



January 2019 ... celebrating a Happy and Prosperous New Year!!

**\*\*Beef\*\***

*Balsamic Burgundy Pot Roast*

Our fabulous pot roast cooked in burgundy and balsamic vinegar for the perfect flavor! (Crockpot, Oven)...with potatoes  
 Diet Points: 14 (includes potatoes) Gluten free! Calories: 363, Total Fat: 8.5g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 37mg, Sodium: 756mg, Total Carbohydrates: 53.4g, Dietary Fiber: 6.9g, Sugars: 31.8g, Protein: 16.8g

*Beef, Sausage, and Tortellini Casserole*

All the flavors of lasagna!! This is a great casserole baked thawed or frozen! (Oven)  
 Diet Points: 18 Calories: 501, Total Fat: 29.5g, Sat. Fat: 11.3g, Trans Fat: 0.0g, Cholesterol 59mg, Sodium: 1824mg, Potassium: 834mg, Total Carbohydrates: 33.0g, Dietary Fiber: 6.9g, Sugars: 14.6g, Protein: 26.8g

*Crockpot Flank Steak with Cauliflower* \*Lighter, no egg noodles

Flank steak lightly spiced with chili powder, cumin, coriander, and ginger...cooked with cauliflower on top! (Crockpot or Oven)...with egg noodles  
 Diet Points: 8 Gluten free with rice! Calories: 334, Total Fat: 14.6g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 83mg, Sodium: 313mg, Total Carbohydrates: 5.5g, Dietary Fiber: 2.3g, Sugars: 1.7g, Protein: 43.8g

*Fajitas* \*Lighter (corn tortillas)

Flank steak with green and red peppers and onions in a slightly spicy fajita sauce are really easy in the crock pot... or a quick stir fry in the skillet. (Crock pot or Stovetop)  
 Diet Points: 11 (includes flour tortillas)(\*9, corn tortillas), Gluten free with corn tortillas and GF soy sauce! Calories: 434(\*392), Total Fat: 10.7g(\*9.0), Sat. Fat: 3.1g(\*3.0), Trans Fat: 0.0g(\*0), Cholesterol 101mg(\*101), Sodium: 1396mg(\*1169), Total Carbohydrates: 39.9g(\*36.0), Dietary Fiber: 2.7g(\*5.7), Sugars: 7.4g(\*7.9), Protein: 41.8g (\*40.1)

*Meatball Florentine Casserole*

This casserole is too good!! Meatballs surrounded in a Parmesan, mozzarella, spinach cream sauce with orecchiette pasta and topped with more Parmesan and mozzarella. So delicious! (Oven)  
 Diet Points: 18 Gluten free with rice! Calories: 716, Total Fat: 37.2g, Sat. Fat: 23.7g, Trans Fat: 0, Cholesterol 55mg, Sodium: 1652mg, Total Carbohydrates: 61.5g, Dietary Fiber: 3.3g, Sugars: 6.7g, Protein: 26.9g

**\*\*Chicken\*\***

*Apple Butter Mustard Chicken and Gorgonzola Grits* \*Lighter (less grits), with green beans

A blend of apple butter and spicy mustard top this baked chicken, slice and serve on grits with gorgonzola cheese, sour cream, and a dash of nutmeg...the flavors are delicious! (Oven, Stovetop)...with corn  
 Diet Points: 15 (\*10) (Includes grits) Gluten free! Calories: 521(\*407), Total Fat: 25.1g(\*17.5), Sat. Fat: 12.4g(\*7.6), Trans Fat: 0.0g, Cholesterol 162mg(\*140), Sodium: 833mg(\*495), Potassium: 380mg(\*362), Total Carbohydrates: 22.4g(\*16.2), Dietary Fiber: 3.0g(\*1.7), Sugars: 9.4g(\*8.9), Protein: 50.3g(\*44.3)

*Balsamic Apple Chicken Thighs*

Balsamic vinegar sweetened a bit with apple juice and spiced just right with garlic powder, paprika, thyme, and lemon juice! (Crockpot)...with carrots and egg noodles  
 Diet Points: 11 Gluten free! Calories: 335, Total Fat: 22.6g, Sat. Fat: 9.6g, Trans Fat: 0.0g, Cholesterol 114mg, Sodium: 624mg, Total Carbohydrates: 7.6g, Potassium: 70mg, Dietary Fiber: 0.4g, Sugars: 2.6g, Protein: 23.9g

*Chicken Squash Casserole*

Layers of chicken, squash, tomatoes, breadcrumbs, and cheese you just bake! (Oven)  
 Diet Points: 13 Gluten free with gluten free breadcrumbs! Calories: 419, Total Fat: 19.4, Sat. Fat: 9.5, Trans Fat: 0.0g, Cholesterol 96mg, Sodium: 1181mg, Total Carbohydrates: 24.2g, Dietary Fiber: 3.3g, Sugars: 7.2g, Protein: 35.3g

*Eight Layer Quiche* \*Lighter (no sausage or bacon, less cheese, more vegetables) (for single serving meals, will count as 3)

An easy pop it in the oven meal! Layers of green peppers, onion, mushrooms, cheese, sausage, ham, chicken, and bacon make make this a great all in one meal. (Oven) Can be vegetarian and/or crustless.  
 Diet Points: 11 (\*9) Gluten free with no crust! Calories: 339 (\*248) Total Fat: 21.2g (\*13.8), Sat. Fat: 8.1g (\*5.0), Trans Fat: 0.0g, Cholesterol 51mg (\*29), Sodium: 785mg (\*488), Total Carbohydrates: 15.6g (\*15.7), Dietary Fiber: 0.6 (\*0.8)g, Sugars: 1.8g (\*1.8), Protein: 20.6g (\*14.9)

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3) or 6 meals (4-6), \$6.00/12 meals (4-6)  
 GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3) or 6 meals (4-6), \$12.00/12 meals (4-6)  
 SPRINGER MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.25/meal for 2-3 serving meals; \$2.00/meal for 4-6 serving meals  
 SALMON SUBSTITUTE - ADD \$1.85/meal for 1 serving meals; \$5.50/meal for 2-3 serving meals; \$8.25/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals  
 CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

## *One Pot Sweet and Sour Chicken*

Dinner is all in one pot! Just brown the chicken thighs, and add onion, red pepper, garlic, rice, and our secret homemade sweet and sour dressing and let it simmer! (Stovetop)...with peas

Diet Points: 9 (includes rice) Gluten free! Calories: 336, Total Fat: 2.1g, Sat. Fat: 0.1g, Trans Fat: 0.0g, Cholesterol 82mg, Sodium: 877mg, Total Carbohydrates: 45.5g, Dietary Fiber: 1.3g, Sugars: 18.6g, Protein: 33.2g

## *Sour Cream Green Chile Chicken \*Lighter with California blend*

Chicken breasts marinating in green chilies, sour cream, cumin, and cilantro, just lightly coat with flour and sauté to a golden brown for an incredibly tender and flavorful dinner! (Stovetop) with penne and green beans

Diet Points: 7 Gluten free! Calories: 286, Total Fat: 10.0g, Sat. Fat: 3.9g, Trans Fat: 0.0g, Cholesterol 80mg, Sodium: 387mg, Potassium: 123mg, Total Carbohydrates: 19.6g, Dietary Fiber: 1.6g, Sugars: 1.5g, Protein: 29.3g

## *\*\*Pork\*\**

### *Bleu Cheese Stuffed Bacon Wrapped Pork Tenderloin \*Lighter, with squash*

Pork tenderloin stuffed with bleu cheese, almonds, red onion, rosemary, and garlic and wrapped in bacon...what a treat! (Stovetop and oven)...with corn and rice

Diet Points: 12 Gluten free! Calories: 473, Total Fat: 26.8g, Sat. Fat: 11.2g, Trans Fat: 0.1g, Cholesterol 150mg, Sodium: 768mg, Potassium: 719mg, Total Carbohydrates: 3.9g, Dietary Fiber: 1.5g, Sugars: 0.8g, Protein: 52.9g

### *Crockpot Pork Lo Mein*

Really tasty with broccoli, carrots, snap peas, water chestnuts simmering in sauce with our homemade soy sauce substitute (no soy, no sodium!), brown sugar, sesame oil, chili garlic sauce, BBQ, Chinese 5 spice... serve over pasta and top with sesame seeds!

Diet Points: 11 Gluten free with rice! Calories 375, Total Fat: 12.6g, Sat. Fat: 4.5g, Trans Fat: 0.0g, Cholesterol 73.2mg, Sodium: 644.1mg, Total Carbohydrates: 32.7g, Dietary Fiber: 4.0g, Sugars: 11.8g, Protein: 32.9g

### *Ginger Sherry Pork Chops \*Lighter, with green beans*

Pork chops in a ginger sherry sauce are accentuated with brown sugar, lemon, and soy sauce. (Stovetop)...with egg noodles and California blend

Diet Points: 9 Gluten free! Calories: 322, Total Fat: 16.0g, Sat. Fat: 6.0g, Trans Fat: 0.0g, Cholesterol 91mg, Sodium: 436mg, Total Carbohydrates: 7.7g, Dietary Fiber: 0.8g, Sugars: 3.0g, Protein: 32.1g

### *Italian Pork Roast*

Pork roast simmering with basil, oregano, green peppers, onions, and mushrooms....great crockpot meal! (Crockpot or Oven)...with rice. Diet Points: 10 Gluten free! Calories: 394, Total Fat: 21.3g, Sat. Fat: 7.9g, Trans Fat: 0.0g, Cholesterol 121mg, Sodium: 293mg, Potassium: 910mg, Total Carbohydrates: 5.9g, Dietary Fiber: 1.7g, Sugars: 3.0g, Protein: 43.0g

### *Pork with Brown Rice, Black Eyed Peas, and Spinach*

All the New Year's luck you need right in this dish! Cubed pork is sautéed and added to brown rice, garlic, smoked paprika, sherry, onion, spinach, and black eyed peas! Can be vegetarian

Diet Points: 10 (includes rice) Gluten free! Calories: 389, Total Fat: 8.2g, Sat. Fat: 1.7g, Trans Fat: 0.0g, Cholesterol 63mg, Sodium: 521mg, Total Carbohydrates: 46.6g, Dietary Fiber: 6.5g, Sugars: 1.8g, Protein: 32.4g

## *\*\*Seafood\*\**

### *Bang Bang Shrimp \*Lighter, with California blend*

Shrimp lightly sautéed to a crispy crunch and dipped in our special homemade bang bang sauce... great on the rice, too! (Stovetop)...with rice and vegetable medley

Diet Points: 9 Gluten free! Calories: 387, Total Fat: 1.9g, Sat. Fat: .5g, Trans Fat: 0.0g, Cholesterol 295mg, Sodium: 349mg, Total Carbohydrates: 53.6g, Dietary Fiber: 0.9g, Sugars: 8.7g, Protein: 34.1g

### *Parmesan Almond Crusted Tilapia \*Lighter (a little less Parmesan and almonds), with California blend*

Almonds and Parmesan are the crust for this tilapia! (Stovetop) with vegetable medley and egg noodles

Diet Points: 10(\*7), Gluten free with GF breadcrumbs! Calories: 377(\*286), Total Fat: 22.9g(\*14.4), Sat. Fat: 8.9g(\*5.9), Trans Fat: 0.0g(\*0), Cholesterol 91mg, Sodium: 422mg, Total Carbohydrates: 9.2g, Dietary Fiber: 2.3g, Sugars: 0.9g, Protein: 34.5g

## *\*\*Ground Turkey/Ground Beef\*\**

### *Meatloaf with Sweet Potato Fries \*Lighter...with squash*

Quick and easy...just bake this meatloaf (with celery, onion, walnuts, and spiced just right) surrounded by sweet potato fries and supper is done! (Oven)...with peas

TURKEY Diet Points: 14 (includes sweet potato fries) Can be gluten free with gluten free breadcrumbs substituted! Calories: 508, Total Fat: 22.2g, Sat. Fat: 4.2g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 717g, Total Carbohydrates: 40.1g, Dietary Fiber: 4.3g, Sugars: 9.7g, Protein: 36.4g

BEEF Diet Points: 13 (includes sweet potato fries) Gluten free with GF breadcrumbs! Calories: 467, Total Fat: 14.9g, Sat. Fat: 3.0g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 790g, Total Carbohydrates: 40.5g, Dietary Fiber: 3.5g, Sugars: 12.4g, Protein: 40.9g

## *\*\*Vegetarian\*\**

### *Potato Torta with Spinach*

Mashed potatoes and spinach with milk, eggs, nutmeg, and mozzarella make this torta really tasty! (Oven)

Diet Points: 11 Gluten free! Calories: 344, Total Fat: 12.4g, Sat. Fat: 5.6g, Trans Fat: 0.0g, Cholesterol 23mg, Sodium: 842mg, Total Carbohydrates: 40.7g, Dietary Fiber: 0.5g, Sugars: 3.1g, Protein: 18.4g