



Recipes

Stir Fry

Ingredients

- 2 lbs of boneless/skinless chicken
- 1 Tbsp extra virgin olive oil
- 1 red bell pepper
- 1 green pepper
- 1 yellow pepper
- 1 c. halved white mushrooms
- 1 white onion
- 1 c. tomatoes
- 2 zucchini or yellow squash
- 2 Tbsp fresh squeezed lemon juice
- Salt and pepper to taste
- 1 bottle of Tabasco Sauce (any flavor)

Preparation

Whisk the oil, lemon juice, and 5-10 drops of Tabasco Sauce together; set aside. Add salt and pepper to taste. Slice the peppers into small pieces. Cut the onion in half, then half again. Keep cutting until you get about a 1" piece including a few layers. Cut the chicken into small cubes about 1/2 - 1" and spread on the olive oil mixture. Grill the chicken for approximately 12-15 minutes then add in the vegetables. Make sure to add olive oil mixture frequently to the chicken and vegetables. Cook vegetables and chicken together for another 10-12 minutes or until the vegetables are tender and gently browned. Sprinkle with fresh lemon juice just before serving.

Nutrition Facts

(per cup) 430 calories, 2g fat, 100mg sodium, 13g fiber, 32g protein

Grilled Fruit

Ingredients

- 2 apples
- 1 can diced pineapple
- 1 tbsp. brown sugar
- 1 tbsp. cinnamon

Preparation

Preheat grill for low heat. Slice apples into 6 pieces. Open can of diced pineapples. Mix apples and pineapples in a bowl and lightly sprinkle brown sugar or cinnamon on top. Lightly oil the grill pan or spray with cooking spray. Arrange fruit pieces on preheated grill and cook for about 5 minutes or until desired crispiness is achieved.

Nutrition Facts

(Per serving) 146 calories, 0g fat, 3mg sodium, 39g carbs, 7g fiber, 30g sugar, 1g protein

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Recipes

Corn on the Cob

Ingredients

- 4 pieces of corn
- “I Can’t Believe It’s Not Butter Spray” or Margarine

Preparation

Fill one pot with water and bring to a boil. Place corn on the cob into the boiling water and let cook for 10 minutes. Take corn out and let cool. Lightly spray or spread butter or margarine on the corn and serve.

Nutrition Facts

(Per serving) 93 calories, 1g fat, 4mg sodium, 22g carbs, 3g fiber, 4g sugar, 3g protein

BBQ Bananas

Ingredients

- 4 bananas
- 1 Tbsp lemon juice
- 1 c. brown sugar

Preparation

Preheat grill for low heat. Halve each of the bananas lengthwise, then widthwise. Sprinkle bananas with lemon juice. In a small bowl, roll banana pieces in sugar until well coated. Lightly oil the grill grate or spray with cooking spray. Arrange bananas on preheated grill and cook for 3 minutes per side.

Nutrition Facts

(Per cup) 174 calories, 0g fat, 2mg sodium, 4g fiber, 2g protein

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