



Recipes for diet rich on carbohydrates

- Cottage Macaroni 'n cheese
- Oven BBQ Chicken Breasts & Cheesy Rice
- Mediterranean baked Halibut
- Italian dressing Chicken
- Vegetable Rice mix as side dish
- Chicken Fajitas
- Brown Rice and Mushroom Pilaf
- Shrimp and Onion Risotto
- Teriyaki Salmon
- Tomato Meatballs
- Pan Roasted Steak
- Italian-Style Marinated Chicken
- Welsh Leek and Potato Soup
- Thai Style Basil Chicken
- Asian Chicken & vegetable fried rice
- Apples & Noodles Chicken rice
- Pesto & Tomatoes Pasta with Arugula
- Swiss Vegetable Lasagna
- Cranberry-Pear Crisp dessert

Cottage Macaroni and cheese

Ingredients: 2 servings

- 2 cups elbow macaroni, uncooked
- 1 cup Low Fat Cottage Cheese
- 1/2 cup fat free milk
- salt and pepper
- 6 oz. Reduced Fat Pasteurized
- Prepared Cheese Product
- 8 oz green beans

Nutrition facts per serving

Energy	758 kcal
Carbohydrate	110 g (58%)
Protein	48 g (25%)
Fat	14 g (17%)
Fibers	5 g

Preparation: time 15'

Cook macaroni as directed on package, drain. Return to saucepan. Meanwhile, place cottage cheese, milk and pepper in food processor or blender container; cover. Process until smooth.

Add to macaroni along with the reduced fat or light cheese; mix well. Cook on low heat 2 to 3 min. or until cheese is melted and mixture is heated through, stirring occasionally

Round out the meal

Serve with side of steamed green beans or another favorite cooked vegetable.

Oven BBQ Chicken Breasts & Cheesy Rice

Ingredients: 2 servings

4 skinless chicken breast halves
(about 1.3 lb.)
1 cup Barbecue Sauce
4 cups water
4 cups white rice, uncooked
12 KRAFT 2% Milk Singles
cooked carrot slices,
broccoli florets
chopped red and green peppers

Nutritional facts per serving

Energy	608 kcal
Carbohydrate	75 g (50%)
Protein	50 g (33%)
Fat	12 g (17%)
Fibers	10

Preparation: time: 10 min

Use Your Grill

Place chicken on greased grill over medium coals. Grill chicken 7 to 8 minutes on each side or until cooked through, brushing frequently with barbecue sauce.

Bring water to boil. Stir in rice and 2% Milk Singles. Cook and stir until 2% Milk Singles are melted; cover. Remove from heat. Let stand 5 minutes. Stir.

Special

For a vegetable side dish, add cooked carrot slices, broccoli florets or chopped red and green peppers

Baked Halibut Mediterranean style

Ingredients: 4 servings

4 plum tomatoes, cut into 1/4-inch-thick slices
8 halibut steaks (4 oz. each)
1 large onion, sliced
2/3 cup LIGHT Italian Reduced Fat Dressing
4 Tbsp. Capers
4 cups Brown Rice, uncooked

Nutritional facts per serving

Energy	640 kcal
Carbohydrate	80 g (50%)
Protein	56 g (33%)
Fat	10 g (17%)
Fibers	4

Preparation: time: 20 min

Preheat oven to 350°F. Arrange half of the tomato slices on bottom of 9-inch square baking dish; top with fish, onions and remaining tomatoes. Drizzle with dressing; sprinkle with capers.

Bake 20 to 25 min. or until fish flakes easily with fork.

Meanwhile, cook rice as directed on package. Spoon onto serving platter. Top with the fish, vegetables and cooking juices.

Italian dressing Chicken

Ingredients:

1/4 cup Italian Dressing
3 lb. Chicken Breast Strips
1/2 lb. fresh mushrooms, sliced
1 medium onion, coarsely chopped
1 each: medium red and green
peppers, cut into strips
1 clove garlic, minced
2 cups canned crushed tomatoes
salt, peper
dried thyme leaves
4 cups White Rice, uncooked

Nutritional facts per serving

Energy	470 kcal
Carbohydrate	50 g (43%)
Protein	40 g (34%)
Fat	12 g (19%)
Fibers	7 g

Preparation: time 15'

Heat dressing in large skillet on medium heat. Add chicken, in batches; cook 2 to 3 min. on each side or until browned on both sides.

Place mushrooms, onions, peppers and garlic in slow cooker; top with the chicken. Combine tomatoes, salt and thyme; pour over ingredients in slow cooker. Cover with lid. Cook on LOW for 6 to 8 hours (or on HIGH for 5 hours).

Cook rice as directed on package. Serve chicken mixture over the rice

Vegetable rice Mix as side dish

Ingredients: 4 servings

1 Tbsp. canola oil
1 each: onion, carrot and stalk celery,
chopped
1/2 of a red pepper, chopped
1 can (14-1/2 oz.) chicken broth
1-1/2 cups White Rice, uncooked
1 cup frozen peas
Salt / pepper

Nutritional facts per serving

Energy	220 kcal
Carbohydrate	38 g (69%)
Protein	7 g (13%)
Fat	4,5 g (18%)
Fibers	3 g

Preparation: time: 15 min

Heat oil in skillet. Add onion, carrot, celery and pepper; cook 5 min. or until tender.

Add broth; bring to boil.

Stir rice and peas; cover. Simmer 5 min. Remove from heat. Let stand 5 min. before serving

Chicken Fajitas

Ingredients: 3 servings

1 green pepper, sliced
1 onion, sliced
2 tomatos sliced
12 oz. Chicken Breast Strips
6 original Flour Tortillas
3/4 cup original mexican salsa

Nutritional facts per serving

Energy	548 kcal
Carbohydrate	66 g (48%)
Protein	45 g (33%)
Fat	11 g (19%)
Fibers	8 g

Preparation: time: 15 min

Precook the chicken breast strips with low fat

Heat skillet sprayed with cooking spray on medium-high heat. Add green pepper and onion; cook and stir 5 minutes or until tender-crisp

Add chicken breast strips; cook an additional 5 minutes or until heated through.

Fill tortillas with chicken mixture; roll up. Serve with salsa.
Add the sliced tomatos in the end.

Brown rice Mushroom Pilaf

Ingredients: 2 servings

3 Tbsp. olive oil
1 large onion, chopped
2/4 cup chopped celery
3 cups sliced mushrooms (4 oz.)
4-5 cups chicken broth
4 cups brown rice, uncooked
1/2cup walnut pieces, toasted
4 Tbsp. chopped fresh parsley

Nutritional facts per serving

Energy	382 kcal
Carbohydrate	50 g (53%)
Protein	14 g (15%)
Fat	14 g (32%)
Fibers	5 g

Preparation: time: 15 min

Heat oil in medium saucepan on medium heat. Add onions and celery; cook 3 min. or until crisp-tender, stirring occasionally

Add mushrooms; cook 3 min. or until mushrooms are tender, stirring occasionally. Add broth; stir. Bring to boil.

Stir in rice; cover. Reduce heat to medium-low; simmer 5 min. Remove from heat; let stand 5 min. Add walnuts and parsley; mix lightly

Shrimp & onion Risotto

Ingredients: 2 servings

4 Tbsp. butter, divided
12 oz. assorted fresh mushrooms
(white and shiitake), chopped
2 large onion, chopped
4 cups white rice, uncooked
4 cups chicken broth
Black pepper
2 lb. cooked medium shrimp, thawed
2/4 cup finely chopped fresh parsley
2/3 cup grated parmesan cheese

Nutritional facts per serving

Energy	661 kcal
Carbohydrate	84 g (51%)
Protein	50 g (30%)
Fat	15 g (19%)
Fibers	5 g

Preparation: time: 20 min

Melt 2 Tbsp. of the butter in large deep nonstick skillet on medium-high heat. Add mushrooms; cook and stir 7 to 8 min. or until tender and golden brown. Remove from skillet.

Add remaining 2 Tbsp. butter and onions to skillet; cook and stir on medium heat 7 to 8 min. or until onions are tender and golden brown. Stir in rice until well blended. Add broth and pepper; stir. Bring to boil. Reduce heat to medium-low; cover. Simmer 5 min. or until rice is tender.

Stir in shrimp and parsley; cover and let stand 10 min. or until shrimp are heated through. Add mushrooms and cheese; stir.

Teriyaki Salmon

Ingredients: 2 servings

1 cup A.1. STEAK Marinade for Seafood Ginger Teriyaki with Orange, divided
4 salmon fillets (6 oz. each)
3 cups White Rice, uncooked
3 cups hot water
3 cups shredded carrots
9 oz snow peas

Nutritional facts per serving

Energy	626 kcal
Carbohydrate	83 g (53%)
Protein	42 g (27%)
Fat	14 g (20%)
Fibers	8

Preparation: time: 25 min

Pour 1/2 cup of the marinade over salmon in resealable plastic bag. Seal bag; turn to evenly coat salmon with marinade. Refrigerate 30 min. to marinate

Preheat grill to medium-high heat. Remove salmon from marinade; discard marinade. Place 1 salmon fillet on center of each of four 18 x12-inch sheets of heavy-duty foil. Combine remaining 1/2 cup marinade, the rice, water and vegetables; spoon evenly over salmon. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.

Grill 15 min. or until salmon flakes easily with fork. Cut slits in foil to release steam before opening each packet

Tomato Meatballs

Ingredients : 2 servings

1 can (28 oz.) diced tomatoes, undrained
1 medium jalapeño pepper, halved, seeded and finely chopped
1 clove garlic, minced
1 tsp. adobo seasoning
1 lb. ground beef
1/2 cup cooked long-grain white rice
1/4 cup dry bread crumbs
1 egg, lightly beaten
1 Tbsp grated Parmesan Cheese
1/2 cup Sour Cream

Nutritional facts per serving

Energy	438 kcal
Carbohydrate	45 g (41%)
Protein	42 g (38%)
Fat	10 g (21%)
Fibers	4 g

Preparation: time: 15 min

Combine tomatoes with their liquid, the peppers, garlic and adobo seasoning in large saucepan. Bring to boil on medium-high heat.

Mix meat, rice, bread crumbs, egg and cheese. Shape into 16 (2-inch) meatballs. Add to tomato mixture; stir. Reduce heat to medium; cover.

Cook 30 min. or until meatballs are cooked through (160°F), stirring occasionally. Remove 1/2 cup of the tomato sauce just before serving; mix with the sour cream. Return to ingredients in saucepan; stir until well blended.

Serve with white cooked rice (5 oz) and take plus carbohydrates

Pan roasted steak

Ingredients: 4 servings

1.5 lb. well-trimmed boneless beef
sirloin steak, 1 inch thick
3/4 cup reduced fat dressing
2 medium onion, chopped
4 cups small broccoli florets
6 large carrots very thinly sliced carrots
3 cups Brown Rice, uncooked
Pepper

Nutritional facts per serving

Energy	540 kcal
Carbohydrate	70 g (52%)
Protein	40 g (32%)
Fat	11 g (16%)
Fibers	6 g

Preparation: time: 20 min

Place steak in resealable plastic bag. Pour 1/4 cup of the dressing over steak; refrigerate at least 30 min. to marinate

Preheat oven to 400°F. Spray large nonstick skillet with cooking spray; heat on medium-high heat until hot. Remove steak from bag; discard marinade in bag. Place steak in hot skillet; sprinkle with pepper. Place onions around steak. Cook 3 min. or until bottom of steak is well browned. Turn steak over; turn off heat. Combine broccoli, carrots and remaining 1/4 cup dressing; mix with onions. Wrap handle of skillet in heavy-duty foil. Place skillet in oven.

Bake 18 to 20 min. or until steak is cooked to medium doneness (160°F). Meanwhile, prepare rice as directed on package. Cut steak across the grain into thin slices; transfer to serving plates. Spoon vegetable mixture over steak; serve with rice.

Italian-Style Marinated Chicken

Ingredients: 4 servings

2/3 cup Italian salad dressing
8 small skinless chicken breast (2 lb.)
1 pkt. Italian seasoned coating mix for chicken
4 cups hot cooked long grain and wild rice blend
6 cups hot cooked mixed vegetables

Nutritional facts per serving

Energy	680	kcal
Carbohydrate	71 g	(42%)
Protein	55 g	(32%)
Fat	18 g	(24%)
Fibers	9 g	

Preparation: time 20 min

Preheat oven to 400°F. Pour salad dressing over chicken in large resealable plastic bag; seal bag. Turn bag over several times to evenly coat chicken with the dressing. Refrigerate 30 min. to marinate. Remove chicken from marinade; discard marinade.

Empty coating mix into shallow dish. Add chicken; turn to evenly coat both sides of each chicken breast with the coating mix. Place in aluminum foil-lined 15x10x1-inch baking pan.

Bake 20 min. or until chicken is cooked through (170°F). Serve with the rice and vegetables

Welsh Leek and Potato Soup

Ingredients: 2 servings

1 pound leeks
4 oz. onion
1/2 oz. butter
12 oz. Potatoes
2 chicken fillets
salt and pepper
parsley

Nutritional facts per serving

Energy	575 kcal
Carbohydrate	70 g (43%)
Protein	45 g (34%)
Fat	15 g (19%)
Fiber	7 g

Preparation: time 20'

Cut the leek and onion into 1/4 inch squares.

Leek in the butter in a pan with a lid on until soft.

Add the stock, the potatoes cut into 1/4 inch squares x 1/8 inch thick.
Season with salt and pepper.

Simmer until the leeks and potatoes are cooked, (15 to 20 minutes).
Adjust seasoning; serve hot in soup plates and sprinkle with parsley.

Thai Style Basil Chicken

Ingredients: 2 servings

- 1/2 pound skinless boneless chicken breast
- 1 tablespoon olive oil
- 1-2 garlic cloves
- 1-2 small fresh serrano or Thai chilies
- 1/4 cup chicken broth
- 1.5 teaspoons Asian fish sauce, like nam pla
- 1teaspoons brown sugar
- 1 teaspoon soy sauce
- 1 cup fresh holy basil leaves
- 1-2 tablespoons fresh lime juice
- 1.¼ cups long grain white rice
- 2 ½ cups water
- salt & black pepper

Nutritional facts per serving

Energy	644 kcal
Carbohydrate	105 g (65%)
Protein	38 g (24%)
Fat	8 g (11%)
Fibers	12 g

Preparation: time: 15 min

Cut chicken lengthwise – strips crosswise into 2-inch pieces.

Heat a wok over high heat until hot.

Add oil and heat until hot but not smoking.

Add garlic and stir-fry until golden.

Add chicken and cook, stirring constantly to prevent sticking, until all chicken is opaque white, 3 to 4 minutes.

Add chilies, broth, fish sauce, sugar, soy sauce, and black pepper and stir-fry until combined.

Add basil and stir-fry 30 seconds. Stir in lime juice.

Boil water, add rice and salt and simmer until rice is tender.

Serve chicken over white rice.

Asian Chicken & Vegetable fried rice

Ingredients: 4 servings

- Skinless chicken in stripes
- Chicken broth
- Soy sauce
- Olive or soy oil
- Carrots, Bell peppers, Scallions
- Cooked brown or white rice
- Green peas (frozen)
- Salt & black pepper

Nutritional facts

Carbohydrates	53%
Proteins	26%
Fats	21%
Fibers	12 g

Preparation: time 15' + 20' cooking.

Cut: bell peppers, carrots, scallions in stripes

Heat. over medium-high heat, the olive oil.

Add: Chicken and stir-fry until browned

Transfer: to medium bowl; stir in broth and soy sauce

Add: stir-fry with oil the eggs in the Wok until set.

Breaking up the cooked eggs and add chicken in the bowl

Add: Oil, carrots, bell pepper, scallions, peas and stir-fry in a wok about 4-5 min.

Add: Rice and stir-fry until rice begin to brown

Add: Chicken and eggs to wok and cook it 3-4 min longer

Choose your individual calorie amount

Ingredients		600 Kcal	650 Kcal	700 Kcal	750 Kcal	800 Kcal	850 Kcal	900 Kcal	1000 Kcal
Olive /soya oil	teaspoon	4	4½	4¾	5	5½	5¾	6	6¾
Bell pepper in stripes	large	2	2	2½	2½	3	3	3	3½
Skinless chicken	oz	16	17.3 oz	18,6 oz	20 oz	21.3 oz	22.6 oz	24 oz	26.5 oz
Scallions	units	12	13	14	15	16	17	18	20
Cooked rice	cup	5	5½	6	6½	7	7½	8	9
Eggs	units	4	4	5	5	5	6	6	6
Chicken broth	cup	½	½	½	¾	¾	¾	1	1
Broccoli	cup	4	4½	5	5	5½	5¾	6	7
Green peas (frozen)	cup	1	1	1¼	1¼	1½	1½	1¾	2
Soy sauce	Tb. spoons	2	7	7	8	9	10	11	12

Apples & Noodles Chicken rice

Ingredients: 4 servings

- Skinless chicken in stripes
- Chicken broth
- Apple
- Olive oil
- Cooked egg noodles
- Honey
- Onions
- Vinegard Salt & Pepper

Nutritional facts

Carbohydrates 50%
 Proteins 28%
 Fats 22%
 Fibers 5 g

Preparation: time 15' + 20' cooking.

Heat olive oil over medium-high heat,.

Add Apple dices and stir-fry for 5 min. Transfer to a plate.

Stir-fry the chicken after sprinkling with salt and pepper, until browned. Transfer to a plate

Stir-fry in oil the onion slices.

Add in broth honey & vinegar and cook it for 2-3 min.

Add Apple and cook until heated through 2-3 min longer.

Pile: noodles on platter and top it with the chicken mixture.

Choose your individual calorie amount / for 4 servings

Ingredients		600 Kcal	650 Kcal	700 Kcal	750 Kcal	800 Kcal	850 Kcal	900 Kcal	1000 Kcal
Olive oil	teaspoon	7	8	4¾	5	5½	5¾	6	6¾
Skinless chicken	oz	8 oz	9 oz	10 oz	11 oz	12 oz	13 oz	14 oz	16 oz
Cooked egg Noodles	cup	3¾	4¾	5¾	6¾	7¾	8½	9½	11
Onion	unit	2	2	2½	2½	3	3	3	3½
Chicken broth	cup	1	1	1	1½	1½	1¾	1¾	2
Honey	tablespoon	2	2	2	2½	2½	2½	3	3
Balsamico Vinegard	tablespoon	2	2	2	2½	2½	2½	3	3
Apple	unit	2	2	2½	2½	2½	3	3	4

Pesto & Tomatoes Pasta with Arugula

Ingredients: 4 servings

- Farfalle pasta
- Chopped plum tomatoes
- Olive oil
- Arugula
- Parsley
- Garlic cloves
- Scallions
- Parmesan cheese
- Salt, Black pepper,

Nutritional facts

Carbohydrates 53%
 Proteins 26%
 Fats 21%
 Fibers 12 g

Preparation: time 15' + 20' cooking.

Prepare pesto sauce in blender;olive oil,arugula, garlic, basil, parmesan cheese, salt and pepper.
Stir-fry the chopped onions in olive oil and add plump tomatoes , parsley, oregano, salt and pepper.
 Cook it until tomatoes are softened.

Cook Farfalle to your choice, add salt and keep it warm

Add Tomatoes sauce and or Pesto sauce to your pasta.

Think: Share the olive oil to Pesto and tomatoes sauce.

Choose your individual calorie amount

Ingredients		600 Kcal	650 Kcal	700 Kcal	750 Kcal	800 Kcal	850 Kcal	900 Kcal	1000 Kcal
Olive oil	teaspoon	8	8¾	9½	10½	11½	12½	14	15
Farfalle pasta	oz	16	17½	19	20½	22	23½	25	28
Chopped plum tomatoes	units	12	13	14	15	16	17	18	20
Scallions	cup	1	1	1½	1½	1½	2	2	2½
Arugula	cup	5	5½	6	6½	7	7½	8	9
Parsley	cup	½	½	¾	¾	1	1	1	2
Parmesan cheese	cup	½	½	¾	¾	1	1	1	1½
Garlic	cloves								
Basil	cup	½	½	¾	¾	1	1	1	1½
Salt, Pepper,Oregano									

Swiss Vegetable Lasagna

Ingredients: 4 servings

- Non-boiled Lasagna
- Eggplant & Zucchini
- Olive oil
- Roasted tomatoes
- Bell pepper & Mushroom
- Scallions, Basil
- Mozzarella cheese
- Parmesan cheese
- Salt, Black pepper

Nutritional facts

Carbohydrates	64%
Proteins	15%
Fats	21%
Fibers	8 g

Preparation: time 20' + 30' cooking.

Preheat oven to 400° F.

Place: sliced Eggplants & Zucchini on baking sheet

Sprinkle with salt and pepper and bake it until vegetables are tender.(15 min)

Heat. over medium-high heat, the olive oil.

Add: Scallions, and stir-fry about 1 min. After add tomatoes, basil, bell peppers, mushrooms, salt and pepper and cook the sauce until it's thicker.

Cover in preparing baking dish: Lasagna, Eggplant and Zucchini, tomatoes sauce and some parmesan cheese.

Repeat to make 3 to 4 layers.

Add: on the top of Lasagna pasta, the parmesan cheese

Bake it about 25 to 30 min, to your choice

Choose your individual calorie amount

Ingredients		600 Kcal	650 Kcal	700 Kcal	750 Kcal	800 Kcal	850 Kcal	900 Kcal	1000 Kcal
No-boil Lasagna	sheets	12	13	14	16	18	19	20	22
Bell pepper in stripes	large	2	2	2½	2½	3	3	3	3½
Tomatoes	oz	16	17½	19	20½	22	23½	25	27
Scallions	cup	½	½	½	1	1	1½	1½	2
Eggplants	oz	14	15	16	17	18	19	20	22
Zucchini	oz	8	9	10	11	12	13	14	16
Olive oil	teaspoon	4	4½	4¾	5	5½	5¾	6	6¾
Parmesan cheese	cup	½	½	½	¾	¾	¾	1	1
Mozzarella cheese	cup	2	2	2¼	2¼	2½	2½	2½	3
Mushrooms	oz	10	11	12	13	14	15	16	18

Cranberry-Pear Crisp dessert

Ingredients: 4 servings

4 large ripe pears, cored, peeled and sliced (about 4 cups)
2 Tbsp. brown sugar
1 tsp. ground cinnamon, divided
1/2 cup firmly packed brown sugar
1/2 cup flour
3 Tbsp. cold margarine
1 cup Cranberry almond crunch cereal, lightly crushed

Nutritional facts per serving

Energy	188 kcal
Carbohydrate	35 g (74,5%)
Protein	2 g (5%)
Fat	4,5 g (21,5%)
Fiber	1 g

Preparation: time: 15 min

Preheat oven to 375°F. Toss pears with 2 Tbsp. sugar and 1/2 tsp. of the cinnamon in large bowl. Place in 8-inch square baking dish

Mix 1/2 cup sugar, the flour and remaining 1/2 tsp. cinnamon in large bowl; cut in margarine until mixture resembles coarse crumbs. Stir in cereal. Sprinkle evenly over pears.

Bake 30 min. or until pears are tender. Serve warm
Warm and fragrant, this delicious dessert provides a part of the recommended fruit of the day.