



April 2020

...celebrating Spring!!!

Beef

Beef & Broccoli Turnovers (Oven)

Beef and broccoli with a creamy filling and all wrapped up in a fillo crust. Just bake these individual turnovers from frozen for a quick, fun dinner - kids love them!

Diet Points: 10 Calories: 295, Total Fat: 12.3g, Sat. Fat: 5.7g, Trans Fat: 0.0g, Cholesterol 76mg, Sodium: 488mg, Total Carbohydrates: 19.3g, Dietary Fiber: 1.7g, Sugars: 2.3g, Protein: 26.3g

Beef & Mac Southwestern Casserole (Oven)

Beef and macaroni with kidney beans, tomatoes, onion, green chilies, cumin, chili powder, and Monterrey Jack!

Diet Points: 16 Calories: 427, Total Fat: 15.9g, Sat. Fat: 8.5g, Trans Fat: 0.0g, Cholesterol 50mg, Sodium: 1507mg, Total Carbohydrates: 47.6g, Dietary Fiber: 7.3g, Sugars: 6.7g, Protein: 18.3g

Creamy Bleu Cheese Flank Steak *Lighter (less sauce)...with green beans (Oven/Grill, Stovetop)

Our tender flank steak is topped with a creamy bleu cheese and wine sauce....with green beans and penne

Diet Points: 13 (*11) Gluten free with rice! Calories: 378(*340), Total Fat: 18.9g(*16.5), Sat. Fat: 7.1g(*6.7), Trans Fat: 0.0g, Cholesterol 87mg(*85), Sodium: 228mg(*218), Total Carbohydrates: 6.0g(*3.5), Dietary Fiber: 0.6g(*0.0), Sugars: 2.9g(*1.3), Protein: 42.4g(*41.3)

Beef Tips in Mushroom Sauce *Lighter (no rice), with squash (Crockpot, InstantPot, Stovetop, or Oven)

Flank steak cut beef tip style simmers in mushroom cream sauce, onion flakes, parsley, onion powder, turmeric, celery seed, salt, sugar, pepper, lemon lime. Serve over rice. ...with rice and vegetable medley.

Diet Points: 19 Gluten free! Calories: 524, Total Fat: 24.9g, Sat. Fat: 16.9g, Trans Fat: 0.0g, Cholesterol 76mg, Sodium: 1236.5mg, Total Carbohydrates: 38.9g, Dietary Fiber: 1.1g, Sugars: 13.5g, Protein: 33.5g

Chicken

Buffalo "Fried" Chicken *Lighter ...with California blend (Stovetop)

It's almost unbelievable how this tastes like fried chicken...and with a hint of buffalo sauce it's even better! ...with vegetable medley and egg noodles

Diet Points: 5 Gluten free with GF panko instead of crackers. Calories: 289 Total Fat: 3.5g, Sat. Fat: 0.3g, Trans Fat: 0.5g, Cholesterol 82mg, Sodium: 1077mg, Total Carbohydrates: 27.6g, Dietary Fiber: 1.1g, Sugars: 0.4g, Protein: 35.9g

Chicken and Cherries Florentine Pasta (Stovetop)

These flavors are amazing! Chicken, dried cherries, spinach, nutmeg, angel hair pasta, Parmesan Cheese... so good!!

Diet Points: 15 Gluten free with rice. Calories: 533 Total Fat: 12.8g, Sat. Fat: 3.7g, Trans Fat: 0g, Cholesterol 96mg, Sodium: 686mg, Potassium: 225mg, Total Carbohydrates: 63.8g, Dietary Fiber: 4.0g, Sugars: 13.4g, Protein: 44.2g

Crockpot Cheesy Barbecue Chicken with Cornbread (Crockpot, InstantPot, and Oven)

Chicken thighs simmer all day in bbq, cream sauce, cheddar cheese, and corn. Bake the cornbread and serve with chicken on top!

Diet Points: 20 (*13) (includes cornbread) Can be gluten free! Calories: 749, Total Fat: 35g, Sat. Fat: 15g, Trans Fat: 1.0g, Cholesterol 201mg, Sodium: 1630mg, Total Carbohydrates: 59g, Dietary Fiber: 2g, Sugars: 6g, Protein: 52g

Insanely Good Chicken (Crockpot, InstantPot, Stovetop, or Oven)

No better name to describe this! Chicken thighs simmering in cream sauce, sherry, cream cheese, green onions, butter, garlic powder, onion powder, parsley, basil, thyme, oregano, and celery seed..with corn and egg noodles

Diet Points: 25 Gluten free! Calories: 573, Total Fat: 36, Sat. Fat: 23g, Trans Fat: 0.0g, Cholesterol 118mg, Sodium: 1158g, Potassium: 70mg; Total Carbohydrates: 43g, Dietary Fiber: .8g, Sugars: 4.9g, Protein: 27.7g

Kahlua Chicken with Mushroom Spinach Risotto *Lighter (less sauce, less risotto) (Oven, Stovetop)

Chicken baked in Kahlua, coffee, and honey and served with a homemade mushroom spinach risotto.

Diet Points: 15(includes risotto) (*10) Gluten free with gf soy sauce Calories: 547(*387), Total Fat: 6.1g(*5.9), Sat. Fat: 2.6g(*2.5), Trans Fat: 0.0g, Cholesterol 100mg(*100), Sodium: 705mg(*678), Total Carbohydrates: 66.3g(*37.1), Dietary Fiber: 1.4g(*0.9), Sugars: 14.2g(*10.3), Protein: 40.5g(*37.5)

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.

Tamale Pie Casserole (Oven)

Bake the cornbread, corn, and cheese crust and top with enchilada sauce, chicken, and cheese!

Diet Points: 14 Gluten free with GF flour Calories: 498 Total Fat: 22g, Sat. Fat: 7.8g, Trans Fat: 0g, Cholesterol 120mg, Sodium: 1064mg, Total Carbohydrates: 32.5g, Dietary Fiber: 2.0g, Sugars: 7.8g, Protein: 40.9g

Three Cheese Creamy Chicken Lasagna (Oven)

Chicken in a great lasagna...onions, green peppers, cream sauce, basil, ricotta, and cheddar, mozzarella, and Parmesan!

Diet Points: 16 Calories: 574 Total Fat: 21.5g, Sat. Fat: 12.38g, Trans Fat: 0.0g, Cholesterol 109mg, Sodium: 776mg, Potassium: 283mg, Total Carbohydrates: 43.5g, Dietary Fiber: 1.7g, Sugars: 2.7g, Protein: 51.1g

****Pork****

Apple Bourbon Pork Roast *Lighter, no rice (Crockpot, Oven, Stovetop)

Pork roast and apples in an apple, bourbon, brown sugar sauce...tender and delicious! ...with egg noodles

Diet Points: 9 Gluten free! Calories: 335, Total Fat: 6.7g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 60mg, Sodium: 643mg, Total Carbohydrates: 4.0g, Dietary Fiber: 1.1g, Sugars: 1.4g, Protein: 18.2g

Apricot Rosemary Pork Tenderloin *Lighter ...with California blend (Oven or grill)

Our fabulous pork tenderloin rubbed with rosemary and glazed with an apricot sauce!...with peas and rice

Diet Points: 8 Gluten free! Calories: 272, Total Fat: 10.2g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 856mg, Total Carbohydrates: 21.1g, Dietary Fiber: 0g, Sugars: 11.8g, Protein: 24.5g

Corn Pudding Crusted Pork Pot Pie (Stovetop, Oven)

Just sauté pork cubes, onion, and black beans and put in baking dish...top with corn pudding crust and bake !

Diet Points: 15 Gluten free with GF flour! Calories: 585, Total Fat: 17.8g, Sat. Fat: 5.2g, Trans Fat: 0.0g, Cholesterol 91mg, Sodium: 781mg, Potassium: 1374mg, Total Carbohydrates: 59.9g, Dietary Fiber: 8.5g, Sugars: 6.2g, Protein: 48.1g

Crockpot Korean Barbecue Pork *Lighter ...with California blend (Oven or grill)

Pork roast with apples, brown sugar, ginger, chili garlic, and our special no soy "soy" sauce!...with peas and rice

Diet Points: 11 Gluten free! Calories: 321, Total Fat: 10.8g, Sat. Fat: 4.3g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 631mg, Total Carbohydrates: 34.6g, Dietary Fiber: 1.5g, Sugars: 24.5g, Protein: 28.6g

Ham and Potato Casserole Can be vegetarian (Oven)

Warm and cheesy....this shredded potato and ham casserole topped with Panko is a favorite!

Diet Points: 10 Gluten free with GF Panko! Calories: 377, Total Fat: 18.4g, Sat. Fat: 11.0g, Trans Fat: 0.0g, Cholesterol 49mg, Sodium: 655mg, Total Carbohydrates: 39.7g, Dietary Fiber: 4.5g, Sugars: 3.0g, Protein: 13.8g

Pork Chops with Tomato Cream Pasta (Stovetop)

Pork chops sautéed and simmered in a green onion and tomato cream sauce, topped with Parmesan. Serve with linguine.

Diet Points: 10 (includes pasta) Gluten free with rice! Calories: 424, Total Fat: 9.8g, Sat. Fat: 4.2g, Trans Fat: 0.0g, Cholesterol 145mg, Sodium: 411mg, Potassium: 271mg, Total Carbohydrates: 38.1g, Dietary Fiber: 1.3g, Sugars: 2.2g, Protein: 44.2g

****Seafood****

Tilapia with Lentils and Orange Vinaigrette (Oven/Grill, Stovetop)

Baked tilapia served over a bed of lentils. Drizzle our amazing orange vinaigrette made with white wine vinegar, honey, Dijon, and orange juice....so good! ...with carrots

Diet Points: 15 (includes lentils) Gluten free! Calories: 545, Total Fat: 25.3g, Sat. Fat: 4.3g, Trans Fat: 0.0g, Cholesterol 54mg, Sodium: 576mg, Total Carbohydrates: 43.7g, Dietary Fiber: 20.5g, Sugars: 4.5g, Protein: 35.7g

Shrimp and Pasta in Vodka Cream Sauce (Crockpot and Stovetop)

Vodka cream sauce in the crockpot! Sauté the shrimp, cook the pasta, and serve with Vodka cream sauce.

Diet Points: 20 (includes pasta) Gluten free with rice! Calories: 620, Total Fat: 28.7g, Sat. Fat: 17.2g, Trans Fat: 0.0g, Cholesterol 313mg, Sodium: 680mg, Potassium: 648mg, Total Carbohydrates: 35.9g, Dietary Fiber: 2.3g, Sugars: 4.9g, Protein: 41.3g

****Ground Turkey or Ground Beef****

Muffin Pan Meatloaves *Lighter (less breadcrumbs and olive oil), with California blend

A muffin pan full of individual meatloaves ready to pop in the oven! We add spinach, breadcrumbs, and spices to lean ground turkey or ground beef and top with a ketchup and Worcestershire glaze. (Oven)...with sweet potato fries!

TURKEY Diet Points: 13 Gluten free with gluten free breadcrumbs! Calories: 358, Total Fat: 16.6g, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 95mg, Sodium: 786mg, Total Carbohydrates: 19.0g, Dietary Fiber: 1.2g, Sugars: 5.2g, Protein: 34.2g

BEEF Diet Points: 10 Gluten free with GF breadcrumbs! Calories: 406, Total Fat: 15.6g, Sat. Fat: 6.3g, Trans Fat: 0.0g, Potassium: 599mg, Cholesterol 116mg, Sodium: 759g, Total Carbohydrates: 19.1g, Dietary Fiber: 1.2g, Sugars: 5.1g, Protein: 46.1g

****Vegetarian****

Toasted Brussels Sprouts with Asiago Cheese Pasta (Stovetop, Oven)

Bake the Brussels sprouts until they are browned and toss with small shell pasta, Asiago cheese, and a special white wine and cream cheese sauce.

Diet Points: 19 (includes pasta) Gluten free with rice sub for pasta! Calories: 516, Total Fat: 30.2g, Sat. Fat: 13.8g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 393mg, Total Carbohydrates: 43.4g, Dietary Fiber: 7.3g, Sugars: 5.2g, Protein: 16.3g