 9"x13" baking dish and mist with 10 more sprays of I Can't Believe It's Not Butter Spray. Bake for 20-25 minutes, stirring once until lightly browned and crisp-tender. Makes 4 servings of 1 ½ cups each; Calories: 70 per serving Fat: 0g.

CUCUMBER APPLE MINT SALAD

Ingredients:

- 4 med. cucumber, peeled and diced
- 1 med. apple, grated or diced
- ¼ c. Fat Free plain yogurt
- 1 med. lemon, juiced
- 12 mint leaves, thinly sliced
- Salt and pepper to taste

Directions:

In a medium bowl; combine cucumber, apple, yogurt, lemon juice, and mint. Stir well to mix. Add salt and pepper to taste. Chill until serving. Makes 4 servings of ¾ cup each; Calories: 32 Fat: Trace

SWEET & SOUR RED CABBAGE

Ingredients:

- 1 lrg. head red cabbage, chopped
- 1 med. apple, cored and grated
- 1 med. onion, slivered
- 3 T. red wine vinegar
- 1 pkt. Stevia
- ¼ t. cinnamon
- 1 clove garlic, minced
- Salt and pepper to taste

Directions:

Preheat oven to 300° Lightly mist a 9"x13" baking dish with olive oil pan spray. Place all ingredients into a large mixing bowl and mix well. Transfer cabbage mixture to prepared baking dish and cover. Bake for 2-2 ½ hours, stirring once or twice, until cabbage is tender. Makes 4 servings of approx. 1 ½ cups each; Calories: 60 per serving Fat: 0g.

BROCCOLI SALAD WITH SWEET VINAIGRETTE

Ingredients:

- ½ c. fresh squeezed orange juice
- ½ c. fat free plain yogurt
- 2 t. stone ground mustard
- 1-2 pkt. Stevia
- 8 c. broccoli florets
- ½ med. red onion, chopped

Directions:

In a large plastic bowl, whisk together the orange juice, yogurt, mustard and Stevia. Add the broccoli and onion; toss to coat. Cover and refrigerate for at least 1 hour or up to 1 day before serving. Makes 4 servings of 2 cups each; Calories: 92 per serving Fat; 0g.

Bodacious HCG Recipes

CRUNCHY SLAW

Ingredients:

- 6 c. shredded cabbage
- ½ med. red onion
- 6 radishes, grated
- ¾ c. Rice vinegar
- ½ t. white or black pepper
- 1 t. celery salt
- 1-2 pkts. Stevia

Directions:

Place cabbage, onion, and radishes into a large mixing bowl. Combine rice vinegar, spices, and Stevia. Mix well. Pour over cabbage and toss well to coat. Let sit 10-15 minutes or chill overnight; tossing again before serving. Makes 4 servings of 1 ½ cups each; Calories: 36 per serving Fat: 0g.

CURRIED CAULIFLOWER

Ingredients:

- 4 c. cauliflower florets
- ¼ c. chicken broth
- ½ med. onion, sliced and separated
- 1 t. curry powder
- Dash crushed red pepper flakes
- Salt to taste

Directions:

Steam cauliflower, until crisp-tender. Heat a medium saucepan over medium heat. Add onions and chicken broth; cook and stir until onions are just tender. Stir in curry powder, red pepper flakes, and salt to taste. Remove from heat, add cauliflower, and toss well to coat. Makes 4 servings of 1 cup each; Calories: 35 per serving Fat: 0g.

GINGER VINAIGRETTE CUCUMBERS

Ingredients:

- 4 lrg. cucumbers, peeled and sliced
- 1 sm. red onion, slivered
- 2 med. tomatoes, sliced into sections
- 1 ½ T. fresh grated ginger
- 1 c. rice vinegar
- ½ c. water
- ½ t. salt
- ½ t. pepper

Directions:

Combine all ingredients in a medium bowl. Stir well and chill overnight, stirring occasionally. Makes 4 servings of 1 ½ cups each; Calories: 28.5 per serving Fat: 0g.

ROASTED FENNEL AND ONIONS

Ingredients:

- 2 fennel bulbs
- 1 lrg. onion, cut into 1-inch wedges
- Butter flavored Spray
- ½ t. crushed fennel seeds or Italian seasoning
- ½ t. salt
- ¼ t. pepper

Directions:

Preheat oven to 400° To prepare fennel, cut off and discard upper stalks. Remove any wilted outer layers and cut a thin slice from fennel base. Wash fennel and cut in half lengthwise. Cut lengthwise into wedges about 1 inch thick. Place fennel and onion in a shallow roasting pan. Spray evenly with 10-15 sprays of Butter flavor Spray. Sprinkle with fennel seeds, salt and pepper. Stir to coat. Roast for 35-40 minutes or until light brown and tender, stirring twice. Makes 4 servings of approx. 1 cup each; Calories: 42 per serving Fat: 0g.

FRIED CABBAGE

Ingredients:

- 8 c. cabbage, shredded
- 1 med. red onion, slivered
- 3 cloves garlic, minced
- ½ T. Mrs. Dash Garlic and Herb Blend
- Salt to taste

Directions:

Heat a large nonstick skillet over medium-high heat and mist lightly with olive oil pan spray. Add cabbage, onion, garlic, and seasonings. Stir and fry for 4-6 minutes or until cabbage is crisp-tender. Makes 4 servings of 1 ½ cups each; Calories: 44 per serving Fat: 0g.

GINGER TOMATO SALAD

Ingredients:

- 3 T. rice vinegar
- 1 T. fresh ginger, grated or minced
- 1 pkt. Stevia
- 2 c. cherry or grape tomatoes, halved
- ½ med. red onion, sliced
- Salt to taste

Directions:

In a small bowl, whisk together rice vinegar, ginger, Stevia, and salt. Add tomatoes and onion. Toss gently to coat. Cover and chill for 1-4 hours. Eat as is or serve over fresh cut greens. Makes 4 servings of ½ cup each; Calories: 25 Fat: 0g.

Bodacious HCG Recipes

SWEET SIMMERED CABBAGE

Ingredients:

- 8 c. cabbage, chopped
- 1 c. chicken broth
- 1 t. dried parsley
- 1-2 pkt. Stevia
- Salt and pepper to taste

Directions:

Place all ingredients in a large stockpot and stir well. Place on stove top over medium-high heat until boiling. Reduce heat to low, cover and simmer, stirring once or twice, for 20-25 minutes until cabbage is tender. Makes 4 servings of 1 ½ cups each; Calories: 31 per serving Fat: 0g.

WILTED SPINACH & MUSHROOMS

Ingredients:

- ½ red onion, sliced and separated
- 1 lb. mixed fresh mushrooms, wash & slice, removing any tough stems
- 4 cloves garlic, minced
- 1 t. McCormick Salt Free All-Purpose seasoning or seasoning of choice
- 12 c. spinach leaves
- Salt and pepper to taste

Directions:

Lightly mist a large skillet with olive-oil pan spray. Heat over medium-high heat; add onion, cook and stir for 2-3 minutes. Add mushrooms, garlic, and seasonings. Cook and stir until mushrooms are tender. Add spinach and stir to wilt briefly. Serve immediately. Makes 4 servings; Calories: 64 per serving Fat: 0g.

CURRIED TOMATOES & ZUCCHINI

Ingredients:

- 2(14oz.) cans diced tomatoes
- 4 med. zucchini, halved lengthwise and sliced into ½ inch slices
- 1 med. onion, chopped
- 1 T. curry powder
- ¾ t. ground ginger
- ½ c. water
- Salt and pepper to taste

Directions:

Heat a large saucepan over medium-high heat. Lightly mist with olive oil pan spray. Add onion and cook until tender. Stir in curry powder and ginger. Cook briefly to brown curry and bring out flavor. Stir in tomatoes, zucchini, water, salt and pepper. Bring

to a boil. Reduce heat to low. Simmer for 20-30 minutes, until zucchini is tender. Makes 4 servings of 1 ½ cup each; Calories: 65per serving Fat: 0g.

SWEET & SPICY COLE SLAW

Ingredients:

- 6 c. green cabbage, shredded
- 2 c. red cabbage, shredded
- 2 med. tomatoes, seeded and chopped
- 6 green onion, coarsely chopped
- 1-2 jalapeno peppers, seeded and finely chopped
- ½ c. cider vinegar
- 2-3 pkts. Stevia
- Salt to taste

Directions:

Combine cabbage, tomato, green onion, and jalapeno in a large serving bowl. In a small bowl, mix; vinegar, Stevia, and salt. Stir well until Stevia and salt are dissolved. Pour over cabbage and toss well. Cover and chill at least 2 hours before serving. Toss again before serving. Makes 4 servings of 2 ¼ cups each; Calories: 54.5 per serving Fat: 0g.

GREEN BEAN TOSS

Ingredients:

- 1 lb. fresh green beans
- 1 T. fresh ginger, peeled and finely chopped
- 1 med. red onion, slivered

Dressing:

- 4 t. dry mustard powder
- 1 T. cold water
- 2 T. soy sauce
- 2 T. rice vinegar

Directions:

Trim and cut green beans into 1-inch lengths. Cook in rapidly boiling water, about 5 minutes or until crunchy-tender. Drain beans, immerse in cold water to stop the cooking until they are cool. Drain well. In a medium bowl, whisk the dressing ingredients until well blended. Add green beans, ginger, and red onion to dressing, toss well. Serve immediately. Makes 4 servings of 1 cup each; Calories: 52 per serving Fat: 0g.

Bodacious HCG Recipes

COCKTAIL SAUCE

Ingredients:

- 1 c. Heinz Reduced Sugar or One Carb ketchup
- 3 T. fresh squeezed lemon juice
- 1 t. ground horseradish or to taste
- ½ T. Worcestershire sauce
- Fresh ground black pepper to taste

Directions:

Combine all ingredients in a small bowl and stir well. Refrigerate. Makes approx. 1 cup; serving size of 1 tablespoon; Calories: 5 per serving Fat: 0 g.

ASPARAGUS GUACAMOLE

Ingredients:

- 1 lb. asparagus ends trimmed and cut into 1-inch pieces
- 1 lime, juiced
- ¼ c. fresh cilantro stems removed and finely chopped
- ¼ c. salsa
- ½ t. cumin
- ½ t. chili powder
- Garlic salt and black pepper to taste

Directions:

Steam or boil asparagus until very tender. Drain and rinse under cold water to cool completely. Drain well. Place cooled asparagus in a food processor fitted with a chopping blade; process for 30-60 seconds until smooth. Transfer asparagus to a small bowl. Add lime juice, cilantro, salsa, and seasonings. Stir well to combine. Refrigerate. Serve over meat, salad greens, Melba toast, and in lettuce wraps; also makes a good dip for vegetables. Makes approx. 2 cups; serving size of 2 tablespoons; Calories: 8 per serving Fat: 0g.

CREAMY RANCH DRESSING

Ingredients:

- 1 c. Fat Free cottage cheese
- ¼ t. garlic powder
- ¼ t. onion powder
- 2 t. white wine vinegar
- ¼ c. skim milk
- 1 t. chopped chives

Directions:

Puree all ingredients in a food processor or blender. Refrigerate in tightly sealed container. Makes approx. 1 ½ cups; serving size of 2 tablespoons each; Calories: 20 per serving Fat: 0g.

DE-LIGHT VINAIGRETTE

Ingredients:

- 1 c. chicken broth
- ¼ c. green onion, chopped
- ¼ c. fresh parsley, stems removed
- 2 T. red wine vinegar
- 1 t. Dijon or course ground mustard
- 1 clove garlic, minced
- ¼ t. dried dill

Directions:

In a covered blender, combine all ingredients. Cover tightly and blend until smooth. Refrigerate for at least 2 hours. Serve over salad greens or use as a marinade for meats. Makes approx. 2 cups; serving size of 2 tablespoons; Calories: 10 per serving Fat: trace

HONEY-LIME DRESSING

Ingredients:

- ¼ c. fresh squeezed lime juice
- ¼ c. red wine vinegar
- 2 T. sugar free honey
- 2 T. fresh cilantro, finely chopped
- 2 cloves garlic, minced

Directions:

Mix all ingredients in a small bowl until combined. Refrigerate. Also makes a great marinade for chicken and fish. Makes approx. ¾ cup; serving size is 2 tablespoons; Calories: 31 per serving Fat: 0g.

HCG BBQ SAUCE

Ingredients:

- ½ c. Heinz Reduced Sugar or One Carb ketchup
- 2 t. dried minced onion
- ¼ c. dill pickle relish, no sugar added
- ¼ c. water
- 1 pkt. Stevia
- 1 ½ t. Worcestershire sauce
- 2 T. lemon juice
- ¼ t. mustard
- Dash cayenne
- Dash black pepper
- Salt to taste

Directions:

Place all ingredients in a small sauce pan and bring to a boil. Reduce heat to low, simmer for 20 minutes, stirring often. Refrigerate. Serve over grilled chicken or fish. Makes approx. 1 cup; serving size 2 tablespoons; Calories: 7.5 per serving Fat: 0 g.

Bodacious HCG Recipes

HORSERADISH SAUCE

Ingredients:

- ¼ c. Fat Free Mayonnaise
- ¼ c. Fat Free sour cream
- 1 T. Dijon mustard
- 2 green onions, finely chopped
- 2 t. ground horseradish

Directions:

Place all ingredients in a small bowl and mix until well blended. Refrigerate. Serve over steak, or meat of your choice; also makes a good dip for vegetables. Makes approx. ¾ cup; serving size is 1 tablespoon; Calories: 13 per serving Fat: 0 g.

LITE RANCH DRESSING

Ingredients:

- 1 c. Fat Free plain yogurt
- 1 pkt. Ranch salad dressing mix
- 3 T. lemon juice
- ½ c. skim milk

Directions:

Combine all ingredients in a small bowl and mix well. Refrigerate until chilled. Makes approx. 1 ½ cups; serving size of 2 tablespoons each; Calories: 10 per serving Fat: trace

SWEET CILANTRO SAUCE

Ingredients:

- ¼ c. Sugar Free honey
- ¼ c. water
- ¼ c. chicken broth
- 2 T. red wine vinegar
- 1 T. lemon juice
- 1 clove garlic, minced
- ½ t. cornstarch
- 2 T. fresh cilantro stems removed and chopped fine

Directions:

Place all ingredients, except cilantro, in a small sauce pan and heat over medium heat. Whisk and boil until sauce thickens and is bubbly. Remove from heat and stir in fresh cilantro. Serve over fish or chicken.

Makes approx. ¾ cup; serving size is 2 tablespoons; Calories: 52.2 per serving Fat: 0g.

FRESH TOMATO RELISH

Ingredients:

- 1 lb. fresh tomatoes
- 3 T. red wine vinegar
- 1 T. Dijon or Spicy Brown mustard
- 2 T. water
- ½ med. red onion, chopped
- ½ t. salt
- 3 T. capers, drained
- Ground black pepper to taste

Directions:

Dice tomatoes and place in a medium, glass or plastic bowl. Combine all remaining ingredients and mix well. Cover and refrigerate. Serve with fish or chicken, or over salad greens. Makes approx. 2 ¼ cups; serving size of ¼ cup each; Calories: 220 per serving Fat: 0 g.

Fajita Seasoning

Ingredients:

- 2 t. Chili Powder
- 1 t. salt
- 1 t. paprika
- 1 t. stevia
- ½ t. onion powder
- ½ t. garlic powder
- ½ t. cayenne
- ¼ t. cumin

Directions:

Combine all ingredients and mix well. Can be used on chicken, beef, shrimp or other meats. Makes one serving; Calories: 10 per serving Fat:0 g.