



September 2018

Celebrating Labor Day...and all our labors of love!!

****Beef****

*Balsamic Onion Bacon Wrapped Beef Medallions *Lighter, with California blend*

Fabulous balsamic onion jam simmers on the stove while the bacon wrapped beef medallions cook! (Stovetop and oven)...with green beans and penne

Diet Points: 16 Gluten free! Calories: 532, Total Fat: 24.5g, Sat. Fat: 8.7g, Trans Fat: 0.0g, Cholesterol 167mg, Sodium: 777mg, Total Carbohydrates: 20.9g, Dietary Fiber: 0.8g, Sugars: 18.3g, Protein: 53.6g

*Beef Tenderloin with Havana Tomato Sauce *Lighter, with green beans*

Beef tenderloin seared with thyme, salt, and pepper and topped with a warm Havana tomato sauce with garlic, balsamic vinegar, marsala wine, and just enough ancho chili to give it great flavor!! (Grill or broil) ...with corn and rice

Diet Points: 11 Gluten free! Calories: 442 Total Fat: 25.7g, Sat. Fat: 7.0g, Trans Fat: 0.0g, Cholesterol 139mg, Sodium: 92mg, Potassium: 669mg, Total Carbohydrates: 3.4g, Dietary Fiber: 0.9g, Sugars: 1.0g, Protein: 44.4g

Chimichanga Casserole

Chimichanga flavor in a casserole! Ground beef with onions, red bell pepper, a little jalapeno (opt), cream cheese, fajita seasoning, tortillas, and Monterrey Jack... (Oven)

Diet Points: 15 Gluten free with corn tortillas! Calories: 417, Total Fat: 24.2, Sat. Fat: 14.0g, Trans Fat: 0.0g, Cholesterol 61mg, Sodium: 970mg, Potassium: 159mg, Total Carbohydrates: 33.4g, Dietary Fiber: 4.2g, Sugars: 2.5g, Protein: 19.2g

Crockpot Cowboy Casserole

Such a great all in one meal...and in the crockpot! Ground beef, corn, kidney beans, red potatoes, tomatoes, onion, and a hint of mesquite... with cheese on top! ...(Crockpot or stovetop)

Diet Points: 20 Gluten free! Calories: 653 Total Fat: 17.4g, Sat. Fat: 10.2, Trans Fat: 0.0g, Cholesterol 36mg, Sodium: 1268mg, Potassium: 2111mg, Total Carbohydrates: 96.8g, Dietary Fiber: 15.8g, Sugars: 8.5g, Protein: 33.6g

Spinach and Beef Macaroni and Cheese

A great macaroni and cheese with spinach and ground beef that you can do in the crockpot or the oven!! (Crockpot or Oven)

Diet Points: 34 Gluten free with GF pasta! Calories: 880, Total Fat: 59.4, Sat. Fat: 34.3g, Trans Fat: 0.0g, Cholesterol 219mg, Sodium: 1358mg, Potassium: 639mg, Total Carbohydrates: 53.9g, Dietary Fiber: 5g, Sugars: 7.4g, Protein: 33.4g

****Chicken****

*Chicken with Lemon Mushroom Sauce (Stovetop) *Lighter with California blend*

Sautee chicken breasts topped with a sauce of mushroom, lemon juice, and low sodium chicken broth... with egg noodles and peas

Diet Points: 10 Calories: 270, Total Fat: 11.4g, Sat. Fat: 5.5g, Trans Fat: 0.0g, Cholesterol 107mg, Sodium: 929mg, Total Carbohydrates: 10.3g, Dietary Fiber: 1.9g, Sugars: 0.0g, Protein: 34.4g

*Crockpot Italian Artichoke Chicken *Lighter with carrots*

Chicken thighs simmering all day in your crockpot in an Italian tomato sauce with mushrooms, red bell peppers, and artichokes! (Crockpot or oven)...with corn and penne

Diet Points: 7 Gluten free! Calories: 282, Total Fat: 10.1g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 127mg, Sodium: 1018mg, Total Carbohydrates: 12.4g, Dietary Fiber: 4.1g, Sugars: 4.6g, Protein: 31.6g

Greek Pasta Chicken Casserole

Greek flavors of basil, oregano, red onion, mozzarella, feta, and black olives (opt.) with chicken, tomato sauce, and penne pasta make for a delicious dinner! (Oven)

Diet Points: 12 Gluten free with rice! Calories: 419, Total Fat: 12.2, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 125mg, Sodium: 1888g, Potassium: 744mg, Total Carbohydrates: 44.8g, Dietary Fiber: 3.6g, Sugars: 8.6g, Protein: 34.3g

*Lime Chicken with Black Bean Coconut Rice *Lighter (less coconut milk and panko)*

This dish has great flavor! Lime on the chicken really complements the coconut rice with black beans, roasted red peppers, and cilantro. (Stovetop)

Diet Points: 14 (includes rice and beans) (*12) Gluten free! Calories: 468(*410), Total Fat: 12.2g(*7.3), Sat. Fat: 8.7g(*4.5), Trans Fat: 0.0g, Cholesterol 82mg(*82), Sodium: 686mg(*662), Total Carbohydrates: 53.0g(*49.7), Dietary Fiber: 4.7g(*4.2), Sugars: 9.1(*8.2)g, Protein: 38.1g(*37.2)

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 \$.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 \$1.75/meal for 1 serving meals; \$5.25/meal for 2-3 serving meals; \$8.50/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals
Nutritional information calculated on CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

Pesto Stuffed Bacon Wrapped Chicken with Sweet Onion Rice *Lighter, (no rice) with squash

Bacon wrapped chicken breasts stuffed with pesto...with baked rice with onions and Swiss cheese! (Oven) with vegetable medley
Diet Points: 21 (*8) Gluten free! Calories: 695 (*371), Total Fat: 44.8g (*20.7)g, Sat. Fat: 19 (*4.2)g, Trans Fat: 0.0g, Cholesterol 210.8 (*129)mg, Sodium: 711.1 (*655)mg, Potassium: 177.1 (*107)mg, Total Carbohydrates: 22 (*1.3)g, Dietary Fiber: 0.7 (*0.3)g, Sugars: 2.7 (*1.0)g, Protein: 58.2 (*50.4)g

Roasted Red Pepper and Sun Dried Tomato Creamy Chicken

Browned chicken breasts simmer in chicken broth, red wine, Italian seasoning, and sun dried tomatoes...add cream and roasted red peppers to thicken...serve over fettucini. (Stovetop)

Diet Points: 12(includes fettucini) Gluten free with rice! Calories: 426, Total Fat: 14.9g, Sat. Fat: 6.9g, Trans Fat: 0.0g, Cholesterol 104mg, Sodium: 241mg, Potassium: 286mg, Total Carbohydrates: 36.7g, Dietary Fiber: 2.3g, Sugars: 1.4g, Protein: 35.0g

Triple Sec Brined Orange Chicken *Lighter, with Capri blend

Chicken breasts brined in triple sec, orange juice, lemon zest, Kosher salt, and brown sugar! (Stovetop, oven, or grill)...with egg noodles and vegetable medley

Diet Points: 6 Gluten free! Calories: 238, Total Fat: 1.6, Sat. Fat: 0.0g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 609g, Potassium: 53mg, Total Carbohydrates: 5.5g, Dietary Fiber: 0.2g, Sugars: 20.8g, Protein: 40.6g

Pork

Crockpot Balsamic Cherry Pork Roast with Herbed Orzo (Crockpot, stovetop, or oven)

Pork roast simmers in balsamic vinegar, cherries, onion, and basil....serve with herbed orzo! ...with vegetable medley

Diet Points: 14 Gluten free with rice! Calories: 504 (includes orzo), Total Fat: 18.9g, Sat. Fat: 7.9g, Trans Fat: 0, Cholesterol 118mg, Sodium: 1165mg, Potassium: 54mg, Total Carbohydrates: 37.8g, Dietary Fiber: 1.9g, Sugars: 2.8g, Protein: 40.9g

Coffee Spiced Rubbed Pork Tenderloin (Oven or Grill)

Pork tenderloin rubbed with coffee, brown sugar, chili powder, cinnamon, cumin, Kosher salt, pepper, garlic powder. So delicious! with peas and rice

Diet Points: 4 Gluten free! Calories: 215 Total Fat: 5.85g, Sat. Fat: 1.9g, Trans Fat: 0.0g, Cholesterol 86mg, Sodium: 81mg, Total Carbohydrates: 5.0g, Dietary Fiber: 0.3g, Sugars: 3.6g, Protein: 33.6g

Pepperoncini Pork with Creamy Bleu Cheese *Lighter (less butter, bleu cheese), no pasta (Stovetop)

Pepperoncini is separate (optional) and adds a little kick to this wonderfully creamy bleu cheese sauce over pork and penne pasta.

Diet Points: 13 (*8) Gluten free with rice for pasta! Calories: 449 (*272) Total Fat: 16.1g (*15.5), Sat. Fat: 8.0g (*7.9), Trans Fat: 0.0g, Cholesterol 77mg (*76), Sodium: 766mg (*766), Total Carbohydrates: 44.1g (*7), Dietary Fiber: 1.9g (*0), Sugars: 4.0g (*2.4), Protein: 32g (*25.5)

Pork Chops with Lemon and Caper Sauce *Lighter (less breading and cheese), we add broccoli (Stovetop)

Tasty breaded pork chops lightly sautéed and served with a lemony wine sauce! ...with corn and penne

Diet Points: 9 (*6) Gluten free with gluten free breadcrumbs! Calories: 334(*252), Total Fat: 10.8g (*6.7), Sat. Fat: 5.7g (*3.0), Trans Fat: 0.0g(*0.0), Cholesterol 95mg(*82), Sodium: 698mg(*508), Total Carbohydrates: 17.5g(*12.6), Dietary Fiber: 0.8g(*0.6), Sugars: 0.7g(*0.6), Protein: 40g(*33.4)

Pork Roast with Bourbon Mushroom Sauce (Crockpot, stovetop, or oven) *Lighter, with green beans

Pork roast rubbed with salt, pepper, paprika, basil and topped with a fantastic sauce of mushrooms, onions, garlic, bourbon, white wine, chicken broth, and cream! ...with green beans and egg noodles

Diet Points: 14 Gluten free with rice! Calories: 504 (includes orzo), Total Fat: 18.9g, Sat. Fat: 7.9g, Trans Fat: 0, Cholesterol 118mg, Sodium: 1165mg, Potassium: 54mg, Total Carbohydrates: 37.8g, Dietary Fiber: 1.9g, Sugars: 2.8g, Protein: 40.9g

Seafood

Fenimore Gin Shrimp

Shrimp and corn...light, fresh, with a little cilantro and splashed with gin...we discovered Fenimore Gin at the Cooperstown Distillery.... (Stovetop)

Diet Points: 12 (includes rice) Gluten free! Calories: 415 Total Fat: 10.3g, Sat. Fat: 5.6g, Trans Fat: 0.0g, Cholesterol 259mg, Sodium: 334mg, Total Carbohydrates: 41.6g, Potassium: 415mg, Dietary Fiber: 2.2g, Sugars: 2.5g, Protein: 30.2g

Fish Tacos with Chipotle Dressing *Lighter (less sauce, corn tortillas), with California blend

Quick and easy fish tacos....great spices and chipotle sauce to serve on top! (Grill, stovetop)...with vegetable medley.

Diet Points: 11 (includes flour tortillas) (*10 includes corn tortillas) Gluten free! Calories: 428 (*296), Total Fat: 19.7g (*10.6), Sat. Fat: 2.4g (*1.7), Trans Fat: 0.0g, Cholesterol 66mg (*61), Sodium: 877mg (*319), Total Carbohydrates: 34.1g (*26.9), Dietary Fiber: 14.3g (*3.3), Sugars: 2.7g (*1.8), Protein: 27.8g (*24.4)

Turkey/Beef

Swiss Burgers and Hash Browned Potatoes *Lighter, with California blend instead of potatoes

Beef or turkey burgers topped with a tomato onion sauce and Swiss cheese! Serve with roasted potatoes (Stovetop, oven)

Diet Points: 11(includes potatoes) Gluten free!

TURKEY Calories: 384, Total Fat: 16.2, Sat. Fat: 7.6g, Trans Fat: 0.0g, Cholesterol 107mg, Sodium: 609g, Potassium: 850mg, Total Carbohydrates: 26.1g, Dietary Fiber: 3.6g, Sugars: 2.3g, Protein: 34.2g
BEEF Calories: 434, Total Fat: 15.2, Sat. Fat: 7.7g, Trans Fat: 0.0g, Cholesterol 128mg, Sodium: 598g, Potassium: 957mg, Total Carbohydrates: 26.5g, Dietary Fiber: 3.7g, Sugars: 2.6g, Protein: 46.5g

Vegetarian

Potato Crust Veggie Quiche

Our veggie quiche has a shredded potato crust topped with spinach, mushrooms, onions, and cheese. Bake to a golden brown! (Oven)

Diet Points: 5 Gluten free! Calories: 147, Total Fat: 5.6g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 13mg, Sodium: 256g, Total Carbohydrates: 15.2g, Dietary Fiber: 2.0g, Sugars: 3.2g, Protein: 9.2g