Meats and Soups

Turkey and Zucchini Skillet
Makes 4 servings

1 pound  Ground turkey
1 cup     Onion, chopped
3 cups    Zucchini, sliced
1 16oz. can Stewed tomatoes, any flavor
1 cup     Low fat shredded cheddar cheese

Brown ground turkey in iron skillet, drain. Add onion, zucchini, and tomatoes. Cook on medium heat, covered for 15 minutes, or until veggies are done. Top with cheese and cook until cheese melts.

Nutritional Information for 1 serving:
Calories: 280
Total Fat: 12g, Saturated fat: 4g, Cholesterol: 95mg, Sodium: 490 mg, Total Carbohydrate: 16g, Dietary Fiber: 3g, Sugars: 9g, Protein:29g, Vitamin A: 15%, Vitamin C: 45%, Calcium: 20%, Iron: 15%.

Cost per serving: $2.61

Grilled Halibut Filets
Makes 2 servings

½ tablespoon Olive oil
2 Tablespoons Lemon juice
½ teaspoon Thyme
¼ teaspoon Black pepper
2-4 ounces Halibut filets, fresh or frozen

Mix oil, lemon juice and seasoning. Lay fish in a baking pan and rub with mixture on both sides. Grill, or broil in oven, fish for 3-4 minutes on first side. Turn and cook for 5-7 minutes on the second side.

Nutritional Information for one filet:
Calories: 160
Total Fat: 6g, Saturated fat: 1g, Cholesterol: 35mg, Sodium: 60 mg, Total Carbohydrate: 2g, Dietary Fiber: 0g, Sugars: 0g, Protein: 24g, Vitamin A: 4%, Vitamin C: 15%, Calcium: 6%, Iron: 6%.

Cost per Serving: $.79
Raspberry Chicken
Makes 8 servings

8 small   Boneless chicken breast or thighs
5 ounces  Reduced-sugar raspberry or cherry preserves
½ cup    Pineapple juice concentrate, thawed
¼ cup   Low-sodium soy sauce
2 Tablespoons  Rice vinegar
½ teaspoon    Chili powder
½ teaspoon  Minced garlic
½ cup  Chopped, fresh basil
½ cup   Fresh raspberries

Rinse chicken and pat dry; place in sprayed baking dish. Combine all ingredients except raspberries in bowl and mix well. Pour over chicken and marinate for several hours or overnight. May also use a plastic sealable bag. Bake in sauce at 350° for 30 minutes. Top with raspberries. Freezes well, also great with brown rice and steamed vegetables.

Nutritional Information for one chicken breast:
Calories: **190**
Total Fat: 3g, Saturated fat: 1g, Cholesterol: 75mg, Sodium: 260 mg, Total Carbohydrate: 14g, Dietary Fiber: 1g, Sugars: 9g, Protein: 28g, Vitamin A: 4%, Vitamin C: 25%, Calcium: 2%, Iron: 6%.

Cost per serving: $1.86

Nutritional Information for one chicken thigh:
Calories: **60**
Total Fat: 0g, Saturated fat: 0g, Cholesterol: 5mg, Sodium: 210 mg, Total Carbohydrate: 14g, Dietary Fiber: 1g, Sugars: 6g, Protein: 3g, Vitamin A: 4%, Vitamin C: 25%, Calcium: 2%, Iron: 2%.

Cost per serving: $1.24
**Dijon-Broiled Tilapia**  
**Makes 4 servings**

- 3 Tablespoons  Dijon mustard
- 1 Tablespoon  Sliced green onion
- 1 teaspoon  Black pepper
- 4 Tilapia filets (fresh or frozen)

Combine first three ingredients in small bowl. Lay filets out on oil-sprayed broiler pan or on grill. Brush with mustard combination. Broil for 6-8 minutes. Remove and turn filets. Brush mustard mixture over fillet and broil 2-3 minutes until filets flakes easily when tested with a fork.

*Nutritional Information for one serving:*
- Calories: **90**
- Total Fat: 1.5g, Saturated fat: 0g, Cholesterol: 45mg, Sodium: 310mg, Total Carbohydrate: 3g, Dietary Fiber: 0g, Sugars: 0g, Protein: 17g, Vitamin A: 0%, Vitamin C: 2%, Calcium: 2%, Iron: 4%.

*Cost per serving:* $0.72

**Hawaiian Chicken**  
**Makes 4 servings**

- 1 ½ cup  Pineapple chunks, packed in juice
- ½ cup  Pineapple juice
- 1/3 cup  Reduced sodium soy sauce
- 1 teaspoon  Ground ginger
- 1 Tablespoon  Garlic powder
- 4 4oz. Boneless, skinless chicken breasts or thighs

Combine all ingredients, except chicken, to make a marinade in a plastic sealable bag. Add chicken and marinade in refrigerator at least 4 hours, or overnight. Place chicken and marinade in shallow, pan-sprayed baking dish and bake covered at 325° for 40 minutes, remove and broil for 5 minutes. Good with brown rice and broccoli.

*Nutritional Information for one chicken breast:*
- Calories: **220**
- Total Fat: 3g, Saturated fat: 1g, Cholesterol: 65mg, Sodium: 630 mg, Total Carbohydrate: 22g, Dietary Fiber: 1g, Sugars: 15g, Protein: 25g, Vitamin A: 4%, Vitamin C: 20%, Calcium: 2%, Iron: 8%.

*Cost per serving:* $2.06
Nutritional Information for one chicken thigh:
Calories: 230
Total Fat: 4.5g, Saturated fat: 1g, Cholesterol: 95mg, Sodium: 630 mg, Total Carbohydrate: 20g, Dietary Fiber: 1g,
Sugars: 15g, Protein: 24g, Vitamin A: 2%, Vitamin C: 20%, Calcium: 2%, Iron: 10%.

Cost per serving: $1.44

Easy Italian Pork Loin
Makes 10 servings

3 to 4 pounds Pork loin, trim off all fat
1 12oz. jar Fat-free Italian salad dressing
1 package Dry onion soup mix
2 Fresh onions, sliced

Place all ingredients in a crock-pot. Bake on low for 4-6 hours.

Nutritional Information for one serving:
Calories: 220
Total Fat: 6g, Saturated fat: 2g, Cholesterol: 105mg, Sodium: 580mg, Total Carbohydrate: 6g, Dietary Fiber: 1g,
Sugars: 3g, Protein: 34g, Vitamin A: 2%, Vitamin C: 6%, Calcium: 2%, Iron: 10%.

Cost per serving: $1.92

Rosemary Grilled Pork Tenderloin
Makes 6-8 servings (3oz. each)

2 Tablespoons Vegetable oil
½ cup Balsamic vinegar
2 Tablespoon Lemon juice and zest (skin grated)
2 cloves Garlic, crushed
2 Tablespoon Fresh or dried rosemary, chopped
1 Tablespoon Brown Sugar Splenda
1 teaspoon Black pepper
2-3 pounds Pork tenderloins, well trimmed

Combine all ingredients except pork in plastic sealable bag. Add pork and turn to coat in marinade. Chill for 1-6 hours. Grill tenderloins over hot coals for 20 minutes or longer, covered, until done. Allow tenderloins to “set” for 5 minutes. Slice to serve. May microwave the marinade for 2 minutes and brush on the pork slices.

(May also bake in the oven at 350° for 20-30 minutes or until internal temperature reaches 180°.)
Nutritional Information for one serving:

**Salmon Steak with Grapefruit**

*Makes 4 servings (6oz. each)*

1 Tablespoon  Olive oil
1 ½ cup  Onion, finely chopped
1 cup   Fresh cut grapefruit and juice
4  6oz.   Boneless salmon fillets

Heat olive oil in nonstick skillet. Add onions and cook until tender. Place salmon and grapefruit segments with juice in pan. Cover and simmer over low heat for 6-8 minutes or until fish is cooked.

Nutritional Information for one serving:

**Cost per serving:** $2.36

Crab-Stuffed Portobello Mushrooms

*Makes 2 servings*

2    Portobello mushrooms
1 Tablespoon  Olive oil
1 1/2  Garlic clove, minced
1  6oz. can  Crabmeat, drained, flaked, cartilage removed
2 Tablespoons  Fat-free Greek yogurt
2 Tablespoons  Seasoned bread crumbs
1 Tablespoon   Salt free Creole seasoning
2  Roasted red peppers halved and drained
2 slices   Low-fat provolone cheese

**Cost per serving:** $4.28
Remove and cook stems from mushrooms and freeze for other dishes. Place mushroom caps on a pan-sprayed baking dish. Combine oil with minced garlic; brush on mushrooms. Broil 4 to 6 inches from heat until tender. Have stem side down to drain off fluids. May place on grill instead. While mushrooms are cooking, combine crab meat, yogurt, bread crumbs, and seasoning in small bowl. Place a red pepper half on each mushroom; top with crab mixture and cheese. Broil on low for 4-6 minutes or until heated and cheese is bubbling.

**Nutritional Information for one serving:**

- Calories: 270
- Total Fat: 12g, Saturated fat: 3g, Cholesterol: 50mg, Sodium: 500mg, Total Carbohydrate: 19g, Dietary Fiber: 4g, Sugars: 7g, Protein: 23g, Vitamin A: 50%, Vitamin C: 160%, Calcium: 25%, Iron: 10%

Cost per serving: $4.23

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**London Broil**

**Makes 4 servings (3oz. each)**

1 envelope Italian salad dressing mix  
¼ cup Red wine or red wine vinegar  
1 Tablespoon Olive oil  
1 pound Flank steak

Remove all visible fat from steak. Score steak 1/8 inch deep in criss-cross pattern on both sides. Combine dressing mix with wine and oil. Pour over meat in a sealable bag. Marinate in bag in refrigerator overnight. Broil or grill meat to desired doneness. Discard remaining marinade.

**Nutritional Information for one serving:**

- Calories: 220
- Total Fat: 13g, Saturated fat: 4.5g, Cholesterol: 45mg, Sodium: 60mg, Total Carbohydrate: 0g, Dietary Fiber: 0g, Sugars: 4g, Protein: 24g, Vitamin A: 0%, Vitamin C: 0%, Calcium: 4%, Iron: 10%

Cost per serving: $2.33
Sour Cream Pork Chops
Makes 6 servings

6 4oz.  Pork chops, raw (may use tenderloin)
1 cup    Fat-free chicken stock or bouillon
¼ cup    Vinegar
3 Tablespoons  Splenda
1 cup    Fat-free sour cream
1 Tablespoon  Flour
1 Tablespoon  Black pepper

Trim all fat off chops. Lay out chops and sprinkle with flour and pepper. Brown in a skillet, using non-stick spray. Combine stock, vinegar, Splenda, and sour cream in small bowl. Pour mixture over the browned chops in a casserole dish, cover and bake at 350° until tender, about 30-45 minutes. May add green/red peppers and onions.

Nutritional Information for one serving:
Calories: 230
Total Fat: 7g, Saturated fat: 2.5g, Cholesterol: 75mg, Sodium: 160mg, Total Carbohydrate: 11g, Dietary Fiber: 0g, Sugars: 4g, Protein: 28g, Vitamin A: 6%, Vitamin C: 2%, Calcium: 6%, Iron: 2%.

Cost per serving: $1.32

Chicken Fruit Salad
Makes 2 servings

1/3 cup    Fat-free plain or Greek yogurt
2 Tablespoons  Fat-free mayonnaise or sour cream
1 cup    Cubed cooked chicken breast or thigh
2/3 cup    Seedless grapes (may chop in half)
1 large    Fresh peach, chopped
1 medium    Celery stalk, diced

In medium bowl, combine yogurt with mayonnaise until smooth. Stir in remaining ingredients. Cover and refrigerate at least 30 minutes before serving.

Nutritional Information for one serving with chicken breast:
Calories: 220
Total Fat: 3.5g, Saturated fat: 1g, Cholesterol: 60mg, Sodium: 230mg, Total Carbohydrate: 23g, Dietary Fiber: 2g, Sugars: 19g, Protein: 25g, Vitamin A: 8%, Vitamin C: 25%, Calcium: 8%, Iron: 6%.

Cost per serving: $1.99
Meat Loaf
Makes 6-8 servings

2 pounds  Ground chuck, extra lean
2    Eggs, slightly beaten
1 cup   Seasoned bread crumbs
1 Tablespoon  Onion powder
½ cup   Ketchup
½ cup   Brown sugar Splenda

Heat oven to 350°. Spray 8×8 casserole dish with non-stick cooking spray. Combine meat with eggs and bread crumbs. Blend well. Place in casserole dish. Form a small cross in the middle of the meat loaf to decrease cooking time. Spread ketchup on top, sprinkle with brown sugar Splenda. Cover with foil and bake for 35-40 minutes. Drain off juices. Brown sugar Splenda gives a sweet coating on the top of the meat loaf, may prefer the meat loaf with ketchup only.

Nutritional Information for one serving:
Calories: 310
Total Fat: 8g, Saturated fat: 3g, Cholesterol: 130mg, Sodium: 610mg, Total Carbohydrate: 24g, Dietary Fiber: 2g, Sugars: 19g, Protein: 25g, Vitamin A: 8%, Vitamin C: 25%, Calcium: 8%, Iron: 6%.

Cost per serving: $1.35
**Peachy Pork Picante**  
**Makes 12-16 servings**

2 pounds Pork tenderloin or butterfly chops, cut in half  
1 envelope Low sodium dry taco seasoning mix  
1 teaspoon Vegetable oil  
1-16 oz. jar Picante sauce  
½ cup Reduced sugar peach preserves  
1-2 teaspoons Minced parsley (optional)

Coat pork cubes with dry taco seasoning and parsley. Heat pork in non-stick skillet with oil and cook pork over medium heat until done. Add picante sauce and peach preserves to meat. Lower heat and simmer until pork is tender, about 30 minutes. Good served over brown rice.

*Nutritional Information for one serving:*
*Calories: 120*
*Total Fat: 2.5g, Saturated fat: 1g, Cholesterol: 40mg, Sodium: 330mg, Total Carbohydrate: 10g, Dietary Fiber: 1g, Sugars: 8g, Protein: 14g, Vitamin A: 2%, Vitamin C: 2%, Calcium: 0%, Iron: 4%.*

*Cost per serving: $1.08*

**Shrimp and Broccoli Soup**  
**Makes 6 servings (12oz. each)**

1 Tablespoon Vegetable oil  
1 bunch Green onions, chopped, or ½ cup chopped onion  
1 bunch Parsley, chopped  
3 Tablespoons Flour  
2 cans Evaporated fat-free milk  
½ teaspoon Red pepper  
½ teaspoon Black pepper  
2 cups Fat-free milk  
1 pound bag Frozen broccoli cuts  
1 pound Shrimp, raw, peeled

Heat oil in a nonstick skillet over medium heat and sauté onions and parsley until tender (about 15 minutes). Add flour to evaporated milk and blend thoroughly. Slowly add to onions and parsley. Cook until mixture thickens, add milk and seasonings, and cook 10 more minutes. Cook the broccoli cuts in the bag on high in the microwave for 10 minutes or until crisp tender. Add shrimp and broccoli to the soup. Stir and cook on low 15 minutes.

*Nutritional Information for one serving:*
*Calories: 270*
Chicken Picante
Makes 6 servings

½ cup    Tabasco sauce
¼ cup    Dijon mustard
2 Tablespoons   Lemon juice
6 small    Chicken breasts or thighs, skinless
1 cup    Fat-free sour cream

Lime slices and Cilantro (Optional)

In large sealable bag, combine first three ingredients. Add chicken and turn to coat. Marinate in refrigerator for at least one hour. If you leave overnight, chicken will be very spicy! Brown in a non-stick skillet. Reduce heat, cover and simmer for 15 minutes. Add the marinade and cook 10-15 minutes more, uncovered. Serve with topping of sour cream, lime slice and cilantro.

Nutritional Information for one serving with chicken breast:
Calories: 160
Total Fat: 2g, Saturated fat: 0.5g, Cholesterol: 60mg, Sodium: 450mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 3g, Protein: 15g, Vitamin A: 15%, Vitamin C: 6%, Calcium: 6%, Iron: 6%.

Cost per serving: $1.40

Nutritional Information for one serving with chicken thigh
Calories: 130
Total Fat: 3.5g, Saturated fat: 1g, Cholesterol: 60mg, Sodium: 450mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 3g, Protein: 16g, Vitamin A: 15%, Vitamin C: 6%, Calcium: 6%, Iron: 6%.

Cost per serving: $.98
Sherried Pineapple Pork Tenderloin
Makes 4-6 servings

½ teaspoon Black pepper
1 pound Pork tenderloin, trimmed
6 ounces Pineapple juice
2 Tablespoons Sugar (do not use Splenda)
2 Tablespoons Dry or cooking sherry
1 Tablespoon Low sodium soy sauce

Coat cast iron skillet with cooking spray. Add pork to pan. Sprinkle with pepper. Cook 3-5 minutes on each side or until done. Remove pork to a cutting board and let stand while preparing sauce. Combine pineapple juice and other ingredients in pan. Bring to boil and cook until liquid is reduced to ¼ cup, about 5 minutes. Spoon sauce over pork.

Nutritional information for one serving:
Calories: 150
Total fat: 3g, Saturated fat: 1g, Cholesterol: 60mg, Sodium: 200mg, Total carbohydrate: 9g, Dietary fiber: 0g, Sugars: 8g, Protein: 19g, Vitamin A: 0%, Vitamin C: 4%, Iron: 6%.

Cost per serving: $1.16

Tarragon Chicken
Makes 4 servings

4 small Skinless, boneless chicken breasts or thighs
¼ teaspoon Black pepper
½ cup Fat-free sour cream
2 Tablespoons Honey mustard
1 teaspoon Dried tarragon

Coat cast iron skillet with cooking spray. Add chicken to pan. Sprinkle with pepper. Cook 5 minutes on each side or until done. Transfer to serving plate. Stir sour cream, mustard and tarragon into pan; heat thoroughly. Spoon over chicken.

Nutritional information for one serving with chicken breast:
Calories: 190
Total Fat: 4g, Saturated fat: 1g, Cholesterol: 75mg, Sodium: 150mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 5g, Protein: 28g, Vitamin A: 6%, Vitamin C: 2%, Calcium: 6%, Iron: 6%.

Cost per serving: $1.79
Nutritional information for one serving with chicken thigh:

Calories: 70
Total Fat: 1.5g, Saturated fat: 0g, Cholesterol: 15mg, Sodium: 100mg, Total Carbohydrate: 9g, Dietary Fiber: 0g, Sugars: 5g, Protein: 5g, Vitamin A: 4%, Vitamin C: 2%, Calcium: 6%, Iron: 2%.

Cost per serving: $1.17
**Mustard Roasted Salmon**
**Makes 4 servings**

4 4oz. Skinless Salmon Filets  
2 Tablespoons Whole grain or Creole mustard  
3 Tablespoons Brown sugar Splenda  
1 Tablespoon Minced garlic clove  
Juice from half lemon

Preheat oven to 400°. Place salmon on pan covered with foil and cooking spray. Mix other ingredients together in bowl. Brush mixture over salmon, or pour small amount over fish and spread with spoon. Bake 10 minutes. Add more mustard sauce. Cook until done, about 5 more minutes. May want to broil last 2 minutes. Slice other half of lemon and use for garnish.

*Nutritional information for one serving:*

**Calories:** 270  
Total fat: 13g, Saturated fat: 2.5g, Cholesterol: 65mg, Sodium: 125mg, Total carbohydrate: 14g, Dietary fiber: 0g, Sugars: 11g, Protein: 23g, Vitamin A: 2%, Vitamin C: 10%, Iron: 4%.

**Cost per serving:** $2.61

**Smothered Green Chili Pepper Chicken**
**Makes 4 servings**

4 small Skinless, boneless chicken breasts or thighs  
1 Tablespoon Lime juice (about ½ lime)  
3 Tablespoons Low sodium taco seasoning  
4 Whole green chilies (fresh or canned)  
½ cup Shredded mozzarella cheese

Coat cast iron skillet with cooking spray. Add chicken to pan. Sprinkle with lime juice and taco seasoning. Cook 5 minutes on each side or until done. Slice chilies lengthwise to open flat. Place 1 chili over each piece of chicken. Sprinkle cheese evenly over chilies and chicken. Broil until cheese melts.

*Nutritional information for one serving with chicken breast:*

**Calories:** 160  
Total fat: 3g, Saturated fat: 1.5g, Cholesterol: 55mg, Sodium: 530mg, Total carbohydrate: 5g, Dietary fiber: 0g, Sugars: 0g, Protein: 24g, Vitamin A: 10%, Vitamin C: 35%, Iron: 4%.

**Cost per serving:** $1.92
Nutritional information for one serving with chicken thigh:

- Calories: **90**
- Total fat: **3.5g**, Saturated fat: **1.5g**, Cholesterol: **20mg**, Sodium: **480mg**, Total carbohydrate: **5g**, Dietary fiber: **0g**, Sugars: **0g**, Protein: **7g**, Vitamin A: **10%**, Vitamin C: **30%**, Iron: **0%**.

Cost per serving: **$1.68**

**Chilled Cantaloupe Soup**  
Makes 6 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>1 medium Cantaloupe, peeled, seeded and cubed</td>
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<tr>
<td>2 cups Orange juice, divided</td>
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<tr>
<td>1 Tablespoon Lime juice</td>
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<tr>
<td>¼ - ½ teaspoon Ground cinnamon</td>
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Place cantaloupe and ½ cup orange juice in a blender or food processor; cover and process until smooth. Transfer to large container with cover. Stir in lime juice, cinnamon and remaining orange juice. Cover and refrigerate at least 1 hour.

Nutritional information for 1 serving:

- Calories: **70**
- Total fat: **0g**, Saturated fat: **0g**, Cholesterol: **0mg**, Sodium: **15mg**, Total carbohydrate: **17g**, Dietary fiber: **1g**, Sugars: **7g**, Protein: **1g**, Vitamin A: **80%**, Vitamin C: **110%**, Iron: **2%**.

Cost per serving: **$0.53**

**Cumin-Spiced Chicken with Chunky Tomato Sauce**  
Makes 4 servings

<table>
<thead>
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<th>Ingredient</th>
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<tr>
<td>4 small Skinless, boneless chicken breasts or thighs</td>
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<tr>
<td>¾ teaspoon Ground cumin, divided</td>
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<tr>
<td>1 10oz. can Mild diced tomatoes &amp; green chilies</td>
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<tr>
<td>¾ cup Shredded low-fat Mexican blend cheese</td>
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<tr>
<td>2 Tablespoons Chopped fresh cilantro</td>
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Coat cast iron skillet with cooking spray. Add chicken to pan. Sprinkle with half of cumin. Cook 5 minutes on each side or until done. Transfer to hold and keep warm. Add remaining cumin and tomatoes to pan; cook 1 minute. Return chicken to pan; spoon tomatoes evenly over chicken. Sprinkle with cheese. Broil 2 minutes or until cheese melts. Top with cilantro.
Nutritional information for one serving with chicken breast:
Calories: 200
Total fat: 6g, Saturated fat: 2.5g, Cholesterol: 80mg, Sodium: 390mg, Total carbohydrate: 3g, Dietary fiber: 1g, Sugars: 2g, Protein: 33g, Vitamin A: 10%, Vitamin C: 15%, Iron: 8%.

Cost per serving: $1.69

Nutritional information for one serving with chicken thigh:
Calories: 100
Total fat: 5g, Saturated fat: 2.5g, Cholesterol: 30mg, Sodium: 330mg, Total carbohydrate: 3g, Dietary fiber: 1g, Sugars: 2g, Protein: 10g, Vitamin A: 10%, Vitamin C: 15%, Iron: 4%.

Cost per serving: $1.19

Wet Whimpies
Makes 6 servings

1 pound Extra-lean ground beef
1 cup Ketchup
¼ cup Yellow mustard
¼ cup Brown sugar Splenda
¾ cup White vinegar
6 Whole wheat buns

Cook meat in cast iron skillet. Drain any fat. Add other ingredients, except for buns. Heat thoroughly. Serve on bun or in pita pocket bread. Using pickles, mustard or onion adds no extra calories.

Nutritional information for 1 serving:
Calories: 250
Total fat: 5g, Saturated fat: 1.5g, Cholesterol: 40 mg, Sodium: 380mg, Total carbohydrate: 34g, Dietary fiber: 4g, Sugars: 14g, Protein: 20g, Vitamin A: 4%, Vitamin C: 6%, Iron: 15%.

Cost per serving: $1.58
Grilled Chicken Breast
Makes 6 servings

2 ½ cups  Diet lemon-lime soda
½ cup   Reduced sodium soy sauce
¼ cup   Olive oil
½ teaspoon Garlic powder
½ teaspoon Prepared horseradish
6 3-ounce Boneless, skinless chicken breasts or thighs

In a large sealable bag, combine soda, soy sauce, oil, garlic, and horseradish; add chicken. Seal and turn to coat. Refrigerate overnight. Drain and discard marinade. Grill chicken over medium heat for 6-7 minutes on each side or until juices run clear.

Nutritional information for one serving with a chicken breast:

Calories: 120
Total fat: 10g, Saturated fat: 1.5g, Cholesterol: 10mg, Sodium: 530mg, Total carbohydrate: 2g, Dietary fiber: 0g, Sugars: 0g, Protein: 15g, Vitamin A: 0%, Vitamin C: 2%, Calcium 2%, Iron: 2%.

Cost per serving: $1.71

Nutritional information for one serving with a chicken thigh:

Calories: 180
Total fat: 12g, Saturated fat: 2g, Cholesterol: 60mg, Sodium: 590mg, Total carbohydrate: 2g, Dietary fiber: 0g, Sugars: 0g, Protein: 15g, Vitamin A: 0%, Vitamin C: 0%, Calcium 2%, Iron: 2%.

Cost per serving: $1.62
Feta-Topped Chicken
Makes 4 servings

4 small Boneless, skinless chicken breasts
2 Tablespoons Fat-free balsamic vinaigrette or Italian dressing
1 teaspoon Italian seasoning
¼ teaspoon Black pepper
1 large Roma tomato, cut into 8 slices
¼ cup Feta cheese, crumbled

Set oven to broil. Mix salad dressing with seasoning and pepper. Toss breast in dressing mixture. Place chicken on broiler pan. Broil 4 inches from heat about 10 minutes, turning once until juice of chicken is clear when thickest part is cut. Top each breast with 2 slices tomato and cheese. Broil 2-3 minutes or until cheese is lightly browned.

Nutritional information for one serving with chicken breast:
Calories: 90  
Total fat: 3g, Saturated fat: 1.5g, Cholesterol: 40mg, Sodium: 220mg, Total carbohydrate: 2g, Dietary fiber: 0g, Sugars: 1g, Protein: 15g, Vitamin A: 4%, Vitamin C: 6%, Calcium: 6%, Iron: 4%.

Cost per serving: $1.75

Nutritional information for one serving with chicken thigh:
Calories: 100  
Total fat: 4.5g, Saturated fat: 2g, Cholesterol: 45mg, Sodium: 310mg, Total carbohydrate: 7g, Dietary fiber: 0g, Sugars: 5g, Protein: 12g, Vitamin A: 0%, Vitamin C: 8%, Calcium 6%, Iron: 4%.

Cost per serving: $1.25
Bourbon Chicken
Makes 6 servings

- 6 2 ounce Skinless, boneless chicken breasts or thighs
- ½ teaspoon Black pepper
- 1 teaspoon Garlic powder
- ¼ cup Bourbon whiskey
- ¼ cup Reduced sodium soy sauce
- 1-8oz. can Crushed pineapple in juice

Combine all ingredients, except chicken in zip lock bag. Add chicken and turn to coat in marinade. Chill for 1-6 hours. Place chicken and all marinade in 9×12 baking pan. Cover and bake at 325° for 45 minutes or until meat is done. May remove cover for last 5 minutes to broil. (Use leftover chicken on a green salad or for sandwich.)

Nutritional information for one serving with a chicken breast:
Calories: 120
Total fat: 0.5g, Saturated fat: 0g, Cholesterol: 35mg, Sodium: 330mg, Total carbohydrate: 7g, Dietary fiber: 0g, Sugars: 5g, Protein: 14g, Vitamin A: 0%, Vitamin C: 8%, Iron: 6%

Cost per serving: $1.39

Nutritional information for one serving with a chicken thigh:
Calories: 120
Total fat: 2g, Saturated fat: 0.5g, Cholesterol: 45mg, Sodium: 310mg, Total carbohydrate: 7g, Dietary fiber: 0g, Sugars: 5g, Protein: 12g, Vitamin A: 0%, Vitamin C: 8%, Iron: 6%

Cost per serving: $1.16
Parmesan Baked Chicken, Pork or Fish
Makes 4 servings

1/3 cup Grated Parmesan cheese
2 Tablespoons All-purpose flour
½ teaspoon Paprika
¼ teaspoon Black pepper
2 Egg whites
3 Tablespoons Skim milk
4 4oz Catfish filets, chicken breast, or pork loin chop

Combine Parmesan cheese, flour, paprika, and pepper in sealable bag. Beat egg white and milk in bowl. Dip meat in egg mixture, then coat with parmesan mixture. Arrange in a baking dish coated with pan spray. Bake uncovered at 350° for 25-45 minutes, depending upon type of meat.

Nutritional information for one serving with fish:
Calories: 230
Total fat: 11g, Saturated fat: 3.5g, Cholesterol: 60mg, Sodium: 260mg, Total carbohydrate: 6g, Dietary fiber: 0g, Sugars: 1g, Protein: 25g, Vitamin A: 4%, Vitamin C: 2%, Iron: 6%.

Cost per serving: $2.85

Nutritional information for 1 serving with chicken:
Calories: 220
Total fat: 7g, Saturated fat: 2.5g, Cholesterol: 80mg, Sodium: 260mg, Total carbohydrate: 6g, Dietary fiber: 0g, Sugars: 1g, Protein: 31g, Vitamin A: 2%, Vitamin C: 2%, Iron: 10%.

Cost per serving: $2.23

Nutritional information for one serving with pork:
Calories: 200
Total fat: 4g, Saturated fat: 1.5g, Cholesterol: 75mg, Sodium: 270mg, Total carbohydrate: 6g, Dietary fiber: 0g, Sugars: 1g, Protein: 33g, Vitamin A: 4%, Vitamin C: 2%, Iron: 6%.

Cost per serving: $2.47
Spicy Peanut Chicken  
Makes 4 to 6 servings  

4 to 6  Boneless, skinless chicken breasts or thighs (3 oz per breast or thigh)  
4 Tablespoons  Chunky peanut butter  
2 Tablespoons  Low sodium soy sauce  
2 Tablespoons  Crushed garlic cloves  
4 stalks  Scallions or green onions, finely chopped  
4 Tablespoons  White wine  
1 teaspoon  Ground ginger, or fresh grated  
½ cup  Chicken stock, (or low sodium base with water)  
1 teaspoon  Crushed red pepper flakes  
1 Tablespoon  Low sodium Worcestershire sauce  

Combine all ingredients, except chicken, in a large sealable bag. Mix thoroughly in bag by kneading with hands. Add chicken, and refrigerate for at least one hour (may marinate overnight). Grill or bake chicken in oven in the sauce at 350° for 30 minutes, or until chicken is done. The cooked marinade can be used over brown rice.  

Nutritional information for one serving with chicken breast:  
Calories: **260**  
Total fat: 10g, Saturated fat: 1.5g, Cholesterol: 50mg Sodium: 760 mg, Total carbohydrate: 13g, Dietary fiber: 2g, Sugars: 2g, Protein: 27g, Vitamin A: 6%, Vitamin C:10%, Iron: 8%.  

Cost per serving: $2.08  

Nutritional information for one serving with chicken thigh:  
Calories: **240**  
Total fat: 12g, Saturated fat: 2g, Cholesterol: 70mg Sodium: 780 mg, Total carbohydrate: 8g, Dietary fiber: 2g, Sugars: 2g, Protein: 24g, Vitamin A: 8%, Vitamin C: 8%, Calcium: 4% Iron: 10%.  

Cost per serving: $1.82
Crock-Pot Salsa Chicken
Makes 4 servings

4 Boneless, skinless chicken breasts or thighs
1 cup Salsa
½ envelope Reduced sodium taco seasoning packet
1 can Low sodium cream of mushroom soup
½ cup Fat-free sour cream

Add chicken to crock pot. Sprinkle taco seasoning over chicken. Pour salsa and soup over chicken. Cook on low for 6-8 hours. Remove from heat and stir in sour cream. Great over brown rice or rolled in a whole wheat tortilla.

Nutritional information for one serving with chicken breast:
Calories: 210
Total fat: 3.5g, Saturated fat: 1g, Cholesterol: 70 mg, Sodium: 700 mg, Total carbohydrate: 11g, Dietary fiber: 0g, Sugars: 5g, Protein: 28g, Vitamin A: 6%, Vitamin C: 10%, Iron: 6%

Cost per serving: $2.33

Nutritional information for one serving with chicken thigh:
Calories: 210
Total fat: 8g, Saturated fat: 1.5g, Cholesterol: 100 mg, Sodium: 720 mg, Total carbohydrate: 11g, Dietary fiber: 0g, Sugars: 5g, Protein: 24g, Vitamin A: 8%, Vitamin C: 8%, Calcium 6%, Iron: 6%

Cost per serving: $1.95

Easy Canned Tuna Ideas

- Tuna with chopped raw spinach, green peppers, broccoli, onion, tomatoes, shredded carrots. Add fat-free ranch dressing or Greek yogurt.
- Tuna with chopped tomatoes, chilies, fresh cilantro, and squeeze of lime juice. Add Greek yogurt as desired.
- Tuna with chopped pineapple, green onions, raisins and Greek yogurt.
- Tuna with steamed green beans, parmesan cheese and chickpeas. Toss with fat-free vinaigrette and Greek yogurt.