



Dr. Orlando N. Villarreal

Walden Farms products can be found at the HEB on North 10th & Trenton.

Aisle 6



Ideal Protein Recipes-Phase 3-4

ButterChoc Beauties-(Phases 3-4)

(Butterscotch Pudding)

Equivalent to 3 Ideal Protein servings

Ingredients:

- 2 packets of Ideal Protein Chocolate Pancake
- 1 packet of Ideal Protein Butterscotch Pudding
- 1/4 cup rolled oats
- 1/2 teaspoon baking powder
- 2 packets Splenda or Stevia
- Pinch of sea salt
- Sprinkle of cinnamon
- 4 ounces cold water
- 1 egg white
- 1/4 teaspoon vanilla
- A few pieces of almonds (optional)

Preparation:

Line muffin tin with wax paper. Mix dry ingredients; add water, egg white, and vanilla. Bake at 350 degrees Fahrenheit for 20 minutes.

Source:

Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 70. Print

Yummy Cupcakes-(Phases 3-4)

(Chocolate Pancake)

Equivalent to 3 Ideal Protein servings

Makes 6 cupcakes

Ingredients:

2 packets of Ideal Protein Chocolate Pancake

1 packet of Ideal Protein Butterscotch Pudding

1 egg white

1/2 cup rolled oats

1 cup of cold water

Preparation:

Mix the ingredients into a bowl with cold water. Bake at 325 degrees Fahrenheit for 20 minutes.

Source:

Gutierrez, Philippe, and Anouk D. Moreau. Ideal Protein: Healthy Recipes. Vol. 2. N.p.: Mathieu Lapalme, n.d. 65. Print

Turkey Escalopes With Cilantro-Almond Sauce-(Phases 3-4)

Preparation: 10 minutes

Cooking: 5 minutes

Servings:4

Ingredients:

3 Tablespoons apple cider vinegar

1 large clove garlic, finely chopped

1/4 teaspoon dried hot red-pepper flakes

3/4 teaspoon salt

4 Tablespoons extra-virgin olive oil, divided

1/2 cup sliced almonds, roasted

1/3 cup chopped fresh cilantro

1/2 teaspoon ground coriander

1/4 teaspoon cinnamon

4 (1/4-inch/0.5 cm thick) turkey breast escalopes (about 1 1/4 pound/615 grams total)

Preparation:

Whisk together vinegar, garlic, red-pepper flakes, and 1/4 teaspoon salt until salt is dissolved. Add 3 Tablespoons oil in a slow stream, whisking until combined well, then whisk in almonds and cilantro. Set the grill at high heat. Whisk together coriander, cinnamon, remaining 1 Tablespoon oil, and remaining 1/2 teaspoon salt in a shallow bowl. Turn escalopes to coat in spice mixture. Grill turkey, turning once, until just cooked through, about 3 minutes total. Transfer to a platter. Spoon almond sauce over turkey.

(Turkey is low in fat and high in protein and vitamins. It is an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. Turkey is low in saturated fat thus; it could be integrated to a preventative diet against cardiovascular diseases. Its high level of selenium could also contribute to prevent cardiovascular diseases. Moreover, because turkey protein is rarely allergen, this poultry is particularly interesting for people suffering from food allergies.)

Per Serving:

Calories: 305

Fat: 8 grams

Protein: 35 grams

Carbohydrates: 9 grams

Source:

Gutierrez, Philippe, and Anouk D. Moreau. *Ideal Protein: Healthy Recipes*. Vol. 2. N.p.: Mathieu Lapalme, n.d. 44. Print

Cobb Salad-(Phases 3-4)

6 c sliced romaine lettuce
1/2 pound grape tomatoes, halved
4 cups shredded cooked chicken
1 large red onion or vidalia
2 ripe avocados, peeled and diced
1 pound cooked shrimp
1 cup of LowFat Blue Cheese dressing or LowFat Ranch
1 cup blue cheese chunks
1 lb turkey bacon or 1 box precooked turkey bacon (hyvee)

Layer ingredients as follows in salad bowl:

romaine lettuce
tomatoes
chicken
avocados
onions
shrimp

Sprinkle with blue cheese crumbles, refrigerate 1 hour before serving. May use lowfat Blue cheese dressing or Low fat Ranch. Spread dressing on salad and then sprinkle with bacon.

Makes 8, 2 cup servings
400 calories
12 g carbs
2 g fiber

Turkey Waldorf Salad-(Phases 3-4)

3/4 c lowfat Ranch dressing
3 Tbls vinegar (any kind)
2 Tbls SLENDA or Hyvee Delecta
1/4 tsp black pepper
1 bag coleslaw mix
1 pkg (9oz) precooked carved turkey pieces
1 red apple or green apple
3/4 c walnuts

In small bowl combine ranch dressing, vinegar, splenda, and black pepper.
Combine slaw mix, turkey, apples, and walnuts. Drizzle with dressing mixture and stir.
Refrigerate 1 hour before serving.

Makes 6 servings. 1 to 1 1/2 cup servings.
240 calories
15 g protein
22 g carbs
5 g fiber

BLT Salad-(Phases 3-4)

1 Lb turkey bacon or 2 boxes of Precooked Turkey Bacon
2 Head of Romaine lettuce, washed and cut up
3 large ripe Roma tomatoes or your favorite tomatoes
1 cup Kraft fat free mayo (available at Hyvee)
1 tsp Mrs Dash or just use salt and fresh pepper
Can also add onion if you like

Cook bacon (i use the Hyvee turkey already cooked, just microwave for 1 min.), Chop lettuce, tomatoes, bacon, and onions. Layer in salad bowl, lettuce, tomatoes, onion, thin layer of mayo, bacon. You should get about 2 layers. Salt and pepper. Enjoy!

Makes 8 servings.

224 calories

4 g fat

11 g carbs

3 g fiber

Summer Salad-(Phases 3-4)

1 Head of Lettuce
1 Head of Cauliflower
5 or 6 Green Onions
Turkey Bacon (Hy-vee ready to eat, just microwave for 1 minute)
1 cup Fat Free Mayo or Kraft Light Mayo with Olive Oil
1 cup Fat Free or Light Sour Cream
1 cup Splenda or Delecta (Hy-Vee's brand)
White Vinegar

Chop lettuce, break up cauliflower, microwave bacon and tear into pieces, chop green onions, toss in big bowl.

Mix Mayo, Sour Cream, Splenda, and a splash of vinegar. Pour dressing over lettuce mixture right before serving.

Focaccia Chocolate Flax Bread-(Phases 3-4)

2 cups flax seed meal (can be purchased at HyVee in Health Market, 1st isle, Bob's Red Mill)
1 Tablespoon baking powder
1 teaspoon salt
3-4 Tablespoons Splenda
2-3 Tablespoons of cocoa powder
5 beaten eggs
1/2 cup water
1/4 cup olive oil

Preparation: Preheat oven to 350 F. Prepare pan (a 10 X 15 bar pan) with Pam spray.

- 1) Mix dry ingredients well -- a whisk works well.
- 2) Add wet to dry, and combine well. Make sure there aren't obvious strings of egg white hanging out in the batter.
- 3) Let batter set for 2 to 3 minutes to thicken up some (leave it too long and it gets past the point where it's easy to spread.)
- 4) Pour batter onto pan. Because it's going to tend to mound in the middle, you'll get a more even thickness if you spread it away from the center somewhat, in roughly a rectangle an inch or two from the sides of the pan (you can go all the way to the edge, but it will be thinner).
- 5) Bake for about 20 minutes, until it springs back when you touch the top and/or is visibly browning even more than flax already is.
- 6) Cool and cut into whatever size slices you want.

At 12 servings, each piece of bread has less than one gram of carbohydrate -- .8 to be exact -- plus 5 grams of fiber. Very easy to mix and bake.....

Vegetable Quiche'-(Phases 3-4)

1 10 oz package frozen chopped spinach
¾ cup liquid egg substitute
¾ cup shredded reduced fat cheese
¼ cup diced green pepper
3 drops Frank's hot sauce

Microwave spinach, draining off water. Preheat oven to 350 degrees. Line 12 cup muffin pan with foil baking cups. Spray cups with cooking spray. Combine egg substitute and all other ingredients in bowl. Mix well. Divide evenly among 12 muffin cups. Bake for 20 minutes or until knife inserted in the center comes out clean. These can be frozen and reheated in the microwave. Any combination of veggies can be used.

Each cup serving:

77 calories
9 grams protein
3 grams carbohydrates