



# FOREVER FIT : QUICK MEALS

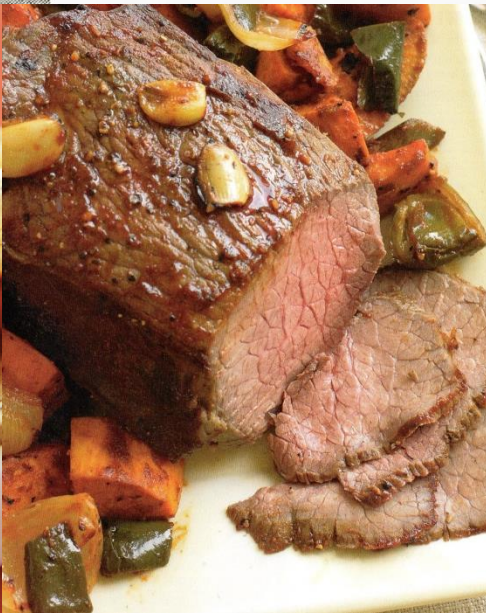
a cookbook of **go-to meals &**

**snacks** that helped me keep off

70 lbs for close to 30 years!

*by Devin Alexander*

Chef on NBC's "The Biggest Loser" and author of the  
NY Times Bestselling Biggest Loser Cookbook Series







## Chocolate Peanut Butter Breakfast Banana Split

*Chocolate and peanut butter? Yes! Now we're talking. Not only will your kids be singing your praises when you throw together this breakfast in mere minutes, you'll be feeling like you're cheating with each decadent bite!*

**1/3 cup naturally sweetened fat-free vanilla yogurt**  
**2 teaspoons chocolate syrup**  
**1 small (6–7 inches) ripe banana, peeled**  
**1 tablespoon all-natural creamy peanut butter**  
**2 tablespoons low-fat granola without raisins**

In a small bowl, mix the yogurt and chocolate syrup until swirled.

Cut the banana in half lengthwise. Open it and place it, insides facing up, in a small banana split dish or medium shallow bowl. Spread the peanut butter evenly over the insides of the banana. Spoon the yogurt over the middle two-thirds. Top the yogurt with the granola. Serve immediately.

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**Makes 1 serving:** 346 calories, 10 g protein, 58 g carbohydrates, 9 g fat, 2 g saturated fat, 3 mg cholesterol, 5 g fiber, 121 mg sodium

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# Mango Strawberry Breakfast Sundae

*This is one of those dishes that you may take one bite and think is a bit bizarre—but then will keep eating anyway. Without fail, the bowl will get emptied. In the summer months, it's particularly great to start the day with this cool, refreshing treat.*

**1 cup unsweetened frozen strawberries**  
**1/2 cup chopped mango**  
**1/4 cup orange juice (preferably fresh squeezed)**  
**4 ice cubes**  
**1/2 teaspoon honey (optional)**  
**1/4 cup crunchy, high-fiber, low-sugar cereal**  
**(such as Grape-Nuts)**

In a blender, combine the strawberries, mango, juice, and ice. On high speed, blend until the mixture is almost smooth with a consistency somewhere between a slush and a sorbet. Pour into a cereal bowl or tall glass. Stir in the honey, if desired. Top with the cereal. Serve immediately.

**Makes 1 serving:** 238 calories, 5 g protein, 58 g carbohydrates, 1 g fat (trace saturated), 0 mg cholesterol, 7 g fiber, 182 mg sodium

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## Five-Minute Supreme Breakfast Nachos

*Though I'm definitely a "relationship girl", one of the few things I love about being single is that it almost forces me to try new restaurants. When a date asks me where I want to eat, I always tell him to pick his favorite spot. That way, even if I don't hit it off with him, I can scour the menu to find a unique dish that might be fun to transform.*

*These nachos are the result of a leisurely Sunday morning date by the beach. We met at a little café and he ordered the breakfast nachos. I was excited about his choice because I knew I wouldn't eat traditional nacho chips since they're deep-fried, but I wanted to see the dish.*

*It wasn't as appealing as I thought it would be. And now I can eat it too, since my version is much healthier. It's likely you'll like it as much as I do.*

**1 ounce lightly salted, baked tortilla chips**  
(about 14 chips)  
**2 tablespoons salsa verde**  
**1-1/2 tablespoons red taco sauce**  
**2 tablespoons plus 2 teaspoons natural jarred**  
**nacho cheese sauce**  
**Olive oil spray**  
**4 large egg whites**  
**Salt and pepper**  
**3/4 cup coarsely chopped tomatoes**

Spread half of the tortilla chips evenly in the bottom of a medium shallow bowl.

Combine the salsa and taco sauce in a small microwave-safe bowl.

Pour the cheese sauce into a second small microwave-safe bowl.

Mist a third small microwave-safe bowl with spray. Add the egg whites and season with salt and pepper to taste. Microwave all three bowls on low for 30 seconds. Remove the salsa mixture and cheese sauce when they are hot (be careful not to overcook the cheese – it won't melt). Continue microwaving the eggs in 30-second intervals until they are just a bit runny on top. Then stir with a fork, breaking them apart into large pieces. By the time you "scramble" and stir them, the residual heat should have cooked away the runniness. If they are still undercooked, microwave them on low in 10-second intervals until just done.

Spread half of the scrambled eggs over the chips. Then drizzle half of the cheese sauce over that. Spread the second layer of tortillas on top, followed by the remaining eggs and the remaining cheese sauce. Spoon the salsa mixture evenly over the center. Sprinkle the tomatoes evenly over the top of the salsa mixture. Serve immediately.

**Makes 1 serving:** 292 calories, 20 g protein, 38 g carbohydrates, 5 g fat, 2 g saturated fat, 5 mg cholesterol, 4 g fiber, 812 mg sodium

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# Spinach, Egg & Cheese Breakfast Wrap

*Wraps are a quick and easy way to get plenty of nutrients any time of the day – if you will them with smart choices. But be careful when choosing your tortilla. Many varieties are loaded with tones of sodium and don't taste any better than healthier versions.*

**1 sprouted grain or whole-grain tortilla**  
**(about 8" diameter, about 100 calories)**  
**Olive oil spray**  
**3 egg whites**  
**1 ounce (1/2 cup) finely shredded Cabot's 75%  
Light Cheddar Cheese**  
**1/4 cup fresh spinach leaves, stems removed**

Place a small nonstick skillet over medium-high heat and add the tortilla (no need to add any fat). Heat the tortilla until just warm, about 30 seconds per side after the pan is heated.

Spray a small microwave-safe bowl with the olive oil spray and add the egg whites. Microwave on low for 30 seconds. Continue microwaving in 30-second intervals until the whites are just a bit runny on top. Stir with a fork, breaking the whites into large pieces. By the time you "scramble" and stir them, the residual heat should have cooked away the runniness. If they are still undercooked, cook in 10-second intervals until just done.

Place the warmed tortilla on a plate. Starting at the top, sprinkle the cheese in a 3" strip down the center to about 2" from the bottom. Top with half of the egg whites, the spinach leaves, then the remaining whites. Fold up the bottom so that the bare part is over the filling. Fold the sides into the center over the egg and serve.

**Makes 1 serving:** 214 calories, 27 g protein, 15 g carbohydrates, 5 g fat (2 g saturated), 10 mg cholesterol, 8 g fiber, 493 mg sodium

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## Breakfast Tacos

*I always thought that tortillas were made simply from corn, water, and salt. So imagine my surprise when I realized that all of the packaged tortillas at my local grocery store contained a laundry list of artificial ingredients. Be sure to read the labels when buying tortillas, and choose the most natural ones you can find.*

*While this dish may seem a little higher in fat than some of the others in this book, much of the fat content comes from the addition of heart-healthy avocado. You can reduce the amount of avocado or omit it, if you are trying to cut down on the fat in your diet.*

**Olive oil spray (propellant free)**

**4 large egg whites**

**¼ - ½ teaspoon all-natural salt-free Mexican or Southwest seasoning**

**2 (about 6") preservative-free yellow corn tortillas**

**½ ounce (5 tablespoons) finely shredded, all-natural, low-fat Cheddar (I used Cabot 75% Reduced Fat Cheddar)**

**2 tablespoons well-drained pico de gallo or fresh salsa**

**½ cup finely shredded romaine lettuce leaves**

**1/6 avocado, pit removed and sliced thin**

**All-natural hot sauce, to taste, optional**

Lightly mist a small microwave-safe bowl with spray. Add the egg whites and seasoning and microwave for 30 seconds on high. Continue microwaving in 30-second intervals until the eggs are just a bit runny on top. Then, using a fork, stir them to break into large "scrambled" pieces. By the time you scramble and stir them, the residual heat should have cooked away the runniness. If they are still undercooked, cook them in 10-second intervals until just done. Leave the bowl in the microwave until you're ready to plate the dish.

Place a small nonstick skillet over medium-high heat. When hot, add the tortillas, one at a time. When they're warm on one side, flip them. When both sides are warm, transfer each to a large serving plate. Divide the scrambled egg whites evenly over the center one-third of each tortilla. Top the eggs with the cheese, followed by the pico de gallo. Top each taco evenly with the lettuce and avocado slices. Serve immediately with hot sauce, if desired.

**Makes 1 serving:** 253 calories, 22 g protein, 26 g carbohydrates (1 g sugar), 8 g fat, 1 g saturated fat, 5 mg cholesterol, 5 g fiber, 353 mg sodium

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# Olive Chicken Salad Pita

*Olives are a good source of Vitamin E and contain beneficial fats. Thus they can make a great spread or healthy addition to a dressing or salad – as long as they're used in moderation. Here, instead of mixing chicken with mayonnaise, I mix it with an olive tapenade. Not only do you get a punch of flavor, it makes a yummy, simple chicken salad to throw into a pita.*

**4 ounces lean natural grilled chicken breast, cut into small (about 1/3") cubes**  
**1 tablespoon all-natural olive tapenade**  
**1 (7"-diameter) all-natural whole wheat pita pocket (look for one with less than 2 grams of fat and 240 milligrams of sodium plus a few grams of fiber per pita)**  
**Handful of baby mixed green lettuce leaves, or more to taste**  
**2 (1/8"-thick) large tomato slices**

In a small mixing bowl, toss the chicken with the tapenade.

Cut one-third of the pita circle off and reserve it for another recipe.

Stuff the remaining pita pocket with the chicken. Add the lettuce and tomatoes. Serve immediately, or wrap and refrigerate it until ready to enjoy.

**Makes 1 serving:** 297 calories, 31 g protein, 23 g carbohydrates (<1 g sugar), 9 g fat, <1 g saturated fat, 66 mg cholesterol, 5 g fiber, 452 mg sodium

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## Bacon Cheeseburger

*Yes, a bacon cheeseburger. If you buy 96% lean beef and reduced-fat bacon pieces, you're good to go! Do note, if you're a fan of BBQ bacon cheeseburgers, just swap out the ketchup in this recipe for your favorite barbecue sauce. It will add about 10 calories but save you around 15 mg sodium.*

*Look for the bacon pieces near the croutons and other salad ingredients in your favorite grocery store. Or, if you love them as much as I do, head to Costco and buy them in a big bag. Just store them in your refrigerator and you'll have them on hand to curb a bacon craving with less guilt.*

**4 ounces 96% lean ground beef**  
**1-1/2 tablespoons 50% reduced-fat real bacon pieces**  
**1 teaspoon dried minced onion**  
**Salt, to taste**  
**1 (about 3-1/2-inch-diameter) whole-wheat or whole-grain hamburger bun**  
**1/2 ounce light Swiss cheese slivers.**  
**1 small leaf green lettuce**  
**3 (1/4-inch-thick) slices plum tomato**  
**1 tablespoon ketchup or barbecue sauce**

Preheat a grill to high.

In a small bowl, mix the beef, bacon, and onion until well combined. Shape the beef into a patty about 1/2 inch larger in diameter than the bun. Lightly sprinkle both sides of the patty with salt. Grill the burger 1 to 2 minutes per side for medium-rare or until desired doneness is reached. (Do not smash the burger with a spatula.) Just before the burger is done, place the bun halves, insides face down, on a top grill rack or away from open flame to toast them. Add the cheese atop the patty to melt, 15 to 30 seconds.

Place the toasted bun bottom on a plate. Add the burger patty, the lettuce, and the tomato slices. Spread the ketchup or barbecue sauce over the inside of the bun top and flip it atop the burger. Serve immediately.

**Makes 1 serving:** 351 calories, 36 g protein, 29 g carbohydrates, 11 g fat, 4 g saturated fat, 80 mg cholesterol, 4 g fiber, 745 mg sodium

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# Gourmet Roast Beef Rollups

*These rollups are a great appetizer to take to a party. Not only will you look like a star for bringing such attractive, tasty food, if everything else is fried (it's happened to me a lot!), you'll have something to munch on yourself. And you'll set yourself up to avoid unhealthy food without starving. Just be sure you use roast beef that's been shaved or is very thinly sliced; otherwise the tortillas will tear when you roll them. The chili garlic sauce is available in the international foods aisle of most major grocery stores with other Thai ingredients. If you can't find it, subbing in chili paste is okay, too.*

**1 tablespoon Greek cream cheese**  
**¼ to ½ teaspoon chili garlic sauce**  
**1 sprouted grain or whole-grain tortilla**  
**(about 8" diameter, about 100 calories)**  
**Scant ¼ cup roasted red bell pepper strips**  
**¼ cup loosely packed chopped fresh basil leaves**  
**¾ cup (3 ounces) lean, low-sodium deli roast beef**

In a small bowl, combine the cream cheese and chili garlic sauce to taste. Stir to mix well. Place the tortilla on a cutting board. Spread the cheese mixture evenly over about two-thirds of the tortilla to the edges. Top the cream cheese mixture with the pepper strips, basil, and roast beef. Starting at the filled end, roll the tortilla tightly into a tube, being careful not to tear it.

Space 8 toothpicks evenly across it and poke them into the tube so they go through and touch the cutting board. With a sharp knife, cut between the picks to make 8 pieces. Take one piece and push the toothpick through so that the roll is evenly spaced in the center. Repeat with the remaining pieces. Arrange, spiral side up, on a serving plate. Serve immediately or cover with plastic wrap and refrigerate for up to 6 hours.

**Makes 1 serving:** 244 calories, 22 g protein, 30 g carbohydrates, 6 g fat (2 g saturated), 39 mg cholesterol, 3 g fiber, 373 mg sodium

*Just ¼ cup of most jarred roasted bell pepper strips has about 300 milligrams of sodium, so it is best to roast fresh peppers yourself if at all possible.*

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## Sashimi Tuna Salad

*Make sure the tuna you purchase for this salad is extra fresh. It should be bright red, with no discoloration. If it doesn't seem fresh at the fish counter, check the sushi area, if there is one. You may pay a bit more, but it's totally worth buying a block of sashimi-grade tuna for the fresh flavor it brings to this dish*

Add the mixed greens, snow peas, bell peppers, and onion to a medium mixing bowl. Drizzle the dressing over top and toss until well combined. Mound the salad onto a serving plate, leaving at least a 1-1/2" diameter bare around the edge of the plate. Place the cubes of tuna evenly around the bare edge.. Garnish with seaweed, if desired. Serve immediately.

- 4 cups loosely packed mixed greens**
- 1 cup snow peas, trimmed and cut in half horizontally**
- 1/3 cup red bell pepper slivers, about 2" long**
- 1/4 cup red onion slivers**
- 3 tablespoons no-sugar-added all-natural Japanese dressing (I used Follow Your Heart Organic Creamy Miso Ginger Dressing)**
- 4 ounces sashimi or sushi-grade ahi tuna, cut into bite-size cubes**
- 1-2 tablespoons finely cut dried seaweed (optional)**

**Makes 1 serving:** 332 calories, 31 g protein, 23 g carbohydrates (11 g sugar), 12 g fat, 1 g saturated fat, 52 mg cholesterol, 7 g fiber, 424 mg sodium

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# Watermelon Feta Salad

*Last summer, I had to make dinner for a political candidate's campaign where the attendees were paying \$5,000 per plate. Needless to say, I felt a bit of pressure to serve the perfect menu. When I went to the grocery store, I noticed that watermelon seemed particularly perfect, so I built this salad around it (though I served a homemade Champagne vinaigrette, instead of the bottled balsamic, which I've used here to keep things quick and easy). It was a huge hit, as the combo of flavors worked so well. Just be sure to get a really fresh watermelon – the cubes should be bright hot pink, almost red, not a dull pink.*

**4 cups loosely-packed mixed green lettuce**  
**6 medium, fresh basil leaves, slivered or to taste**  
**3/4 ounce reduced-fat, crumbled feta cheese, divided**  
**2 tablespoons all-natural, reduced-fat balsamic vinaigrette dressing (I used Follow Your Heart Organic Balsamic Vinaigrette Salad Dressing)**  
**4 ounces large, peeled and de-veined chilled, steamed shrimp**  
**3 ounces (about 1/2 cup) 1/2-inch cubes watermelon**

In a medium mixing bowl, toss the greens, basil and about 2/3 of the feta with the dressing until well combined. Mound the salad on a plate and top it with the shrimp and the remaining feta. Place the watermelon evenly around the edge of the plate. Serve immediately.

**Makes 1 serving:** 275 calories, 31 g protein, 22 g carbohydrates (14 g sugar), 8 g fat, 3 g saturated fat, 179 mg cholesterol, 6 g fiber, 733 mg sodium

**To Go:** Pack the dressing in a small re-sealable plastic container, the watermelon in a small re-sealable bag and the rest of the salad (shrimp included) in a re-sealable plastic container or a zipper-top bag. Refrigerate until ready to enjoy. Oh, and don't forget to pack a fork.

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## Tiny Tacos

*These miniaturized versions of tacos are one of my all-time favorite, kid-friendly snacks. When Frito-Lay introduced Baked! Scoops, I was so excited that I instantly went to work on creating dishes to fill these little morsels. I just find them so festive. When I conjured these tacos, I couldn't wait to show them to friends and clients. They're so much fun. Not only can you eat ten of them (how often do you get to eat ten whole anything—outside this book, anyway—when you're eating healthy?) for only 200 calories. Plus the whole family will be excited to dig into your "diet food." And kids will be more than willing to help prepare them.*

### **10 Tostitos Baked! Scoops**

**1/4 cup finely shredded romaine lettuce**

**2 tablespoons finely chopped tomatoes**

**1/2 ounce (about 2-1/2 tablespoons) finely shredded Cabot's 75% Light Cheddar cheese, or your favorite low-fat Cheddar**

**1 teaspoon lower-sodium taco seasoning**

**2 ounces 96% lean ground beef**

**1 tablespoon mild or hot red taco sauce**

Arrange the Scoops side by side on a plate.

Mix the lettuce, tomatoes, and cheese in a medium bowl until well combined. Divide evenly among the Scoops (about 1-1/2 teaspoons per Scoop).

Stir 2 teaspoons water into the taco seasoning in a small bowl until it has no lumps. Set aside.

Preheat a small nonstick skillet over medium-high heat. Put in the beef. Use a wooden spoon to coarsely crumble the meat as it cooks. When the beef is no longer pink, after 1 to 2 minutes, stir in the seasoning mixture. When no liquid remains, after about 1 minute, remove from the heat. Divide the meat evenly among the Scoops, atop the lettuce mixture (about 1 teaspoon in each). Dollop the top of each with taco sauce. Serve immediately.

**Makes 10 Tiny Tacos; 1 Serving.** Each (10 taco) serving has: 202 calories, 17 g protein, 19 g carbohydrates, 6 g fat, 2 g saturated fat, 35 mg cholesterol, 2 g fiber, 446 mg sodium

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## Thin & Crispy BBQ Chicken Pizza Snack Wedges

*Yes! You can have pizza and eat healthy. And you don't have to feel guilty about it. I always serve this pizza at my Super Bowl parties and when I invite girlfriends over for TV nights. My friends always rave and swear there's no way it's low in fat. This recipe is particularly great for kids, too!*

**1 sprouted grain or whole-grain tortilla**  
(about 8" diameter, about 100 calories)  
**2 tablespoons barbecue sauce (7 grams carbs or less per 2 tablespoons)**  
**1/2 cup (2 ounces) finely shredded Cabot 75% Light Cheddar Cheese**  
**2/3 cup (3 ounces) chopped lean natural grilled chicken breast**  
**1/4 cup slivered red onion**  
**1-1/2 teaspoons chopped fresh cilantro leaves**

Preheat the oven to 400°F. Place the tortilla on a small nonstick baking sheet. Bake for 4 to 5 minutes per side, or until crisp. If air bubbles form, poke them with a fork, then press out the air with a spatula or oven mitt. Remove the sheet from the oven. Top the tortilla evenly in layers with the sauce, cheese, chicken, onion, and cilantro. Bake for 2 to 4 minutes, or until the cheese is completely melted. Slice into 8 wedges. Serve immediately.

**Makes 1 serving:** 381 calories, 45 g protein, 32 g carbohydrates, 9 g fat (3 g saturated), 78 mg cholesterol, 3 g fiber, 861 mg sodium

*It is critical that you do not attempt to make a pizza "crust" from a low-carb tortilla. It will smoke and burn, without becoming crisp.*

*Most barbecue sauce is high in sugar and carbohydrates. I always look for one with 7 grams or less of carbs per serving. Although you can use "low-carb" barbecue sauce, I have not found one that I enjoy, so I opt for one that contains less carbohydrates rather than one that's called "low-carb."*

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## Yakitori Beef Skewers

*The literal translation of yakitori is "grilled bird", so you'll often see this Japanese dish made from various parts of chicken (chicken thighs, breast, livers, and even skin), though many Japanese-American versions of yakitori are made with other types of meat besides chicken. I like using ground beef because it's so easy (no trimming required), and I can mix up the beef mixture in advance and grill off the skewers when I'm ready to serve them.*

*If you can find 6-inch skewers, I would recommend using them, as they will look more like authentic Japanese skewers served in many Americanized Japanese restaurants. If you can't, they'll be just as delicious on skewers of any size!*

**1 pound 96% lean ground beef, preferably grass fed**

**1 teaspoon fresh minced garlic**

**1 teaspoon fresh minced ginger**

**2 teaspoons finely chopped green onion**

**1 tablespoon + 1 teaspoon all-natural, low-sodium soy sauce**

**Sea salt, to taste**

**Agave-sweetened or honey-sweetened all-natural Japanese dressing (make sure it's relatively low in fat, calories and sodium; I used Follow Your Heart's Organic Creamy Miso Ginger Dressing), optional\***

Soak 8 wooden skewers in water for at least 30 minutes.

Preheat a grill to high heat.

Add the beef, garlic, ginger, green onion and soy sauce to a medium bowl. Mix well to combine. Season with salt.

Divide the mixture into 8 equal portions. Take one portion of the beef and shape it around a skewer, flattening the meat so it's about 1-1/2 inches wide and covers about 5-inches of length of the skewer. Place the finished skewer on a dinner plate. Repeat with the remaining meat mixture and skewers. Transfer the plate to the freezer and let the skewers sit about 10 minutes.

Grill the skewers for 2-3 minutes per side, or until the meat is cooked through and no longer pink. Divide the yakitori among 4 serving plates, and serve alongside the dressing for dipping, if desired. Serve immediately.

**Makes 4 servings:** Each (2 skewer) serving has: 135 calories, 23 g protein, <1 g carbohydrates (trace sugar), 5 g fat, 2 g saturated fat, 60 mg cholesterol, trace fiber, 196 mg sodium

*\*Be careful not to overdo the dressing or the dipping. Each tablespoon of my suggested dressing adds 40 calories, 3.5 g fat, and 120 mg of sodium, adding no protein or fiber.*

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# Buffalo Shrimp

*Instead of buffalo wings, I love buffalo shrimp at times. The shrimp is great because it's nice and meaty, yet you don't have to worry about tenderizing it. Plus this dish is lean, but will still satisfy that craving for hot sauce that makes us want buffalo wings in the first place. Buy easy-peel or peeled shrimp to save time and have the kids help with the peeling, if possible.*

**1 pound large (21–25 count or 26–30 count) shrimp, peeled (tail-on, if desired) and deveined**  
**1 tablespoon all-purpose flour**  
**1/4 teaspoon cayenne**  
**1/4 teaspoon garlic powder**  
**Pinch sea salt**  
**Olive oil spray**  
**2 tablespoons light butter**  
**1 tablespoon hot sauce (an all-natural one like Wing Time, not a thin one like Tabasco), plus more if desired**

Rinse the shrimp, and then pat them dry with a paper towel to remove excess moisture.

To a large resealable plastic bag add the flour, cayenne, garlic, and salt. Toss to combine. Add the shrimp and toss thoroughly to coat them evenly.

Place a large nonstick skillet over medium-high heat. When hot, lightly mist the pan with spray and add the shrimp in a single layer, working in batches, if necessary. Cook them until they are lightly browned on the outsides and cooked through, 1 to 2 minutes per side. Remove the cooked shrimp to a plate or bowl.

When all of the shrimp are cooked, turn off the burner. Add the butter and hot sauce to the skillet and, using a wooden spoon, stir constantly until the butter is just melted, being careful not to overcook it. Return the shrimp to the pan. Toss to coat them completely with the sauce. Season with additional hot sauce, if desired. Let the shrimp sit for 5 minutes, and then toss them again (the sauce will thicken slightly and stick better after sitting). Serve immediately.

**Makes 4 servings:** Each (5 to 7 shrimp) serving has: 159 calories, 23 g protein, 3 g carbohydrates, 6 g fat, 2 g saturated fat, 180 mg cholesterol, trace fiber, 245 mg sodium

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## 3-Ingredient Meatloaf

*We've all heard that, in life, some things are greater than the sum of their parts. Here is an example: This meat loaf only uses three ingredients and can be put together in minutes, yet it yields a decadent dish that you would never guess is low in calories.*

*I wouldn't recommend making this in a loaf pan. The end result will be tastier if you use a baking dish or cake pan*

**Olive oil spray (propellant free)**  
**1 pound extra lean ground turkey**  
**½ cup all-natural barbecue sauce, preferably**  
**sweetened with agave nectar or honey**  
**2 ounces crumbled goat cheese**

Preheat the oven to 400 degrees F. Line an 8" x 8" square or round nonstick baking dish or cake pan with nonstick foil. Lightly mist the foil with the olive oil spray.

In a medium mixing bowl, mix the turkey, 5 tablespoons of the sauce, and the goat cheese until well combined. Transfer the mixture to the prepared pan, shaping it into an 8" x 3" log that stretches from one side of the pan to the other and is an even thickness. Using a pastry brush, spread the remaining sauce evenly over the top and sides, making sure it does not run onto the pan.

Bake for 23 to 27 minutes, or until no longer pink inside. Let stand for 10 minutes. Transfer to a serving platter, cut into 8 slices, and serve immediately.

**Makes 4 (2-slice) servings:** 209 calories, 31g protein, 13 g carbohydrates (11 g sugar), 5 g fat, 2 g saturated fat, 52 mg cholesterol, 0 g fiber, 317 mg sodium

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Photo Credit: Mitch Mandel



# Grilled Turkey Cutlets with Cranberry Honey Mustard Sauce

*I love making turkey cutlets, especially when I'm in a hurry, because they generally require very little trimming and cook exceptionally quickly. Whether you pan "fry" them or grill them, as I have done here, they take only a couple of minutes per side. After basic preparation, I always like to add a simple sauce. I could have thrown together another salsa suggestion here, but wanted to be a bit more creative with this one. And I've gone to upscale sandwich shops and cafes and ordered turkey sandwiches spread with cranberries and sweet mustard or mayonnaise, so I thought that might be a great place to start. I was very pleased very quickly, and I think you will be too.*

**¼ cup canned cranberry sauce with whole cranberries**  
**1 tablespoon plus 1 teaspoon honey mustard**  
**1 teaspoon extra virgin olive oil**  
**1 pound trimmed boneless, skinless turkey cutlets**  
**Sea salt and pepper to taste**

Preheat a grill over high heat.

In a small bowl, mix the cranberry sauce and mustard until well combined. Cover the bowl with a paper towel and microwave on high in 15 second intervals until the mixture is hot and begins to thin slightly, about 30 seconds total. Stir again to combine.

Rub the oil and then salt and pepper evenly over both sides of each cutlet. Grill the cutlets about 1 minute per side, or until no longer pink in the center. Transfer them to a large plate or platter and top evenly with the sauce. Serve immediately.

**Makes 4 servings:** Each (about 3 ½ ounces turkey plus about 1 ½ tablespoons sauce) serving has: 167 calories, 28 g protein, 9 g carbohydrates, 2 g fat, trace saturated fat, 45 mg cholesterol, trace fiber, 146 mg sodium

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## Easy Breezy BBQ Pot Roast Dinner

*The most important rule when it comes to cooking lean cuts of meat is to not overcook them. Meats continue cooking when they emerge from the oven, especially large roasts. So, if you want this roast to be medium rare (130 to 135F), remove it from the oven when a meat thermometer reads 125F. Another important strategy is to tent the meat with aluminum foil after it's done cooking and allow it to rest for 10 minutes before you cut into it. By "tent", I mean place a piece of foil loosely over the roast (not sealed to the edges of the pan). When you slice it, slice it against the grain and make sure you slice it thinly.*

**2 pounds sweet potatoes cut into 1" cubes**  
**2 pounds poblano peppers, stemmed, seeded, and cut into 1" cubes**  
**4 teaspoons olive oil**  
**1 tablespoon + 2 teaspoons salt-free mesquite seasoning (I used The Spice Hunter Salt Free Mesquite Seasoning Blend)**  
**¼ teaspoon sea salt**  
**2 pounds eye round roast, trimmed**  
**¾ cup all-natural barbecue sauce, preferably sweetened with agave nectar or honey (I used OrganicVille Original BBQ Sauce)**  
**3 small sweet white onions, trimmed, peeled, and quartered**  
**8 cloves garlic**

Preheat the oven to 450F. Line the bottom and sides of a large roasting pan with nonstick foil.

In the prepared pan, toss the potatoes and peppers with 2 teaspoons of the olive oil and 1 tablespoon mesquite seasoning until they're evenly coated.

Rub the roast with the remaining 2 teaspoons olive oil, then the salt, and the 2 teaspoons seasoning. Place the roast in the center of the roasting pan, and arrange the potatoes and peppers around it, not under it. Drizzle the barbecue sauce evenly over the roast and vegetables, using a pastry brush to make sure the roast is completely covered.

Separate the onions into layers. Scatter them over the top of the roast and veggies. Distribute the garlic cloves throughout the pan, placing 3 cloves directly on top of the meat. Bake for 20 minutes. Using a wooden spoon (so the foil doesn't rip), stir the veggies. Bake for 12 to 15 minutes longer, or until a meat thermometer reads 125F when inserted in the center of the roast.

Take the pan out of the oven and transfer the roast to a cutting board. Tent it with foil for 10 minutes. Return the veggies to the oven if the potatoes are not fork-tender. Slice the meat into very thin slices against the grain at a 45-degree angle. Serve immediately with the veggies.

**Makes 6 servings.** Each (4 ounces meat, 1-1/2 cups veggies) serving has: 474 calories, 39 g protein, 62 g carbohydrates (28 g sugar), 8 g fat, 2 g saturated fat, 62 mg cholesterol, 8 g fiber, 454 mg sodium

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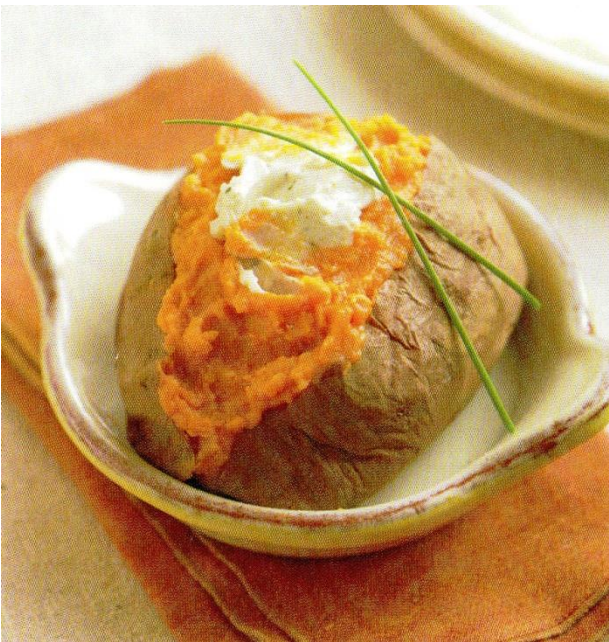
# Cheesy Baked Sweet Potato

Sweet potatoes contain dietary fiber and protein and are a source of vitamins A and C, iron, and calcium. This delicious version of a classic baked potato makes a light yet satisfying vegetarian meal when paired with a side salad. If you have trouble finding a sweet potato that is exactly 6 ounces, you can follow the directions below and make two servings using two wedges of cheese and one 12-ounce potato (the larger potato will take a bit longer to cook in the microwave).

**1 (6-ounce) sweet potato, scrubbed**  
**1 wedge (3/4 ounce) Laughing Cow Light Garlic & Herb cheese**

With a fork, poke the potato 5 times on each side. Place in a microwave-safe bowl or on a microwave-safe dish. Cover the bowl or dish loosely with a paper towel and microwave on high for 5 minutes. Carefully flip the potato (it will be very hot) and microwave 3 to 5 minutes longer, or until it is tender throughout.

Cut an opening in the potato stretching 1" from each end and deep enough to open the potato completely without cutting it in half. Spread the cheese evenly in the center, mash it into the potato slightly with a fork to melt, and serve.



**Makes 1 serving:** 166 calories, 5 g protein, 31 g carbohydrates, 2 g fat (1 g saturated), 10 mg cholesterol, 5 g fiber, 352 mg sodium

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# Honey-Drizzled Pear Fan with Blue Cheese

This makes a beautiful first course to a buffet or an elegant after-dinner dessert to impress friends (it should be eaten with a fork, not your hands, as the pear slices are very thin). In fact, it's very much in line with "what the French would do" – a far cry from diet food. If you're in a hurry, just chop the pears and throw everything together in a to-go container for a quick snack.

**½ medium pear (any variety), cored and very thinly sliced lengthwise**  
**½ ounce crumbled reduced-fat blue cheese (about 2 tablespoons)**  
**½ teaspoon honey or 1/4 teaspoon Truvia Nectar**

Arrange the pear slices on an appetizer plate so the slices are touching in the center and point outward (they can overlap slightly), creating a circular "fan" pattern. Sprinkle the blue cheese evenly over the pears. Drizzle the honey evenly over top. Serve immediately.



**Makes 1 serving:** 101 calories, 4 g protein, 16 g carbohydrates (11 g sugar), 3 g fat, 2 g saturated fat, 8 mg cholesterol, 2 g fiber, 192 mg sodium

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# Grape Granita

*Lots of folks enjoy frozen grapes, but I've never been one for biting into anything that cold. This variation of that icy treat is a simple and fun solution that allows my teeth to take a little rest. Though it is not a true granita, it satisfies like one. Note that this recipe makes only two servings-that's because it needs to be made and eaten immediately. If the whole family is enjoying it together, simply use 4 cups grapes and 4 teaspoons honey.*

**2 cups seedless grapes, frozen (red and black grapes make this pretty)**  
**2 teaspoons honey or 1 teaspoon Truvia Nectar**

Place the grapes and honey in a food processor fitted with a chopping blade. Process, scraping down the bowl of the processor if necessary, until the grapes are very finely chopped and mostly smooth in texture. Divide between 2 chilled martini glasses or dessert bowls and serve.

**Makes 2 servings.** Per (generous  $\frac{3}{4}$ -cup) serving: 135 calories, 1 g protein, 27 g carbohydrates, <1 g fat, trace saturated fat, 0 mg cholesterol, 2 g fiber, 3 mg sodium

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## Black Team Banana Boat

*This dessert is super simple and just might take you back to childhood if you ever roasted bananas over a campfire. Note that the banana peel will turn black in the oven. Don't worry, you're not burning it!*

**1 medium banana (about 7"), unpeeled**  
**1 tablespoon all-natural chocolate fudge sauce**  
**1 teaspoon finely shredded unsweetened reduced-fat coconut (I used Let's Do...Organic)**

Preheat the oven to 350F.

Hold the banana with the ends facing up. Slice lengthwise down the center of the banana, about ½" from one end to ½" from the other, creating a pocket (make sure not to slice all the way through). Place the banana on a small baking sheet, cut side up. Push the ends toward each other to "open" the banana until it stands un right.

Spoon the fudge sauce evenly in the center of the banana. Sprinkle the coconut over the fudge.

Bake for 10 to 12 minutes, or until soft. Using a fork, mash the cooked banana, sauce, and coconut together. Eat it straight from the peel or scoop it into a bowl and serve immediately.

**Makes 1 serving:** 161 calories, 2 g protein, 41 g carbohydrates (32 g sugar), <1 g fat, <1 g saturated fat, 0 mg cholesterol, 5 g fiber, trace sodium

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## Cone-nolis

*If you have any trouble finding dark chocolate chunks, which are most commonly sold at natural food stores, you can buy any dark chocolate (dark chocolate is rich in antioxidants and thus the best choice) and chop it into ¼" (or smaller) pieces for this recipe. When you open the container of ricotta, be sure to drain any liquid that may be sitting on the top. It'll make for a much creamier, richer filling.*

**1 cup all-natural, low-fat ricotta cheese**  
**1 tablespoon amaretto-flavored agave nectar**  
**1 tablespoon natural 70% cocoa mini dark chocolate chunks, coarsely chopped**  
**4 naturally sweetened wheat sugar cones (I used Let's Do...Organic)**

Using a whisk, mix the ricotta, agave, and ½ tablespoon of the chocolate until combined. Cover the mixture and refrigerate for at least 1 hour to allow the filling to chill and the flavors to meld.

Divide the ricotta mixture evenly among the four cones (about ¼ cup each). Sprinkle the remaining chocolate pieces evenly over the cones. Serve immediately.

**Makes 4 servings.** Per Serving: 143 calories, 7 g protein, 18 g carbohydrates (7 g sugar), 4 g fat, 3 g saturated fat, 20 mg cholesterol, <1 g fiber, 160 mg sodium

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## True Love In A Bowl

*I developed this recipe for a bodybuilder ex-boyfriend because he has a raging sweet tooth, yet always wanted to make clean eating a priority. Ice cream was his go-to comfort food, so what better way to deliver true love than through super-clean ingredients...made with love? Friends have since fallen in love with the recipe. And as someone who's lost 70 pounds and kept it off for many years, I actually consider this recipe "important" in my life. Hopefully you'll give and get love through it too! I always keep a few bananas in my freezer so I am ready when a chocolate craving hits. Just be sure to peel the bananas before you freeze them!*

**2 medium, peeled, frozen bananas**  
**2-3 tablespoons unsweetened cocoa powder,**  
**to taste**

Cut the bananas into 1-inch pieces and place them in the bowl of a food processor fitted with a chopping blade. Sprinkle the cocoa powder over the bananas\* Process the bananas on high and cocoa powder until smooth, stopping the machine and scraping down the sides of the bowl as needed. It will take at least a few minutes for the bananas and cocoa powder to fully incorporate and become thick and creamy like ice cream. Stick with it. The payoff is chocolate decadence!

Divide the mixture between martini glasses, heart-shaped ramekins or other small bowls and serve immediately.

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**Makes 2 servings.** Each (about a heaping half cup) serving has: 122 calories, 2 g protein, 32 g carbohydrates (21 g sugar), <1 g fat, trace saturated fat, 0 mg cholesterol, 6 g fiber, 1 mg sodium

*\*If you want the banana flavor to shine through, use just 2 tablespoons of cocoa powder. If you're like me and prefer it to more closely resemble chocolate "ice cream" use 3 tablespoons (or more).*

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Happy Cooking & Eating!

*Devin Alexander*