Tasty low-fat recipes for you to enjoy.
Just a taste of what’s to come.

Enjoy eating while staying on track with your low-fat eating plan. Here are some of our favorite low-fat recipes for you to try.

As you become more familiar with low-fat eating, you can adjust recipes to suit your own taste and create your own favorites.

This is just a sample of low-fat recipes and you’ll receive more tasty ideas from us in the days ahead. We hope you enjoy.
Pizza Quick® Lunch

*Keep these ingredients on hand and satisfy your pizza craving. Serve with a big bowl of soup.*

**Ingredients**

- Boboli® 8-inch mini-pizza crust
- ¼ cup Pizza Quick® sauce
- 1 green pepper, thinly sliced
- 1 cup fresh mushrooms, sliced
- 2 red onion slices
- 2 tbsp. freshly grated Parmesan cheese

**Directions**

Preheat oven to 400°F.

Spread sauce on pizza crust.

Top with remaining ingredients (add other veggies, if desired).

Bake pizza for 8 minutes and enjoy.

*Serves 2*

**Nutritional Info**

- **Serving Size:** ½ pizza
- **Calories:** 272
- **Fat:** 6 g
- **Saturated Fat:** 2 g
- **Cholesterol:** 4 mg
- **Carbohydrates:** 44 g
- **Protein:** 10 g
- **Sodium:** 657 mg
Crock-Pot Beef Roast & Veggies

Quick, easy, and delicious—this is perfect any time of the year.

Ingredients
1 beef top round, lean only with visible fat removed
1 cup green beans
2½ cups carrots, chopped
½ cup beef broth
1 cup white rice
3 tbsp. balsamic vinegar
2 tbsp. mesquite seasonings, dry

Directions
Combine all ingredients except rice in crock pot.
Cook on low for 8-10 hours until beef shreds easily with a fork.
Cook rice when crock pot is almost finished, per recipe directions.
Serve crock pot ingredients over bed of rice.

Serves 4

Nutritional Info

Serving Size: 
¼ recipe

Calories: 435
Fat: 8 g
Saturated Fat: 5 g

Cholesterol: 103 mg
Carbohydrates: 52 g

Protein: 39 g
Sodium: 660 mg
(to lower sodium, use reduced-sodium beef broth)
Chopped Vegetable Frittata

Great for a late, lazy breakfast, brunch, or even dinner.

Ingredients
8 oz. carton egg substitute
2 green onions, minced
1 tomato, chopped
½ red pepper, chopped
1 green pepper, chopped
1-2 cups mushrooms, sliced
1 cup red potato, cooked and sliced
½ cucumber, peeled and sliced
4 oz. can green chiles
½ tsp. garlic powder
¼ tsp. white pepper
salt to taste, if desired

Directions
Prepare a sauté pan with nonstick cooking spray.
Sauté all vegetables until crisp tender.
Pour egg substitute over the vegetables and cook, covered, over low to medium heat until egg is fully cooked and puffy.

Serves 2

Nutritional Info

Serving Size: ½ recipe
Calories: 224
Fat: 4 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Carbohydrates: 30 g
Protein: 18 g
Sodium: 408 mg
Pulled Chicken in a Crock Pot

*Don’t tell anyone how easy this recipe is!*

**Ingredients**
4-6 boneless, skinless chicken breasts  
8-12 oz. of your favorite barbeque sauce

**Nutritional Info**

- **Serving Size:** 1 breast, 4 tbsp. sauce
- **Calories:** 191  
  - **Fat:** 3 g  
  - **Saturated Fat:** 1 g
- **Cholesterol:** 68 mg  
- **Carbohydrates:** 14 g
- **Protein:** 27 g  
  - **Sodium:** 757 mg  
  (to lower sodium, use a lower sodium barbeque sauce)

**Directions**

In a crock pot prepared with nonstick cooking spray, place chicken with sauce and cover.  
Cook on low for 6 hours or on high for 3 hours.  
Before serving, pull chicken breasts apart with a fork for an easy pulled chicken meal.

**Serving suggestions:**
Serve with a side dish and salad or serve on a whole-wheat bun with a salad.

**Serves 4**
Oven-Fried Chicken with Skinny French Fries

Delicious and easy to make—one of our favorites.

Ingredients
1-1 1/2 lbs. boneless, skinless chicken breast
1/3 cup fat-free ranch dressing
1 pkg. Shake ‘N Bake® (or 3/4 cups seasoned Panko bread crumbs)
4 White Rose potatoes
Paprika and other seasonings, as desired

Directions
Chicken: Preheat oven to 400°F.
Pour ranch dressing into a large plastic bag. Add chicken and blend.
Dip chicken in the coating mixture and bake on a nonstick aluminum foil-covered baking sheet.
Bake for 25-30 minutes, turning once.
(Note: May replace chicken with pork tenderloin or white fish like cod.)

Skinny fries: Preheat oven to 425°F.
Cut potatoes into thick cut “French fry” size.
Spray a foil-lined baking sheet with nonstick cooking spray.
Spread French fries on pan and add seasoning.
Bake for about 30 minutes, turning frequently.
Serves 4

Nutritional Info
Serving Size: 1 chicken breast with 1 large potato
Calories: 348
Fat: 4 g
Saturated Fat: 1.5 g
Cholesterol: 68 mg
Carbohydrates: 43 g
Protein: 31 g
Sodium: 607 mg
Chicken Picante

This easy marinade is an exciting solution to boring chicken.

**Ingredients**

- 4 boneless, skinless chicken breasts
- ¾ cup salsa
- 2 tbsp. Dijon mustard (more if you like it spicy!)
- Juice from 2 fresh limes

**Directions**

Preheat oven to 350°F.

Place chicken in a baking dish prepared with nonstick spray or in a pan lined with nonstick aluminum foil.

In a small bowl, mix salsa, mustard, and lime juice and pour over chicken.

Place in the refrigerator for 1 hour or more.

Cover and bake for 35-40 minutes.

Serve with brown rice (there will be plenty of sauce to flavor the rice).

Serves 4

**Nutritional Info**

- **Serving Size:** 1 chicken breast
- **Calories:** 172
- **Fat:** 4 g
- **Saturated Fat:** 1 g
- **Cholesterol:** 85 mg
- **Carbohydrates:** 3 g
- **Protein:** 31 g
- **Sodium:** 420 mg
Shrimp Casserole

Also known as Shrimp Etouffée, this is an easy, almost no-fat version of a Cajun favorite. Spice it up or down to your taste.

Ingredients
1 cup onion, chopped
1 cup celery, chopped
1 cup green bell pepper, chopped
1 tsp. garlic powder
3 tbsp. tomato paste
1 can of low-fat cream of chicken soup
1 bag (12 oz.) frozen cooked shrimp, medium size
1 tsp. Cajun seasoning
½ tsp. hot pepper sauce, like Tobasco®

Directions
In a 2-quart microwave safe dish, spray with nonstick spray.
Add the onion, celery, green pepper and garlic.
Spray the top of vegetables with nonstick spray.
Heat in microwave 8 minutes.
Take out and stir, then add the tomato paste, can of soup, shrimp, Cajun seasoning and hot pepper sauce.
Put back in microwave and cook another 5 minutes until mixture thickens.
Optional: Serve over plain white or brown rice, which is almost fat-free per ½-1 cup cooked.
Serves 4

Nutritional Info
Serving Size: ¼ recipe
Calories: 150
Fat: 2.5 g
Saturated Fat: 1 g
Cholesterol: 118 mg
Carbohydrates: 14 g
Protein: 18 g
Sodium: 567 mg
Italian Chicken Soup

This is a tasty, low-fat but hearty soup that my family loves. Goes well with crusty French bread.

Ingredients
1 small onion, chopped
1 green bell pepper, diced
3 cloves garlic
1 tbsp. dried basil
¼ tsp. crushed red pepper (optional)
1 cup chopped raw carrots
1 large zucchini, diced
1 can garbanzo beans, drained
1 can diced tomatoes
3 cans low-sodium, fat-free chicken broth
1 package Buitoni® Light Four Cheese Ravioli
1½ cups diced cooked chicken breast
reduced-fat Parmesan cheese
nonstick cooking spray

Directions
Spray large sauce pan with nonstick cooking spray.
Add onion, bell pepper, garlic, basil and red pepper and sauté, over medium heat, until tender, about 10 minutes.
Add broth. Cover pot and simmer 10 minutes.
Add carrots and zucchini.
Cover and simmer until carrot is almost tender, about 5 minutes.
Increase heat to high and bring soup to a boil. Add ravioli and boil until tender, about 5 minutes.
Add chicken, beans and tomatoes and cook until heated through, about 1 minute.
Ladle soup into bowls, sprinkle with a little Parmesan cheese and enjoy.

Serves 6

Nutritional Info

Serving Size: ⅙ recipe
Calories: 303
Fat: 6 g
Saturated Fat: 3.7 g
Cholesterol: 51 mg
Carbohydrates: 39 g
Protein: 24 g
Sodium: 543 mg
Simple Four-Ingredient Chili

This is a one-skillet meal with just four ingredients, but you can always add additional items like chopped onions, diced green or red peppers, a small can of chiles, or even a handful of frozen corn.

Ingredients
1 lb. ground meat (at least 95% fat-free beef, turkey, chicken or pork)
15 oz. can of chili beans (most contain 1g or fewer grams of fat per serving)
15 oz. can no-added-salt diced tomatoes
1-2 tbsp. chili powder or other hot sauce, if desired

Directions
Brown meat in a nonstick skillet until cooked through.
Add chili beans, tomatoes and spicy seasoning, if desired.
Heat and serve with crunchy baked chips and/or nonfat or low-fat shredded cheese on top.

Serves 4

Nutritional Info

Serving Size: ¼ recipe
Calories: 284
Fat: 5 g
Saturated Fat: 2 g
Cholesterol: 60 mg
Carbohydrates: 27 g
Protein: 30 g
Sodium: 579 mg
Chicken Caesar Salad

A healthy version of a high-fat favorite. Add bright red cherry tomatoes for a delicious twist.

Ingredients
8 cups prewashed and torn romaine lettuce
1 lb. pre-cooked and sliced boneless, skinless chicken breasts
1 cup fat-free croutons
1 oz. fat-free shredded Parmesan cheese
½ cup fat-free creamy Caesar dressing
½ tsp. freshly ground black pepper
1 fresh lemon

Directions
Place lettuce and croutons into a large bowl and add dressing, tossing well to coat.
Squeeze lemon into lettuce mixture and add cheese; toss again.
Divide mixture on to 4 serving plates.
Place thinly sliced or diced cooked chicken and divide equally atop each serving.
Serves 4

Nutritional Info

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Mac and Cheese

Easy to make and wonderful comfort food. Serve with a salad and No Pudge® brownies for dessert.

Ingredients
15 oz. elbow macaroni
2 cans reduced-fat cheddar cheese soup
8 oz. shredded low-fat cheddar cheese

Directions
Cook macaroni according to package directions until al dente.
Drain and place in 13”x9” glass baking dish.
Mix in cheddar cheese soup.
Mix in shredded cheese.
Cover tightly with foil and bake at 350˚F for approximately 1 hour, or until bubbly.

Serves 8

Nutritional Info

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Fish Made Simple

*Enjoy the subtle flavor of fish with this simple preparation.*

**Ingredients**
- 12-16 oz. lean fish like sole, haddock, cod, tilapia, mahi mahi, or halibut.
- 2 egg whites or ½ cup egg substitute
- ½ cup Italian-style bread crumbs
- 1 fresh lemon

**Directions**
- Preheat oven to 425°F.
- Wash and dry fish filets.
- Put egg into bowl and dip fish.
- Put crumbs into another bowl and use to coat fish.
- Place coated filets on nonstick aluminum foil on a baking sheet (for easier clean up).
- Top with thinly sliced lemon.
- Bake for 20 minutes (depends on thickness) or until fish flakes.
- Serve with fresh lemon.

**Serves 2**

**Nutritional Info**
- **Serving Size:** ½ recipe to include 6 oz. raw fish (4-5 oz. cooked) and 2 tbsp. breadcrumbs.
- **Calories:** 223
- **Fat:** 3 g
- **Saturated Fat:** 0 g
- **Cholesterol:** 83 mg
- **Carbohydrates:** 10 g
- **Protein:** 37 g
- **Sodium:** 395 mg

**Total Fat 3g per serving**
Questions about low-fat eating?
Call us at Compass: 1-855-898-2743
from 8:00 a.m. to 7:00 p.m., EST.