



Please join us for  
Recipe Club  
January 5th at 5:00 pm  
in the clubhouse.  
This month's theme is  
"Low Cal Dishes".

# **Appetizers**

# STUFFED MUSHROOMS

## INGREDIATES

3 lbs. crimini mushrooms

2 lbs. Italian skinless sausage

8 oz. mascarpone cheese

¼ cup grated parmesan cheese

1 chopped shallots

½ bunch scallions

2 table spoons olive oil

1 table spoon chopped garlic

1 cup Panko bread crumbs

Salt & Pepper to taste

## METHOD

1. Clean & remove stems. Set stems aside.
2. Chop stems and saute with shallots, garlic and olive oil. Set aside.
3. Crumble & cook sausage. Drain fat and return to heat. Add scallions, mascarpone, parmesan cheese and mix well.
4. Scoop into mushroom caps.
5. Bake 45 minutes

# Sides





July 6, 2022 at 11:08 AM

## **sanja's cowboy caviar**

1 red bell pepper  
1 orange bell pepper  
1 yellow bell pepper  
1 small red onion  
2 jalapeños  
1 mango  
2 avocados  
half bag frozen sweet corn (trader joes)  
1 container of feta  
**DRESSING:**  
juice of 3 limes  
1/2 cup olive oil  
1/4 cup white wine vinegar  
1-2 tbsp tajin  
salt and pepper  
2-3 tbsp spicy honey



# Sue & Jim Stewart

## Chicken Vegetable Soup

Homemade Chicken Vegetable Soup is an easy recipe that's both freezer and crock pot friendly! Optional additions include rice, pasta, potatoes, and more!



Prep Time  
10 mins

Cook Time  
45 mins

Total Time  
55 mins

Course: Soup    Cuisine: American    Servings: 9 cups    Calories: 214kcal  
Author: Stephanie

### Ingredients

#### Soup

- 1-2 tablespoons olive oil
- 1 ¼ lbs. chicken [see notes](#)
- Salt/Pepper
- 2 tablespoons butter
- 1 small yellow onion [diced](#)
- ¾ cup carrots [diced](#)
- 2 ribs celery [diced](#)
- 3 cloves garlic [minced](#)
- 1 teaspoon hot sauce
- 1 teaspoon Worcestershire sauce
- 7 cups chicken broth
- 1 ½ cups frozen mixed vegetables ([corn/green beans](#))

#### Seasonings

- 1 teaspoon dried parsley
- ½ teaspoon **EACH:** Dried basil, oregano, mustard powder
- ¼ teaspoon pepper

### Instructions

1. **Pat chicken dry and season with salt/pepper. Heat olive oil** in a 4.5-quart soup pot over medium high heat. **Add the chicken** and sear on each side for about 3 minutes, until a golden crust develops. (It's okay if the middle isn't cooked, it will simmer and finish cooking in the soup later.)
2. **Remove the chicken and set aside.** Let it rest for 10 minutes, then dice or shred.
3. **Melt butter** in the same pot over medium heat. Use a silicone spatula to "clean" the bottom and sides of the pot. This will work the brown "fond" into the broth, which adds a ton of flavor.
4. **Add the onions, carrots, and celery** and soften for 5 minutes.
5. **Add the garlic, hot sauce, Worcestershire sauce, and seasonings.** Stir to combine.
6. **Add the chicken broth.** Bring to a boil, then reduce to a simmer. **Add the chicken back to the soup along with any juice from the plate** and simmer, uncovered, for 15 minutes.
7. **Add the frozen vegetables.** Cover partially and simmer for 10-15 more minutes. Serve!

# Vegetable Quiche Cups To Go

Note: Carol Cowleychanges in red

**Serves 6**

**4x recipe** - "I make 4 times the recipe, and freeze for quick breakfasts. Instructions in red for quantities I use. Makes ~40 quiches"

## **Ingredients** (4x recipe)

1 package (10 ounces) frozen chopped spinach (4 packages)

3/4 cup liquid egg substitute (12 eggs)

3/4 cup shredded reduced-fat cheese (2.5 to 3 cups)

1/4 cup diced green bell peppers (2 large or 3 small peppers, I use 1 red, 1 green)

1/4 cup diced onions (2 medium onions)

3 drops hot-pepper sauce (9 drops)

1/4 t. garlic salt (1t.)

3T. grated parmesan cheese (1/2 cup)

*Optional:*

1/8 cup of Flax seeds

1 fresh tomato chopped well and liquid drained

## **Instructions**

Microwave the spinach for 2 1/2 minutes on high. Drain the excess liquid.

Sauté peppers and onions in a dash of olive oil until soft.

Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.

**Note:** I don't use cooking spray but use Silicone Baking Cups

Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well.

Divide evenly among the muffin cups. Bake at 350°F for 20 minutes, until a knife inserted in the center comes out clean.

**Note:** Makes ~~40~~

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used.

## **Nutritional Information:**

77 calories

3 total fat (2 g sat)

10 mg cholesterol

3 g carbohydrate

9 g protein

2 g fiber

160 mg sodium

cream cheese is fully melted and sauce is creamy, about 3 minutes. Taste and season with more salt or caper brine as needed.

**8. Dollop** the sauce onto serving plates, top with the fish and place salad to the side. Garnish with more capers, if you want.

**Note:** To make  $\frac{1}{3}$  cup of your own everything bagel seasoning, simply toss together 2 tablespoons each sesame seeds and poppy seeds with 1 tablespoon each onion granules and garlic granules. The garlic granules can be substituted with onion granules and vice versa.  
— Recipe by Carolina Gelen

Salt and pepper  
3 large shallots, sliced thinly (about 2 cups)  
5 garlic cloves, sliced thinly  
2 (15.5-ounce) cans cannellini beans or other creamy white beans, drained  
1 cup vegetable or chicken stock  
1 cup finely grated Parmesan, plus more for serving  
1  $\frac{1}{2}$  cups tightly packed basil leaves, preferably Genovese  
1 lemon, cut into wedges, for serving  
**1. Heat** 6 tablespoons of the olive oil over medium-low in a 12-inch skillet or small Dutch oven. Add pine nuts and, when the oil starts sizzling, stir

Serve pesto beans with crusty bread or garlic bread on the side.  
**DAVID MALOSH/THE NEW YORK TIMES**

occasionally until golden brown, about 5 minutes; turn off heat. Stir in the turmeric and season lightly with salt and pepper. Transfer to a small serving bowl.  
**2. Heat** remaining 2 tablespoons of olive oil over medium-high in the same skillet. When warm, add the shallots and a pinch of salt. Cook, stirring until just softened, about 3 minutes. Stir in the garlic, and when sizzling (about 1 minute), stir in the beans and stock. Bring to a simmer then turn heat down to low.

**3. In a few additions**, sprinkle in the cheese, stirring vigorously to combine. When cheese has melted into the broth and the mixture looks creamy, season to taste with salt and then turn off the heat. While the beans are still hot, tear the basil leaves (or roughly chop, if you prefer) and stir into the beans.  
**4. Serve** hot, drizzled with the sizzled nut oil, a squeeze of lemon juice and more black pepper and grated Parmesan, if desired.  
— Recipe by Christian Reynoso

over medium-low heat, scraping browned bits from the bottom of the pan, until garlic is fragrant, 2 to 3 minutes. Turn the heat up to high, add the rice and broth to the pot, stir to combine and cover until it comes to a boil, about 5 minutes.  
**5. Remove** pot from heat, add browned chicken thighs on top of the rice, skin-side up, then cover chicken thighs with lemon slices. Place the pot, covered, into oven and bake until the rice and chicken are fully cooked, 25 to 30 minutes. Serve topped with fresh parsley and a squeeze of lemon juice.  
— Recipe by Dan Pelosi

## TAVERNA SALAD

*This colorful, meal-of-a-salad is inspired by two dishes: classic Greek salad (also known as horiatiki) and fattoush, the Lebanese salad of vegetables and pieces of fried pita. The ingredient list may look long at first, but each ingredient contributes to the harmony of the salad: bell pepper and cucumbers for crunch; shallot, olives and capers for a bit of tang; chopped tomatoes for sweetness. Pan-fried halloumi adds richness and heft, but you can skip the searing process and instead opt for a 6-ounce block of feta, if desired. To save even more time, you can add a large handful of crumbled pita chips instead of making your own.*

**Makes:** 4 to 6 servings

**Total time:** 45 minutes

$\frac{1}{3}$  cup plus 2 tablespoons extra-virgin olive oil

2 tablespoons red wine vinegar

1 teaspoon minced garlic (1 small

clove)  
 $\frac{1}{2}$  teaspoon dried oregano  
Salt and pepper  
3 medium tomatoes, cored, seeded and diced into  $\frac{1}{2}$ -inch pieces (or 1 cup halved cherry tomatoes)  
1 (15-ounce) can chickpeas, rinsed  
1 orange or yellow bell pepper, halved, seeded and diced into  $\frac{1}{2}$ -inch pieces  
 $\frac{1}{2}$  large English cucumber, halved, seeded and diced into  $\frac{1}{2}$ -inch pieces  
 $\frac{1}{2}$  cup pitted Kalamata olives  
 $\frac{1}{4}$  cup chopped fresh parsley  
 $\frac{1}{4}$  cup minced red onion or shallot  
2 tablespoons (drained) capers, coarsely chopped  
2 scallions, thinly sliced  
1 (6-inch) pita  
1 (8-ounce) block halloumi cheese, patted dry and cut into  $\frac{3}{4}$ -inch-thick slices  
**1. In a small bowl**, combine  $\frac{1}{3}$  cup olive oil with the vinegar, garlic and oregano. Whisk vigorously to combine, then season to taste

with salt and pepper.

**2. In a large bowl**, combine the tomatoes, chickpeas, bell pepper, cucumber, olives, parsley, red onion, capers and scallions. Pour the dressing over the salad and toss well.

**3. Chop** the pita into 1-inch pieces and place them in a small bowl. Drizzle with 1 tablespoon olive oil, sprinkle with salt and toss to coat. Heat an 8-inch skillet over medium. Add the pita pieces and cook, tossing often, until toasted and golden brown, about 5 minutes. Return to the small bowl to cool, reserving the skillet.

**4. Place** the halloumi slices on a small plate and drizzle with 1 tablespoon olive oil. Heat the same skillet over medium-high heat, and cook the halloumi until golden brown, 2 to 3 minutes per side. Transfer to a cutting board and cut the slices into bite-size cubes.

**5. Add** the pita and halloumi to the salad, toss well and serve.

— Recipe by Lidey Heuck

Adapted from "Cooking in Real Life" by Lidey Heuck, this salad is packed with chickpeas, tomatoes, bell pepper, cucumbers, halloumi, olives, capers, shallots and pita chips in a tangy Italian vinaigrette. **DAVID MALOSH/THE NEW YORK TIMES**



# **Main Dishes**

# The Best No Bean Low Carb Turkey Chili

This low carb chili recipe is the very best! It's loaded with ground turkey, tomatoes, green chiles, garlic, onion, and lots of seasonings. So hearty and easy to make! Ready in only 30 minutes!



Prep Time  
5 mins

Cook Time  
25 mins

Course: Entree

Cuisine: Dairy Free, Gluten Free, Keto, Paleo, Sugar Free, Whole30

Keyword: ground turkey, healthy chili, keto chili, paleo chili, quick, turkey, turkey chili, whole30 chili

Servings: 8 (1 cup) servings Author: Christina

★★★★★  
4.82 from 50 votes

## Ingredients

- 2 tablespoons olive or avocado oil
- 1 onion diced, white, yellow, or red
- 1 green bell pepper diced
- 2 tablespoon garlic minced
- 2 pounds lean ground turkey
- 2 cups chicken stock
- 28 ounces canned diced tomatoes I prefer fire-roasted.
- 4½ ounces canned chopped green chiles
- 6 ounces tomato paste
- 3 tablespoons chili powder
- 1 tablespoon dried oregano
- 2 teaspoons onion powder
- 1½ teaspoons paprika
- 1½ teaspoons cumin
- 1½ teaspoon salt
- 1 teaspoon black pepper

## Instructions

1. Add oil to a large soup pot and heat to medium-high heat. Once hot, add onions and bell pepper. Sauté until onion is translucent, approximately 3 minutes. Add minced garlic and sauté until golden, about 1 minute.
2. Add the ground turkey, using your spatula to crumble it. Sauté the meat, stirring occasionally, until no longer pink.
3. Add in all other ingredients. Stir to combine. Simmer for 15 to 20 minutes. Taste and add extra salt or seasonings if desired.

## Nutrition

Serving: 1cup | Calories: 287kcal | Carbohydrates: 16g | Protein: 26g | Fat: 15g | Saturated Fat: 3g | Cholesterol: 86mg | Sodium: 1025mg | Potassium: 865mg | Fiber: 4g | Sugar: 7g | Vitamin A: 1683IU | Vitamin C: 33mg | Calcium: 103mg | Iron: 4mg

Find this recipe and more online at [thewholecook.com](https://thewholecook.com).





### CREAMY CHICKPEA AND SWEET POTATO STEW

SERVES 6 TOTAL TIME: 45 MINUTES

Serve with crusty bread and a salad.

- 1 tablespoon vegetable oil
- 1 onion, chopped fine
- 1 large sweet potato, peeled and cut into 1/2-inch pieces
- 3/4 teaspoon table salt
- 1/4 teaspoon red pepper flakes
- 3 tablespoons tomato paste
- 1 teaspoon ground coriander
- 2 (15-ounce) cans chickpeas, undrained
- 1 (14-ounce) can coconut milk
- 3/4 cup water
- 1/3 cup creamy peanut butter
- 2 teaspoons grated lime zest plus 2 tablespoons juice
- 1/2 cup dry-roasted peanuts, chopped
- 1/2 cup minced fresh cilantro

1. Heat oil in large saucepan over medium heat until shimmering. Add onion, sweet potato, salt, and red pepper flakes, and cook, stirring frequently, until onion begins to brown, 6 to 8 minutes.

2. Add tomato paste and coriander and cook, stirring constantly, until tomato paste slightly darkens, 2 minutes. Stir in chickpeas and their liquid, coconut milk, water, and peanut butter. Increase heat to medium-high and bring to simmer. Cover; adjust heat to maintain simmer; and cook, stirring occasionally, until sweet potato is tender, about 15 minutes.

3. Remove pot from heat and stir in lime zest and juice. Season with salt to taste. Serve, passing peanuts and cilantro separately.

# Taste of Home



## Pear Waldorf Pitas *w/ Chicken*

**🕒 Total Time** Prep: 20 Min. + Chilling

★★★★☆ **🏆 Contest Winner**

**👨‍🍳 Test Kitchen Approved**

Here's a guaranteed table brightener for a shower, luncheon or party. Just stand back and watch these sandwiches vanish. For an eye-catching presentation, I tuck each one into a colorful folded napkin. —Roxann Parker, Dover, Delaware

## Ingredients

- 2 medium ripe pears, diced
- 1/2 cup thinly sliced celery
- 1/2 cup halved seedless red grapes
- 2 tablespoons finely chopped walnuts
- 2 tablespoons lemon yogurt
- 2 tablespoons mayonnaise
- 1/8 teaspoon poppy seeds
- 20 miniature pita pocket halves
- Lettuce leaves

## Directions

- 1 In a large bowl, combine pears, celery, grapes and walnuts. In another bowl, whisk yogurt, mayonnaise and poppy seeds. Add to pear mixture; toss to coat. Refrigerate 1 hour or overnight.



Shrimp With Broccoli in Garlic Sauce  
**(THIS HAS SOME HEAT!!!)**

Ingredients

Oil to cover bottom of pan  
2 cups fresh broccoli  
10 large garlic cloves, minced ( add as much garlic as you like)  
1 1/2 cups low-sodium chicken broth  
4 teaspoons light soy sauce  
4 teaspoons oyster sauce  
1 pound uncooked shrimp, cleaned  
6 Dried D'Arbol Chile (These peppers are spicy!! Add this-or other  
peppers-to taste)  
4 mushrooms, chopped

**Step 1**

Steam broccoli until slightly tender

**Step 2**

Mix 1/2 minced garlic cloves with chicken broth, oyster sauce and light soy sauce.

**Step 3**

Heat oil in large skillet or wok over medium heat. Add minced garlic, chile peppers, mushrooms and cook until fragrant . Reduce heat to low, add broth mixture. Bring to a boil. Add shrimp; cook and stir until the shrimp turn pink.

**For the recipe club dish I removed the peppers prior to adding shrimp.**

**Step 4**

Toss steamed broccoli into pan and coat with sauce.

**Step 5 (Optional but healthy)**

Serve over brown rice

This recipe can be adjusted by adding other vegetables.

Estimated Calories: 250 per serving  
Brown Rice (1/4 cup): 55-60 calories

# Chicken Scarpariello (NOT TRADITIONAL)

A wonderful delicate dish, quick to fix. It is especially nice served over angel hair pasta or white rice.

Submitted by **Jill M**

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Servings:** 2

**Yield:** 2 servings *double or triple for larger amount*

## Ingredients

- \* 1 ¼ pounds skinless, boneless chicken breast halves *(-I ADDED 3 SWEET SAUSAGES SLICED)*
- \* 3 tablespoons all-purpose flour
- \* 2 tablespoons olive oil
- \* 2 teaspoons butter
- \* 2 tablespoons shallots, minced
- \* 2 cloves garlic, minced
- \* 1 cup water
- \* ½ cup white wine
- \* 1 cube chicken bouillon
- \* ½ teaspoon dried rosemary, crushed (FINE)
- \* ¼ teaspoon salt
- \* 1 pinch ground black pepper

## Directions

### Step 1

Gather the ingredients.

### Step 2

Cut chicken breasts into 1 x 3 inch strips, and dredge in flour.

### Step 3

In 10 inch skillet, heat oil and butter. Add chicken. Cook, turning occasionally, until lightly browned on all sides (3 to 4 minutes). Using tongs, remove chicken from skillet. Set aside and keep warm.

### Step 4

To same skillet, add shallots and garlic. Saute until softened (1 minute).

### Step 5

Add water, wine, broth mix, and seasonings. Mix well. Cook, stirring frequently, until liquid is reduced by 1/2 (3 to 4 minutes). ADD TBS. BUTTER TO THICKEN AND GLOSS

### Step 6

Return chicken to skillet, and cook until sauce is thick and chicken is heated through (2 to 3 minutes).

## Nutrition Facts

Per serving: 580 calories; total fat 21g; saturated fat 5g; cholesterol 176mg; sodium 1086mg; total carbohydrate 14g; dietary fiber 1g; total sugars 1g; protein 68g; vitamin c 5mg; calcium 60mg; iron 3mg; potassium 846mg

# Desserts

# Cola Cake

Tan 0905  
Scanned

This recipe uses a can of soda instead of the oil, water, and eggs added to packaged cake recipes. Cake comes out surprisingly fluffy and moist with a slight kick to it that people love. Experiment with different flavored sodas for slightly differing tastes.

Submitted by **sheerblonde05**

**Prep Time:** 10 mins

**Cook Time:** 35 mins

**Additional Time:** 20 mins

**Total Time:** 1 hr 5 mins

**Servings:** 12

**Yield:** 1 - 9x13 inch cake

## Optional Toppings

sprinkle powdered sugar  
Fat Free Whipped Topping  
Strawberries or Blueberries

## Ingredients

1 (18.25 ounce) package chocolate cake mix

1 (12 fluid ounce) can or bottle cola-flavored carbonated beverage (such as Coke®) **Diet Coke**

## Directions

### Step 1

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

### Step 2

Combine the cake mix and cola in a large bowl. Use a hand whisk to mix ingredients until light and smooth, about 3 minutes. Pour batter into prepared baking dish.

### Step 3

Bake cake in preheated oven until a toothpick inserted in the center of the cake comes out clean, 35 to 40 minutes. Allow cake to cool before cutting.

## Nutrition Facts

Per serving: 197 calories; total fat 7g; saturated fat 1g; sodium 357mg; total carbohydrate 35g; dietary fiber 1g; total sugars 20g; protein 3g; calcium 66mg; iron 2mg; potassium 143mg



to do

## Pineapple Angel Food Cake

1 Box Angel food mix <sup>CAKE</sup>

1 can crushed pineapple

mix together

Put in 9x13

Pyrex -

Bake @ 350 degrees

for 35-40 minutes

# Peanut Butter Breakfast Cookies

- From My Fitness Pal

[https://blog.myfitnesspal.com/peanut-butter-breakfast-cookies/?user\\_id=168514789649597&alt\\_source=mfp&alt\\_medium=email&alt\\_campaign=recipes20160104&utm\\_source=mfp&utm\\_medium=email&utm\\_campaign=recipes20160104&mkt\\_tok=3RkMMJWWFF9wsRoluq3AZKXonjHpfsX870ktX6W1hikz2EFye%2BLIHETpodcMT8BrNq%2BTFAwTG5toziV8R7DBLM153N8QXRTg](https://blog.myfitnesspal.com/peanut-butter-breakfast-cookies/?user_id=168514789649597&alt_source=mfp&alt_medium=email&alt_campaign=recipes20160104&utm_source=mfp&utm_medium=email&utm_campaign=recipes20160104&mkt_tok=3RkMMJWWFF9wsRoluq3AZKXonjHpfsX870ktX6W1hikz2EFye%2BLIHETpodcMT8BrNq%2BTFAwTG5toziV8R7DBLM153N8QXRTg)



## Ingredients

- 2 large (140 grams each), ripe bananas
- 2 large (50 grams each) eggs
- 2 1/2 cups (200 grams) rolled oats (certified gluten-free if necessary)
- 1 cup (260 grams) peanut butter
- 3 tablespoons honey
- 2 teaspoons cinnamon
- Pinch of salt

## Directions

Preheat the oven to 350°F. Spray a cookie sheet with cooking spray.

Add the ripe bananas and eggs into a medium mixing bowl. Mix with a spatula, mashing on the banana to get chunks as small as possible. Add the oats, peanut butter, honey, and salt, and stir until just combined. The mixture will get thick and hard to stir.

Use a 1/4 cup measure to portion cookie dough into 12 balls. Take each ball and split it in half to create 24 smaller balls. Roll each ball and lightly smash it between your palms to create a mini cookie.

Place the cookies on the baking sheet. Bake until the edges start to brown, 12 to 15 minutes.

## Nutrition Information

**Serves: 8 | Serving Size: 3 cookies**

**Per serving:** Calories: 299; Total Fat: 15g; Saturated Fat: 3g; Monounsaturated Fat: 0g; Cholesterol: 53mg; Sodium: 131mg; Carbohydrate: 34g; Dietary Fiber: 6g; Sugar: 13g; Protein: 11g

**Nutrition Bonus:** Potassium: 271mg; Iron: 13%; Vitamin A: 2%; Vitamin C: 4%; Calcium: 3%

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