



Healthy Recipes Provided by Believe Bariatrics

Low Fat Chili

Ingredients:

- 2 cans of kidney beans
- 1 can pinto
- 1 can black beans (not seasoned)
- 2 to 3 cans of diced tomatoes (or skip the onion and pepper in the first step and use the canned tomatoes with those already in the tomatoes).
- 1 medium can mushroom stems and pieces
- 1-cup salsa (you can use mild, med or hot depending on your taste)
- 1 -2 tsp of chili powder.

Directions:

1. Brown 1/2 onion and 1/2 green pepper in Canola oil in bottom of a big pot.
2. Add 1 pound of ground beef (very low fat) or turkey or half and half. Brown and drain.
3. Bring to boil and put on low.
4. Cook for at least one - two hours on the stove stirring occasionally.
5. Serve with low fat cheddar sprinkled on top and have hot sauce available

Lemon Dijon Chicken

Ingredients:

- 5-6 frozen chicken boneless breasts
- 1 small bag of baby carrots
- 2 cans reduced fat Cream of Chicken Soup
- 1/2 cup lemon juice
- 2-3 Tablespoons Dijon Mustard
- 2 teaspoons Garlic powder
- 1-cup water

Directions: Cook all ingredients on low in a crock-pot for 6-8 hrs. Serve over rice or whole wheat or protein infused egg noodles.

Shrimp Spread

Ingredients:

- 1 can tiny peeled shrimp
- 2 bricks fat free cream cheese
- ½ cup milk
- 2 Tbsp Worcestershire sauce
- 1 T light mayonnaise
- 1 pkg dry Ranch Dressing
- Chili Powder to taste

Directions:

1. Bring cream cheese to room temperature.
2. Drain ½ the liquid from the shrimp then dump shrimp and remaining liquid into a bowl with the cream cheese.
3. Add ½ cup skim milk and 2 Tbsp Worcestershire sauce, Ranch dressing, and chili powder then blend with hand mixer.
4. Refrigerate 2 hours.
5. Serve with Melba Toast or light wheat thins.

Pinto Bean Dip

Ingredients:

- ½ small onion, diced 2 garlic cloves, chopped
- 2 tsp olive oil
- 1 – 15 oz can pinto beans, drained and rinsed
- 1 cup salsa
- ½ cup chicken broth

Directions:

1. Sauté onion and garlic in olive oil in a nonstick skillet until golden brown.
2. Place beans, sautéed ingredients, and salsa into food processor and add broth slowly until desired consistency is reached.
3. Pour mixture into skillet and cook until bubbly and thickened, about 10 minutes.

Honey-Mustard Ginger Roasted Salmon

Ingredients:

- ½ cup Dijon mustard
- ¼ cup Sugar Free Orange Marmalade
- 1 Tbsp finely grated fresh ginger
- 2 garlic cloves, crushed
- 4 – 6oz salmon fillets

Directions:

1. Preheat oven to 425 degrees.
2. Whisk together mustard, marmalade, ginger, and garlic.
3. Place salmon pieces in shallow baking dish and spoon the sauce over the fillets.
4. Roast 8 to 10 minutes, until just opaque throughout.
5. Spoon excess sauce over fillets when serving.

Zucchini Boats

Ingredients:

- 4 small zucchini (5 – 7 inches)
- 2 Tsp olive oil
- 16 oz Italian turkey sausage (casings removed)
- 1 cup ricotta cheese
- 1 cup marinara sauce
- Parmesan cheese

Directions:

1. Preheat broiler to high.
2. Cut zucchini in half lengthwise and remove seeds from each half with a spoon, creating a shell.
3. Arrange on baking sheet, cut side up, brush with olive oil and season with salt and pepper. Broil 8 minutes, until zucchini is fork tender. Set aside.
4. While zucchini are broiling, cook turkey sausage in a nonstick skillet over high heat, until brown and crumbly.
5. Assemble boats by spreading ricotta in the hollow of each zucchini, divide the meat evenly and fill zucchini shells.
6. Top with marinara sauce and sprinkle generously with Parmesan cheese.
7. Broil 5 to 7 minutes and cheese is lightly browned.
8. Bring to boil and put on low.
9. Cook for at least one - two hours on the stove stirring occasionally.
10. Serve with low fat cheddar sprinkled on top and have hot sauce available.

High Protein Cupcake

Ingredients:

- 1-cup fat free ricotta cheese
- 1 tsp of vanilla
- 10 packets of Equal
- 1 pkg sugar free, fat free Jello Chocolate Instant Pudding
- 1 ½ cup skim milk
- 3 tsp. cocoa
- 4 graham cracker, crushed and divided
- 4 paper cup cake holders

Directions:

1. Mix ricotta cheese, vanilla and equal together. Blend it in to a smooth paste.
2. Make chocolate pudding with skim milk and cocoa and blend into cheese mixture.
3. Sprinkle small amount of graham crackers in bottom of the 4 paper cups. S
4. Spoon the ricotta cheese mixture in to the paper cups.
5. Top with more crushed graham crackers and add a dollop of Light Rediwhip.
6. Refrigerate it for 2 hours before serving.

Flavored Parfait

Ingredients:

- 1/2 cup prepared jello (orange or cherry works well)
- 1/2 cup low fat cottage cheese
- 1 Splenda or equal

Directions: Put in bullet and blend till smooth - put in fridge and chill 30 min

Big, Bad Black Bean Brownies

Ingredients:

- 1/2-cup butter
- 2 cups Splenda
- 6 tablespoons cocoa
- 1 Tbsp. instant coffee powder
- 1 cup pureed black beans (made from 1-15.5 ounce can black beans, drained and rinsed)
- 4 eggs
- 3/4 cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Beat together butter, Splenda, cocoa and coffee. Add eggs, one at a time, beating between additions.
3. Beat in bean puree. Stir in nuts, if using.
4. Pour batter into a 9 x 13-inch greased pan.
5. Bake for 45 to 50 minutes.
6. Cool completely and cut into squares.

Peanut Butter Pie (or berry pie)

Ingredients:

- 8 oz Sugar Free Cool Whip
- 4 oz fat free cream cheese (½ brick)
- 1 cup reduced fat peanut butter (Can use strawberries or any berries)
- ½ cup Splenda
- 1 low fat graham cracker crust

Directions:

1. Blend cream cheese and peanut butter together.
2. Slowly add Cool Whip and Splenda until well blended.
3. Fill graham cracker crust. Freeze 3 hours. Top with more Cool Whip better serving if so desire.