



March 2019

...looking for some luck o' the Irish!!!

****Beef****

Corned Beef Casserole (Oven)

All the traditional Irish fixings in a casserole! Corned beef, mashed potatoes, cabbage, cheese, and a hint of mustard!

Diet Points: 13 Gluten free! Calories: 398, Total Fat: 16.6g, Sat. Fat: 7.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 700mg, Total Carbohydrates: 42.0g, Dietary Fiber: 3.8g, Sugars: 3.0g, Protein: 20.4g

Gaelic Steak with Irish Whiskey Sauce *Lighter Version (less sauce)...with California blend (Stovetop)

Our lean flank steak marinating in Irish whiskey and topped with a sauce of cream, spices, tomatoes, and splash more Irish whiskey! ...with corn and egg noodles

Diet Points: 12 (*10) Gluten free! Calories: 434 (*387), Total Fat: 20.1g (*16.3), Sat. Fat: 9.9g(*7.5), Trans Fat: 0.0g, Cholesterol 111mg(*97), Sodium: 100mg (*93), Total Carbohydrates: 3.7g(*1.9), Dietary Fiber: 0.9g(*0.5), Sugars: 1.8g(*0.9), Protein: 43.1g(*42.6)

Luck o' the Irish Pot Roast (Crockpot, Oven, or Instant Pot)

Beef, carrots, onions, and potatoes simmered in beef broth, beer, and spices.

Diet Points: 15 Gluten free! Calories: 426, Total Fat: 6.8g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 33mg, Sodium: 459mg, Total Carbohydrates: 59.5g, Dietary Fiber: 8.1g, Sugars: 22.1g, Protein: 16.3g

Orange Ginger Beef (Crockpot, Instant Pot, or Stovetop)

Flank steak strips, red bell peppers, and onions, cooking all day in a tasty sauce of sherry, orange juice, ginger, and soy sauce, just thicken the sauce and serve over rice noodles!...with California blend

Diet Points: 11 (includes rice noodles) Gluten free with rice! Calories: 425, Total Fat: 11.3g, Sat. Fat: 4.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 316mg, Potassium: 783mg, Total Carbohydrates: 32.1g, Dietary Fiber: 3.1g, Sugars: 5.3g, Protein: 38.7g

Upside Down Pizza Casserole (Oven)

Great flavors of pizza covered in mozzarella with the crust on the top!

Diet Points: 12 Gluten free with gluten free flour! Calories: 394, Total Fat: 18.2g, Sat. Fat: 8.3g, Trans Fat: 0.0g, Cholesterol 37mg, Sodium: 1423mg, Potassium: 351mg, Total Carbohydrates: 34.0g, Dietary Fiber: 3.4g, Sugars: 6.5g, Protein: 27.4g

****Chicken****

Baked Chicken with Peaches Lighter *...with squash (Oven)

A taste of spring! Our chicken breasts are seared and then glazed and baked with peaches and basil...with corn and penne

Diet Points: 6 Gluten free with rice sub for penne! Calories: 289, Total Fat: 10.4g, Sat. Fat: 2.9g, Trans Fat: 0.0g, Cholesterol 122mg, Sodium: 440mg, Total Carbohydrates: 5.8g, Dietary Fiber: 1.0g, Sugars: 3.3g, Protein: 40.7g

Buffalo Chicken Lasagna (Oven)

Chicken in buffalo wing sauce with tomatoes, onions, celery, bleu cheese, mozzarella and cheddar....all as lasagna!

Diet Points: 11 Calories:410, Total Fat:16.8g, Sat. Fat:9.7g, Trans Fat:0.0g, Cholesterol 86mg, Sodium:997mg, Potassium:235mg, Total Carbohydrates:19.9g, Dietary Fiber:0.8g, Sugars:1.7g, Protein:44.8g

Chicken and Biscuits *Lighter (less biscuits and cream cheese) (Stovetop, oven)

Chicken, mushrooms, and peas in our cream sauce over biscuits...a new version of chicken and dumplings!

Diet Points: 19(*10)includes biscuits Gluten free with no biscuits! Calories:612(*409), Total Fat:16.7g(*11.3), Sat. Fat:6.7g(*4.6), Trans Fat:0.0g, Cholesterol 109mg(*98), Sodium:1570mg(*971), Potassium:147mg(*77), Total Carbohydrates:73.4g(*40.7), Dietary Fiber:3.8g(*1.5), Sugars:11.02g(*5.8), Protein:33.8g(*40.2)

Coconut Crusted Chicken with Pineapple Rice *Lighter (less rice, panko) (Stovetop and Oven)

Crusted chicken with coconut, panko, and seasonings sautéed then baked....serve over rice sautéed with pineapple, roasted red peppers, and green onions.

Diet Points: 13(*10) Gluten free! Calories: 476(*375), Total Fat: 11.1g(*10.7), Sat. Fat: 6.7g(*6.6), Trans Fat: 0.0g(*0), Cholesterol 92mg(*92), Sodium: 646mg(*601), Total Carbohydrates: 55.5g(*33.9), Dietary Fiber: 3.5g(*3), Sugars: 5.9g(*5.5), Protein: 38.6g(*36.7)

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; \$1.50/meal for 2-3 serving meals; \$2.50/meal for 4-6 serving meals; \$3.00/ for 6-8 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.

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Crockpot Creamy Spinach and Sundried Tomato Chicken (Crockpot or Oven)

Chicken thighs, spinach, sundried tomatoes, parmesan, cream cheese, Italian seasonings with campanelle pasta...delicious!
Diet Points: 20 Gluten free with rice! Calories: 671, Total Fat: 27g, Sat. Fat: 11.5g, Trans Fat: 1.0g, Cholesterol 136.3mg, Sodium: 937.8mg, Total Carbohydrates: 64.2g, Dietary Fiber: 5.2g, Sugars: 4.8g, Protein: 47.4g

Crockpot Chicken and Bacon Macaroni and Cheese (Crockpot or Oven)

Macaroni and cheese in the crockpot with cheddar, swiss, Parmesan, chicken, bacon, and homemade ranch dressing.... it's good!!!
Diet Points: 36 Calories: 941, Total Fat: 75.3g, Sat. Fat: 40.7g, Trans Fat: 1.0g, Cholesterol 254mg, Sodium: 1144mg, Total Carbohydrates: 38g, Dietary Fiber: 1.7g, Sugars: 6.6g, Protein: 52g

Irish Stuffed Chicken with Mushroom Irish Cream *Lighter Version (less cheese, bacon, and sauce) (Ovens, stovetop)

Bacon and cheese stuffed chicken topped with a cream sauce with sautéed mushrooms and Irish Cream liqueur! This tasty dish is served with potatoes in cheese sauce and green beans topped with bacon and peanuts

Diet Points: 20 (*13) (includes potatoes) Gluten free! Calories: 632 (*464), Total Fat: 34.9g (*22.3), Sat. Fat: 18.2g(*9.3), Trans Fat: 0.0g, Cholesterol 184mg(*132), Sodium: 933mg (*638), Total Carbohydrates: 29.1g(*25.3), Dietary Fiber: 5.5g(*5.3), Sugars: 6.5g(*4.5), Protein: 49.2g(*41.1)

Pork

Ginger Honey Lime Pork Roast *Lighter, with California blend (Crockpot, Oven, Instant Pot)

So tasty! This pork roast cooks in a honey, lime, ginger, and soy sauce marinade... thicken and use as a gravy on top...with vegetable medley and egg noodles

Diet Points: 8 Gluten free! Calories: 322, Total Fat: 11.1g, Sat. Fat: 4.3g, Trans Fat: 0g, Cholesterol 73mg, Sodium: 582mg, Potassium: 480mg, Total Carbohydrates: 28g, Dietary Fiber: 0.1g, Sugars: 23.9g, Protein: 28.6g

Glazed Pork Tenderloin with Honey Ale Slaw *Lighter (less sauce)...no rice (Oven)

Pork tenderloin marinating in beer and 5 spice powder then baked and glazed with honey, ginger, and Guinness. Served with cole slaw with a dressing made with low sodium soy sauce, honey, ginger, and beer...with rice

Diet Points: 14 (*10) Gluten free with GF soy sauce! Calories: 370 (*297), Total Fat: 5.4g (*5.4), Sat. Fat: 2.0 (2.0g), Trans Fat: 0.0g, Cholesterol 67mg(*67), Sodium: 1450mg (1448), Total Carbohydrates: 52.0g(*34.0), Dietary Fiber: 1.9g(*1.9), Sugars: 43.2g(*25.8), Protein: 25.8g(*25.8)

Smoky Bacon, Pork, and White Bean Stew (Stovetop)

Pork cubes, bacon, and onion sautéed with chili powder and smoked paprika...add tomatoes and white beans for a fabulous smoky flavored stew!with egg noodles

Diet Points: 12 Gluten free with rice instead of egg noodles Calories: 479, Total Fat: 15.4g, Sat. Fat: 5.4g, Trans Fat: 0.0g, Cholesterol 100mg, Sodium: 312mg, Total Carbohydrates: 36.4g, Dietary Fiber: 10.1g, Sugars: 3.7g, Protein: 48.9g

Smothered in Gravy Pork Roast and Mashed Potatoes *Lighter, no mashed potatoes (Crockpot, Oven, or Instant Pot)

Pork roast rubbed with onion powder, ginger, thyme, pepper, Kosher salt and cooking all day in chicken broth, lemon juice, red wine vinegar, beef broth...then simmer and thicken the sauce for gravy for the mashed potatoes!...with green beans

Diet Points: 17 Gluten free! Calories: 496, Total Fat: 25.9g, Sat. Fat: 14.5g, Trans Fat: 0g, Cholesterol 116.8mg, Sodium: 1501mg, Potassium: 600.2mg, Total Carbohydrates: 36.4g, Dietary Fiber: 4.9g, Sugars: 4.0g, Protein: 30.4g

St. Patty's Pork Chops *Lighter Version...with California blend (Stovetop)

Pan fry these pork chops coated in pesto and panko. ...with vegetable medley and rice

Diet Points: 12 Gluten free with gluten free breadcrumbs substituted for panko! Calories: 436, Total Fat: 25.4g, Sat. Fat: 7.8g, Trans Fat: 0.1g, Cholesterol 96mg, Sodium: 329mg, Total Carbohydrates: 14.3g, Dietary Fiber: 1.1g, Sugars: 2.5g, Protein: 35.4g

Seafood

Potato Crusted Tilapia *Lighter Version...with California blend (Stovetop)

Shredded potatoes, horseradish, and Dijon make the crust on the tilapia...sauté in skillet until done! ... with vegetable medley and egg noodles

Diet Points: 2 Gluten free! Calories: 111, Total Fat: 2.5g, Sat. Fat: 0.6g, Trans Fat: 0.0g, Cholesterol 43mg, Sodium: 289mg, Total Carbohydrates: 6.0g, Dietary Fiber: 0.8g, Sugars: 1.0g, Protein: 16.4g

Shrimp and Andouille Gumbo on Polenta *Lighter (less sausage) Can be vegetarian (Stovetop)

Shrimp, sausage, okra, and tomatoes simmered and served on polenta!

Diet Points: 11(*9) (includes polenta) Gluten free! Calories: 409 (*344), Total Fat: 9.6g (*4.4), Sat. Fat: 3.1g (*1.3), Trans Fat: 0.0g, Cholesterol 175mg (*165), Sodium: 560mg (*332), Total Carbohydrates: 50.6g (*49.8), Dietary Fiber: 2.8g (*2.8), Sugars: 2.6g (*2.4), Protein: 28.1g (*24.5)

Turkey/Beef

Irish Meatloaf *Lighter Version...with carrots (Oven)

Turkey (beef) meatloaf with an Irish twist...and a splash of Guinness in the glaze! ...with peas and rice

TURKEY Diet Points: 9 Gluten free! Calories: 319, Total Fat: 13.2g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 1056mg, Total Carbohydrates: 20.6g, Dietary Fiber: 1.2g, Sugars: 11.3g, Protein: 33.0g

BEEF Diet Points: 8 Gluten free with GF breadcrumbs! Calories: 307, Total Fat: 7.8g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 1009g, Total Carbohydrates: 20.5g, Dietary Fiber: 1.2g, Sugars: 11.2g, Protein: 36.4g

Vegetarian

Quinoa with Hominy and Black Beans (Stovetop)

Great vegetarian dish! Quinoa cooked with lemon zest and tossed with hominy, black beans, and cilantro in a honey, lime, cumin dressing.

Diet Points: 12 Calories: 411, Total Fat: 12.9g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 0.0mg, Sodium: 639mg, Total Carbohydrates: 61.5g, Dietary Fiber: 9.3g, Sugars: 7.9g, Protein: 13.7g