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Deb is a professional speaker who teaches healthy living skills to people all over the world using a system of living skills as opposed to will power.

These recipes are all made with the wholesome ingredients necessary to maintain a healthy lifestyle.

Deb's system of weight management focuses on increasing your metabolism through good, skillful food choices. This program works because it eliminates cravings by giving your body what it needs to stay healthy and loose weight. You will never loose weight when you are under nourished.

To learn more **natural diet programs** and about **increasing your metabolism**:  
[www.WowYouAreReallyLucky.com](http://www.WowYouAreReallyLucky.com)

To learn more about **inviting Deb to speak** to your organization or group:  
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Most people do not realize that many of the daily choices we make are actually sabotaging our ability to maintain a healthy life style.

These recipes are good-for-you food choices. They are designed to eliminate chemicals from your diet. Chemicals are addictive and have no nutritional value. Hence, Americans are the most over-fed-undernourished population in the world. In this Fun, Fast, & Healthy E-CookBook, I have deliberately included more recipes on condiments, sauces, entrees and starches because those are the areas most people have the most problems with. Do yourself and your family a favor and take time out of your full life to give the gift of good food. You and your family deserve the best!

Please call me if you have any questions, need information on quality cooking tools or are looking for a weight management coach.

Enjoy, and Happy Cooking! Deb Bixler 717.751.2793

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## **Spreads, Condiments, Dips, Sauces, Dressings and Accompaniments**

### **Orange Dill Vinaigrette**

6 oz. orange juice-fresh squeezed  
1 tsp. fresh dill or tarragon-minced  
½ tsp. orange zest  
1 Tbs. honey(optional)  
pinch nutmeg  
1 tsp. orange juice concentrate  
½ tsp. dijon mustard  
¼ cup non-fat yougurt-plain  
3 oz. canola oil

1. Mix first 8 ingredients.
2. Slowly drizzle in oil, while continuously whisking until fully incorporated.

### **Classic French Salad**

¼ cup ketchup  
¼ cup cider vinegar  
¼ cup olive oil  
2 cloves garlic-pressed  
½ Italian seasoning mix  
salt and pepper

Whisk until blended.

### **Wasabi Mayonnaise**

½ cup reduced-fat mayonnaise  
1 Tbs. wasabi  
Mix well and refrigerate overnight

### **Herb Dip**

2 pkg. (8 oz.) non-fat cream cheese  
½ cup reduced- fat mayonnaise  
1 tsp dry spice blend of your choice  
2 garlic cloves-pressed or minced

Mix all ingredients together well.

### **Cream Cheese Spread**

8 oz. non-fat cream cheese  
Tbs. dill-minced (or any fresh herb)  
1 garlic clove-minced  
½ tsp. salt  
¼ tsp. black pepper  
½ cup chopped nuts (optional)

Combine all ingredients and use as a sandwich spread or roll in nuts for a cheese ball.

### **Herbal Vinegar**

4-6 sprigs of assorted herbs  
2 garlic cloves  
6 peppercorns  
white wine vinegar

Put herbs, peppercorns and peeled garlic into decorative bottle and pour in vinegar. Allow to rest for a month, then sprinkle on salads as is or use for making dressings.

### **Peach Piccalilli**

1 onion-sliced  
3 peaches-peeled and sliced  
½ Tbs. safflower oil  
1 tsp. grated fresh ginger  
pinch cayenne pepper  
3 Tbs. red wine vinegar  
pinch salt  
¼ cup fresh orange juice  
1 Tbs. chopped cilantro (or parsley)

1. Heat oil in skillet and add onion, ginger cayenne and cook until onions are translucent.
2. Stir in vinegar and salt. Cook for one minute.
3. Add peaches and orange juice. Cook slowly until peaches are soft but not mushy.
4. Stir in cilantro. Serve over your favorite steak.

### **Pineapple Salsa**

1 cup pineapple-cored and diced  
2 green onions-sliced end to end  
1 Tbs. hot red cherry -minced  
1 tsp. grated fresh ginger  
¼ tsp. cumin  
1 Tbs. cilantro-minced

Combine all ingredients and serve with meat, fish or over a salad.

### **Pineapple Barbecue Sauce**

1 cup prepared barbecue sauce-buy one with no high-fructose corn syrup and no chemicals added-Tastefully Simple has a nice one)  
1 cup pineapple-cored and diced  
1 tsp. grated fresh ginger  
2 cloves garlic  
1 Tbs. cilantro-minced

1. Combine all ingredients and marinate steaks for about 2 hours. Do not over marinate!!
2. Grill to perfect medium. Serve with grilled pineapple or pineapple chutney.

### **Asian Vinaigrette**

2 oz. soy sauce  
2 oz rice vinegar  
1 clove minced garlic  
1 tsp. minced ginger (or press in garlic press)  
4 oz toasted sesame oil

Mix well.

### **Guacamole Spread**

Combine and mash: 1 ripe avocado, 1 tsp. lemon zest, 2 Tbs. lemon juice, ¼ cup reduced-fat sour cream, 1 tsp. South Western seasoning mix.

### **Tomato Sauce-for pizza or spaghetti**

½ medium onion-diced  
2 (14 ½ oz.) can cut tomatoes  
1 Tbs. brown sugar  
3 cloves garlic  
1 Tbs. fresh chopped oregano  
1 Tbs. fresh chopped thyme  
¾ tsp. salt  
1 Tbs. fresh chopped basil

1. Lightly spritz pan with olive oil, and heat until hot. Add onion and cook on medium heat until caramelized.
2. Add all other ingredients except basil.
3. Cook gently, stirring occasionally for ½ hour.
4. Add basil and cook for 15 more minutes.
5. Chop or puree using Food Chopper or in blender.

### **Black Bean Salsa**

1 (15 oz) can black beans  
 1 (16 oz) can corn  
 1 large tomato-seeded and chopped  
 1 green pepper  
 ½ cup red onion  
 1 garlic clove-pressed  
 1 tsp. cilantro-chopped  
 ¼ cup olive oil  
 6 Tbs. cider vinegar  
 salt and pepper

1. Drain and wash beans and corn.
2. Combine all other ingredients and mix well. Allow to marinate at least one hour.
3. Serve with whole wheat tortilla chips, over lettuce or as accompaniment to meat or fish.

### **Deb's White Bean Humus**

1 cup cooked white beans  
 2 Tbs. almond butter  
 3 Tbs. bean cooking liquid or water  
 ¼ tsp. salt  
 pinch cayenne

In blender, processor or with food chopper combine all ingredients. Serve with vegetables, crackers or eat in a sandwich.

### **Easy *Good-For-You* Fruit Dip**

Combine equal parts vanilla low-fat (fat-free) natural yogurt with natural smooth or chunky peanut butter. Add pinch of cinnamon and splash of real vanilla extract. Serve with apples, your favorite fruit, or crackers.

**Note: Avoid yogurt or peanut butter with additives. Pick ones with all recognizable ingredients.**



### **Tomato Basil Salsa**

2 cup prepared salsa-no sugar or chemicals listed in the ingredients list

¼ cup minced basil

Combine and allow to sit several hours before serving.

### **Classic Basil Pesto**

2 large garlic cloves-peeled

½ cup fresh grated parmesan cheese

¼ cup pine nuts

½ cup extra virgin olive oil

3 cup fresh basil leaves

salt and pepper

1. Combine first 3 ingredients in food processor.
2. With machine running slowly add olive oil, then basil and continue to process to desired consistency.
3. Season with salt and fresh ground black pepper. Allow to stand for a couple hours before using.

### **Minted Vinegar**

1 bottle ( 8 oz) white wine vinegar

1 bunch mint

1. Place both ingredients in a sauce pan, heat to a boil and simmer for 15 minutes.
2. Remove from heat, and allow to sit for 1 hour.
3. Strain.

### **Peach Preserves**

4 large peaches (apx. 2 lb)

1½ Tb. lemon juice

7 Tbs. peach-mango organic juice concentrate (or other fruit juice concentrate)

1. Drop peaches briefly into boiling water, then shock/cool by dropping into ice water. (Do not over cook!!)
2. Pit and slice into thin slices. Toss with lemon juice gently. (Use 1 tsp. lemon juice per peach.)
3. Place into heavy-non-stick sauce pot and heat on low. Add lemon juice and concentrate.
4. Stirring frequently, cook on low until peaches are softened and cooked, approximately 25 minutes.
5. Drain into sieve saving juice. Return juice to sauce pot and cook on low heat until thickened and reduced to ¾ cup.
6. Combine juice and peaches. Refrigerate or freeze.

## Peach Piccalilli

1 onion-sliced  
3 peaches-peeled and sliced  
½ Tbs. safflower oil  
1 tsp. grated fresh ginger  
pinch cayenne pepper  
3 Tbs. red wine vinegar  
pinch salt  
¼ cup fresh orange juice  
1 Tbs. chopped cilantro (or parsley)

1. Heat oil in skillet and add onion, ginger cayenne and cook until onions are translucent.
2. Stir in vinegar and salt. Cook for one minute.
3. Add peaches and orange juice. Cook slowly until peaches are soft but not mushy.
4. Stir in cilantro. Serve over your favorite steak.

**6** weeks **Online Diet Program**  
to the **NEW** you!

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## **Starters, Salads, Appetizers**

### **Smoked Salmon Log**

1 (6.5 oz.) can smoked king salmon  
1 (8 oz.) pkg. fat-free cream cheese  
2 Tbs. horseradish  
juice and zest of half lemon  
S & P  
2 Tbs. minced onion  
½ cup chopped pecans

1. Combine all ingredients except pecans. Mix well.
2. form mixture into a ball and roll in nuts. Serve with whole wheat crackers.

### **Jicama Slaw**

2 cup jicama-peeled and julienne  
¼ cup onion-julienne  
1 cup cucumber-peeled, seeded and julienne  
½ cup minted vinegar  
1 tsp. white sugar  
1 Tbs. mint-minced

Combine all ingredients and marinate for several hours before service.

### **Bleu Cheese Slaw**

Serves 6 luncheon sized portions or 8-10 side dishes.

6 cup shredded cabbage  
1 carrot-peeled and shredded  
¼ cup slivered red onion

½ cup cider vinegar  
¼ cup orange concentrate  
¼ cup water  
¼ tsp. black pepper  
¼ tsp. sea salt

6 oz. bleu cheese crumbled  
1 lb. chicken breast-cooked, shredded  
1/3 cup red grapes-cut in half (optional)

1 head bibb lettuce-washed and removed into cups

1. Combine first 3 ingredients.

2. Combine next 4 ingredients. Allow to sit over night or several hours.
3. Before service: toss with chicken, grapes and bleu cheese and serve over lettuce cups.

### **Strawberry Spinach Salad**

2 lemons-zest of one and juice of both  
4 Tbs. white wine vinegar  
½ Tbs. sugar (or not)  
3 Tbs. canola oil  
1 tsp. poppy seeds

¼ cup sliced almonds-toasted  
1 pt. blueberries-washed  
½ small red onion-slivered  
1-2 packages baby spinach (washed and stems removed)

1. Combine first 5 ingredients.
2. Combine next 3 in a bowl add dressing and toss. Serve immediately and top with almonds.

### **Entrées**

#### **Basil Port-Burgers**

4 oz. balsamic vinegar  
¼ tsp. salt  
2 pressed garlic cloves  
pinch fresh ground black pepper  
1 Tbs. chiffonade of fresh basil  
5½ oz olive oil

1 large portabella mushroom per person

1. Mix up first 6 ingredients to make dressing. This will keep for weeks.
2. Trim mushroom stems, cut a shallow X in the stem and lightly score the mushroom top into a diamond pattern
3. Just before grilling, toss mushrooms in dressing (use about 1 Tbs. per mushroom). Allow to soak for approximately 5 minutes. If using a gas or charcoal grill shake off excess marinade well to avoid flair-ups)
3. Grill on medium heat 4-8 minutes per side.
4. Serve on toasted hamburger bun with condiments of your choice. (just like a hamburger)

### **Salmon Broccoli Casserole**

1 small onion-sliced  
2 stick celery -sliced  
¾ cup soy milk  
¾ cup skim milk  
¼ tsp. salt  
1 tsp. tarragon leaves  
pinch cayenne pepper  
1 Tbs. Wondra™ flour  
1 ( 14.5 oz.) can Alaskan salmon-drained and picked  
8 oz. frozen broccoli-thawed and drained  
½ fresh grated parmesan cheese

1. On low heat lightly sauté onion and broccoli in a pan lightly sprayed with olive oil. When translucent add milks, and heat to a scald.
2. Add seasoning, and whisk in flour.
3. Put broccoli and salmon in casserole dish and top with sauce. Sprinkle with cheese and bake for 20 minutes or until hot through.

### **Only Organic Stir-Fry**

**Note: Use only organic veggies for this recipe!!**

1 tsp. dark sesame oil  
1 medium onion-sliced  
1 medium green-yellowish pepper-seeded and sliced  
2 cloves slivered garlic  
3 carrots-sliced  
2 small zucchini-sliced  
6 oz. mushrooms-sliced  
1 tsp. crushed red pepper  
1 Tbs. brown sugar  
¼ cup soy sauce  
cooked brown rice

1. Heat wok or stir-fry skillet. Add oil and veggies in the order of there listing. Cook each addition for about one minute then move it out of the center and up the side to add the next ingredient to the center. Continue until all the veggies are in.
2. After the mushrooms are added, add all other ingredients except rice. Toss and cook for one minute.
3. Serve over brown rice.

### **Basil Pesto Pasta**

1 large onion-sliced  
1 Tbs. olive oil  
salt  
crushed red pepper  
¾ cup julienne sun dried tomatoes (dry packed)  
2 Tbs. fresh oregano-minced  
½ cup pasta water  
½ cup classic basil pesto  
½ lb. cooked whole grain capellini

1. Sauté onion in olive oil until just translucent.
2. Add sun dried tomatoes, water, oregano, salt and pepper, cook briefly 1 minute.
3. Stir in pasta, , and pesto. Stir continuously as pesto is incorporated and pasta is hot.

### **Pesto Burgers**

1 Lb. ground turkey  
1 cup black beans (or any canned bean)-washed and drained  
2 egg whites  
1/3 cup classic pesto

### **Aromatic Roast Chicken**

1 (4 lb.) chicken  
a lot of sprigs of freshly picked sage  
1 onion  
1 lemon

1. Quarter onion and lemon and put 2 pieces in each end of chicken.
2. Make a nest of sage in the Stoneware Baking dish, place chicken on it. Put sage into booth ends of the chicken, under the wings, and legs. Julianne several leaves and slide under the skin on each side of the breast.
3. Top with Stoneware Baking Bowl and slow roast at 295° for 3 hours or until internal temperature of 170° is reached.

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## **Chicken Italiano**

6 trimmed boneless chicken breast  
2 Tbs. olive oil  
1 Tbs. minced fresh oregano  
1 Tbs. minced fresh rosemary  
1 Tbs. minced fresh thyme  
1 Tbs. minced fresh basil  
1 Tbs. balsamic vinegar  
½ tsp. black pepper

Combine all ingredients in bag and allow to marinate for 2 hours.  
Grill on a medium heat until done.

## **Louisiana Oven Fried Catfish**

1 lb catfish fillets  
1 cup soy milk  
½ tsp. salt  
¼ tsp. black pepper  
1 ½ cup whole grain corn meal  
1 ½ cup flour  
½ tsp. cayenne pepper  
1 egg  
¼ cup water

1. Trim catfish fillets, cut into 4 oz portions. Combine milk, and S & P. Soak catfish for 1-2 hours in milk mixture.
2. Combine cornmeal, and cayenne. Place on a plate. Put flour on a plate. In shallow casserole or bowl, whisk together egg and water.
3. Using the standard breading procedure, coat the fish in flour egg wash and cornmeal. Allow to rest for 15 minutes.
4. Lightly spray outside of fish and bake at 375° for 20-25 minutes.

**Teriyaki London Broil** (this marinade will make enough for 3 recipes, it freezes well for future use.)

1 ½ lb. flank steak (fully trimmed)  
15 oz. rice vinegar  
¼ cup brown sugar (packed)  
1 Tbs. fresh ginger  
2 cloves garlic  
2 cup reduced sodium soy sauce  
1 Tbs. black pepper  
¾ cup dark sesame oil  
½ cup sliced scallion greens (divided)

1. Combine all ingredients except flank and scallions. Mix well.
2. Remove 3 pints of marinade and freeze or refrigerate for future use.
3. Put ¼ cup scallions into remaining marinade. Put flank into baggy and add marinade. Refrigerate overnight.
4. Grill flank steak to a medium rare to medium doness. Allow to rest 10 minutes and slice across the grain, on an angle into thin slices. (Well done will be tough)
5. Garnish sliced flank with reserved scallion greens

### **Aunt Mimi's Chicken Casserole**

- 1 roasting chicken
  - 1 Tbs. each 3 different fresh herbs
  - 1 cup celery-diced
  - ½ cup green pepper-sliced
  - 1 cup onion-minced
  - salt, pepper
  - 1 (30 oz) can diced tomatoes
  - 1 large sweet potato-washed and sliced
  - 1 large baking potato-washed and sliced
1. Cut chicken into 8 parts. (or buy chicken already cut) Arrange in casserole dish.
  2. Top with all other ingredients in the order that they are listed and cover with casserole lid.
  3. Bake for 1 hour at 375°.

### **Aunt Mimi's Baked Cod Au Gratin**

- 1 lb. cod fillets
  - ½ cup reduced-fat mayonnaise
  - ½ cup fresh grated parmesan cheese
  - 1 tsp. fresh herb
  - salt and pepper
1. Cut cod into four equal pieces, so that all portions are the same thickness and size. Arrange in baking dish or pan.
  2. Combine all of the rest of the ingredients, mix well.
  3. Smear the cheese goop evenly over the fish pieces.
  4. Bake in a 375° oven for 25 minutes.

## **Mexican Turkey Fajitas**

### **turkey mixture**

1 tsp. olive oil  
1 med. onion-sliced  
½ cup sliced red pepper  
¼ tsp. cumin  
¼ tsp. chili powder  
pinch cayenne pepper  
pinch salt  
2 cloves garlic  
2 cup cooked turkey-strips  
1 (14 oz.) can beans of your choice-drain and wash

1. Sauté onion and pepper in skillet with olive oil. Sprinkle with spices.
2. When onion is translucent add pressed garlic, turkey and beans. Stir and cook for approximates 5 minutes.

### **Serve with Assorted Condiments** of your choice

1 pkg. WW flour tortilla-warmed  
shredded lettuce  
diced tomato  
chopped avocado (or guacamole)  
sliced black olives  
sour cream  
salsa  
shredded cheddar cheese

## **Zucchini Frittata**

1 med. Zucchini-grated  
1 sm. Onion-diced  
3 clove garlic-pressed  
1 tsp. dry seasoning of your choice South Western Seasoning Mix  
6 whole eggs  
2 (8oz.) pkg. egg substitute (16 oz. egg white)  
¾ cup non-fat sour cream  
4 oz. parmesan cheese-whole piece  
1 Tbs. butter or margarine  
1 cup mild prepared salsa

Combine all of the ingredients except the butter and the salsa. Grease a 12" skillet well with the butter and bake at 375 degrees until set. Apx. 30 minutes. Unmold and top with Salsa.

### **Italian Pasta Stir-fry**

- 1 pkg. (¾-1 lb.) whole wheat rotinni pasta-cooked
- 1 Tbs. olive oil
- 1 sm. red onion-sliced
- 1 lg. carrot-sliced
- 1 sm. yellow squash-matchstick
- 1 sm. zucchini-matchstick
- 1 Tbs. fresh basil-chopped
- 1 Tbs. fresh oregano
- 2 clove garlic-sliced
- 3 plum tomatoes
- 4 oz. high quality fresh parmesan cheese
- 1 cup water from cooking pasta

1. Cook pasta and reserve 1 cup cooking liquid when draining.
2. Cut all vegetables and herbs before starting to cook.
3. Heat oil in stir-fry skillet, add onion, and carrot. Stir-fry for 2 minutes.
4. Add squashes, garlic, herbs and stir-fry 1 minute.
- 5 Add cooked pasta, and water, toss until hot.
6. Add tomatoes, and cheese, toss until cheese melts.

## **Side Dishes-Vegetables**

### **Green beans with Roast Onion Vinaigrette**

1 red onion  
1 tsp. olive oil  
many sprigs fresh thyme  
6 Tbs. white wine vinegar  
2 Tbs. olive oil  
2 Tbs. stone ground mustard  
1 Tbs. chopped fresh thyme  
S & P  
1 cup washed, sliced white mushroom  
1 lb. green beans-stems removed

1. Peel onion and cut in half crosswise. Cut down into onion like a pie with out cutting through to bottom. Do both halves.
2. In a small stoneware baking bowl, place onion on a bed of thyme and drizzle with olive oil, then top with thyme. Cover with bowl and bake for approximately 35 minutes.
3. When cooled cut onion into a dice.
3. In bowl combine all other ingredients with the diced onion, except mushrooms and onions. Whisk.
4. At service time: Microwave sauce until hot. Boil beans until done. Combine hot beans, sauce and mushrooms just before you serve.

### **Wilted Greens**

2 whole leeks-washed well and sliced end to end.  
1 (8oz) bag fresh baby spinach-washed  
¼ tsp. salt  
¼ tsp. black pepper  
pinch of nutmeg

1. In large sauté pan, heat 1 tbs. olive oil and sauté leeks until almost tender. Season and stir well to evenly distribute seasonings.
2. Add spinach and wilt, stirring continuously. do not over cook.

## **Side Dishes-Starches**

### **Whole Grain Date Filling**

1 med onion-diced  
2 stick celery-diced  
2 medium carrots-peeled, and shredded

6 slices WW bread-cubed  
4 sliced 8-grain whole wheat bread-cubed  
1 egg  
4 oz. egg white  
1/3 cup parsley-minced  
1/3 cup fresh herbs-minced (I used rosemary, thyme and sage)  
S & P  
3/4 cup chopped dates  
3/4 cup turkey stock

1. In a small sauté pan, sweat the celery and onions covered over medium heat for about 5 minutes.
2. Combine all ingredients and mix until evenly distributed with out over mixing or breaking up the cubes to much. Put into lightly oiled stoneware casserole and cover with parchment paper or oiled brown bake.
3. Bake at 350° for 45 minutes.

### **Wilted Greens with Pasta**

1 bag spinach-washed, stems removed and coarse chopped  
1/4 head green curly endive-washed, and coarse chopped  
1 large onion-sliced  
1 Tbs. olive oil  
3 cloves garlic-slivens  
salt  
crushed red pepper  
1/2 lb. cooked whole grain capellini  
2 Tbs. fresh oregano-minced  
1/2 cup pasta water  
1/2 lb. fresh parmesan cheese-grated

Optional: tomatoes and seared tofu, or chicken to make it an entrée.

1. Sauté onion in olive oil until just translucent.
2. Add garlic, salt and pepper, cook briefly 1 minute.
3. Stir in pasta, water, oregano, and dandelion greens. Stir continuously as greens wilt until pasta is hot. Stir in cheese and serve immediately.

### **Corny Salmon Pancakes**

1 recipe of whole grain pancake batter made with whole grain biscuit or pancake mix.

(similar to Bisquick™ only whole grain-Hodgson Mills is a good brand)

1 cup cooked cut-off-the-cob corn  
left-over cooked salmon or canned salmon or crabmeat

1. Place pancake batter on medium hot griddle pan and sprinkle with corn and salmon.
2. When edges begin to cook and bubbles appear in pancakes, turn and finish cooking.
3. Serve with grilled salmon, or other fish.

### **Rice Stuffing**

2 slices nitrate-free bacon-diced  
½ cup diced onion  
1 cup sliced mushrooms  
3 cup cooked brown rice  
½ cup whole wheat bread crumbs  
2 Tbs. tomato paste  
1 Tbs. lemon juice  
2 tsp. soy sauce

1. Fry bacon until crisp. Drain grease off. Add onions, sauté until translucent. Add mushrooms, and rice, mix well and sauté for 1 minute.
2. Add tomato paste and all other ingredients. Stir well.
3. Cool slightly before stuffing fish, or poultry.

### **Polenta with Mushrooms**

1 Tbs. butter  
1 onion-minced  
1 clove pressed garlic  
1 Tbs. fresh minced herbs of your choice  
2 cup washed and sliced mushrooms  
2½ cup boiling vegetable stock  
1 cup polenta (or cornmeal)  
1 cup crumbled bleu cheese

1. Melt butter in medium sauce pot. Sauté onion for approximately 2 minutes without browning.
2. Stir in garlic, mushrooms and herb, cook and stir for another minute on low heat.
3. Add hot stock and heat to a full rolling boil.
4. Gradually add polenta in a slow but steady stream, stirring briskly the entire

- time you are adding. Cook and stir on low heat for 3 minutes.
4. Remove from heat. stir another minute to cool slightly. Stir in bleu cheese.
  5. Serve immediately. (OR pour into greased loaf pan and refrigerate, slice and sear in hot olive oil or butter to reheat)

### **Healthy Macaroni and Cheese**

1/2 lb. cooked whole wheat elbow macaroni  
2 cup whole milk (or 1 % (or 2%) milk)  
1 1/2 cup diced white cheddar cheese  
1/2 cup diced parmesan  
3/4 tsp. salt  
1/4 tsp. cayenne pepper  
Wondra™ flour to thicken

Optional: 1 cup seasoned bread crumbs/1/4 cup cheddar cheese-grated

1. Place milk in heavy sided sauce pot. Using medium flame, heat slowly to a scald. (just below a boil)
2. Add salt and pepper, and reduce heat and stir in flour gradually until the desired thickness is achieved.
3. Stir in cheese, continue to stir and heat on low until cheese is melted.
4. Combine elbows and sauce, serve as is or pour into casserole and top with crumbs and cheese. Bake for 1/2 hour until top is crusted.

### **Oven Brown Potatoes**

2 baking potatoes-washed and cut into spears  
1 tsp. olive oil  
salt and pepper  
1/4 tsp. Italian seasoning mix

1. Toss cut potatoes in olive oil and spices.
2. Arrange on baking stone and bake at 375° for 30 minutes.

### **Potato Pancakes**

1 large baking potato-grated  
1 large sweet potato-grated  
1/4 cup minced onion  
1 tsp. thyme leaves-minced  
1/2 tsp. sage-minced  
1 whole eggs

3 egg whites  
½ cup biscuit mix (preferably a whole wheat variety, Hodgson Mills makes a good one)  
salt and pepper  
¼ cup olive oil for frying

Combine all of the ingredients except the olive oil. Drop by spoonfuls on a oiled griddle and cook until done.



### **Sweets, Desserts**

#### **Grape Jelly Cake**

(or any kind of jelly for that matter) This is an old fashioned recipe that is fun for the whole family and a little bit healthier too.

½ cup butter  
2 Tbs. butter  
3 Tbs. canola oil  
1 ½ cup sugar  
3 eggs  
2 cup AP Flour  
1 cup whole wheat flour  
½ tsp. ea. cinnamon, nutmeg & allspice (or 1 ½ tsp. Cinnamon Plus)  
1 ½ tsp. baking soda  
1 cup milk  
1 - 9 oz. jar Organic all-fruit jam

1. Cream sugar, butter and oil until smooth and creamy.
2. Add Eggs in one at a time and mix on med-high speed until light and fluffy.  
About 5 minutes.
3. Sift flours, and spices.
4. In Measuring cup; add soda to milk. Allow to sit for 5 minutes to sour.
5. Add wet and dry alternately to sugar mixture; continue mixing between additions.
6. Fold in Jam last.
7. Pour into parchment lined Bar Pan.
8. Bake at 375° for 30 minutes.
9. Cool completely and ice with following icing.

## **Icing**

½ cup butter-softened  
½ cup vegetable solid shortening (trans-fat free)  
½ cup milk (skim, soy , or whole)  
2 Tbs. milk (skim, soy , or whole)  
2 tsp. vanilla extract  
2 lb. confectionery sugar

1. In electric mixer, beat shortening and butter until soft. Add all other ingredients and beat slowly until combined, scraping bowl frequently.
2. Beat until smooth and creamy.

## **Star Spangled Cheesecake**

### **CRUST**

1.5 cup whole grain or reduced-fat graham crackers  
(or 1 package if ea box has 3 pkg)  
1 Tbs. butter-melted  
1 Tbs. canola oil  
1 Tbs. pure vanilla extract

1. Put all ingredients into a food processor and whirl until crumbly.
2. Lightly spray 9" springform pan with vegetable spray.
3. Put crumb mixture into pan and pat down lightly , being sure that the crumbs run up the side about ½ ". Set aside.

### **FILLING**

1 ½ lb. fat-free cream cheese  
1 Tbs. lemon juice  
2 Tbs. pure vanilla extract  
3 each whole eggs  
6 oz. egg whites  
1 cup sugar (minus 2 Tbs.)  
zest of one lemon

1. In food processor, cream the cream cheese with the lemon juice and vanilla until smooth.
2. Add all other ingredients and mix until light and fluffy. Scrape bottom and mix again.
3. Pour filling into pan and bake in 350° oven for 1 hour without opening the oven door.
4. Remove from oven. Cheesecake should be set but still slightly jiggle in the center. Allow to cool at room temperature for 45 minutes.

## TOPPING

- 1 cup sour cream
- 1 Tbs. vanilla extract
- 2 Tbs. sugar (from above)

1. Combine all ingredients and set aside.
2. Pour topping onto cooled (for 45 minutes) cheesecake and return to the oven for *only* 15 minutes. Refrigerate until fully cooled.

## FRUIT GLAZE

- 1 jar of all fruit jam

1. Microwave jam until melted.
2. Arrange washed and cut fruit on top of cheese cake and gently pour over jam, refrigerate.

## Fun, Fast Healthy Rice Pudding

- 2 eggs
- 4 oz. egg white
- 2 Tbs. vanilla extract
- 1 Tbs. orange zest
- ½ cup brown sugar
- ½ orange-juiced
- ½ cup organic raisins
- 2 cup 1 % milk
- 2 cup cooked brown rice
- 1½ cup Kashi® Go Lean Crunch *OR* O' Cocos Cookies

1. Combine first 7 ingredients in mixing bowl and mix well.
2. Add rice and mix well.
3. Place one cup cookie crumbs or crunch in bottom of baking pan. Pour in rice mixture and top with remaining crumbs.
4. Bake at 375° for 30 minutes.

## Good-For-You Fruit Cobbler

- ¾ cup WW. flour
- ½ cup white flour
- ¾ cup rolled oats
- ½ cup pecans-chopped
- 1 cup brown sugar-packed
- ¼ cup melted butter
- ¼ cup canola oil

10 Organic Apples  
½ bag frozen organic blueberries

1. Combine all ingredients together well.
2. Peel, core and wedge or slice apples and wash blueberries.
3. Toss together with topping, saving 1 cup to sprinkle on top.
4. Sprinkle reserved on top and bake for 30 minutes at 375°.
5. Serve with ice cream or whipped cream.

### **Misc & Snacks**

#### **Raisin Crisp**

1 loaf whole grain Ezekiel raisin bread-cut into 1/4s diagonally  
2 Tbs. cinnamon sugar (optional)

Arrange cut bread on flat baking stone, sprinkle with cinnamon sugar if desired. Bake until crisp, cool and store in a sealed bag or container. Eat these as a sweet snack, like a cookie.

#### **Trail Mix**

1 pkg. (12 oz.) raisin  
1 cup cashews (walnuts)  
1 cup almonds  
2 cup dried apricots  
1 cup peanuts

Use any ingredients you want. Combine all ingredients and store in air tight container. Divide into ¼ cup servings and store in freezer for a quick grab.

#### **Fruit Milkshake**

16 oz non-fat plain yogurt  
2 ripe bananas  
1 cup pineapple juice  
2 tsp. flax seed oil (optional)  
Protein powder (optional)

#### **Or Milkshake with less calories**

8 oz. skim milk  
½ banana  
sprinkle of cinnamon  
splash of vanilla  
2 ice cubes  
Plain protein powder as directed on package

Combine all ingredients thoroughly in blender or food processor. (You can use any kind of fruit you want.)

### **Whole Wheat Pizza Crust**

- 1 pkg. (1 Tbs.) dry yeast
- 2 tsp. honey
- 1 ½ cup luke warm water
- 1 ½ cup AP flour
- 1 ½ cup stone ground wheat flour
- 1 tsp. salt
- 2 Tbs. olive oil

1. Put yeast, 1 tsp. honey and ½ cup warm water in small bowl. Stir gently till dissolved. Allow to ferment for 3 minutes until foamy.
2. Place flours and salt into large bowl and blend. Make a well in the center.
3. Pour balance of honey, warm water and olive oil into well. Stir till combined.
4. Dump out onto floured table top and knead with flour for 5-7 minutes. Add more flour as needed. Dough should be elastic when finished.
5. Return dough to greased bowl, cover with damp paper towel, and saran wrap.
6. Proof for 45 minutes or until double in bulk in a humid 75° proof box, or if you prefer overnight under refrigeration. (This is the way I usually do it)
6. Divide into 3 balls. Freeze or refrigerate those you will not use today.
7. Stretch dough into a 13" pizza and top with the desired toppings.
8. Bake in a 500° oven for 5-7 minutes.

**Tortilla With Black Bean Salsa-** Make a cream cheese dip and a salsa from the dip, condiment section and your bowl, then assemble at service time.

### **Tortilla Bowl**

- 1 Pkg. whole wheat flour tortillas
- 1 egg white-whisked until frothy
- 1 tsp. spice blend of your choice

1. Cut flour tortillas in half., then using a stoneware baking bowl, dip tortillas in egg white and line baking bowl with tortillas. Overlap tortillas by approximately one inch, and go around bowl until completely covered.
2. Bake at 350° until golden brown and crisp. Note bowl may need rotated for even baking. Set aside to cool.
3. Sprinkle extra tortillas with lemon pepper seasoning, bake until golden brown.

### **Baked Tortilla Chips**

- 1 pkg. whole wheat flour tortilla

### Lemon Pepper Seasoning Mix

1. Cut tortillas into 10 wedges like a pie.
2. Arrange tortillas on a baking stone and sprinkle with seasoning mix.
3. Bake at 375° for 20 minutes or until brown and crisp.

### Easy Spanish Tapas

**Combine:** 8 oz. reduced-fat cream cheese with 1 tsp. Rosemary Herb Seasoning Mix and 2 pressed garlic cloves.

**Combine:** ½ cup chopped green olives, chopped kalamata olives, 2 pressed garlic cloves ½ cup chopped tomato, ½ tsp. lemon zest, 2 Tbs. chopped fresh parsley, ½ cup chopped roast red pepper and ¾ cup grated feta cheese.

**Spread:** cream cheese on to toasted *whole grain* bread rounds or crackers, or tortillas and top with olive topping.

Visit the online stores that Deb buys her foods from at:

[www.DebsFavoriteWholeFoodSnacks.com](http://www.DebsFavoriteWholeFoodSnacks.com)

They have many cereals, snacks, soups, natural meats and more....

Learn more about increasing your metabolism and never having to go on a diet again at  
[www.WowYouAreReallyLucky.com](http://www.WowYouAreReallyLucky.com)

Professional Speaking Services

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FoodSmart Productions and Now We're Cooking TV Show

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Whole Food Snacks

[www.DebsFavoriteWholeFoods](http://www.DebsFavoriteWholeFoods)

Bio-Available Vitamins

[www.GiveMeMoreEnergy.com](http://www.GiveMeMoreEnergy.com)

Quality Kitchen Tools:

[www.PamperedChef.biz/DebBixler](http://www.PamperedChef.biz/DebBixler)

### Quick Tips

**Buy your food based on what is in it.** Look at the ingredients list first and find food with quality ingredients. Then go to the nutritional analysis second. If it is low calorie and all chemicals it is not a good choice. Your body needs real foods. Do not buy your foods based on the label!

**Chemicals:** Avoid chemicals at all cost. They are addictive and have no nutritional value.

**Non-Nutritive Sweeteners:** The above statement goes for non-nutritive sweeteners too. These chemicals set you up in a cycle of craving sugar. You are better off having a little sugar to satisfy your bodies need.

**Whole Grains:** Do not go by the label. In the ingredients list look for the word whole, 100%, or stone ground in front of the word that is the grain. This applies to all grains except corn and oats. Corn and oats are always whole grain. This rule applies to all grains rye, barley, kamut, rice (It is OK to say brown or whole), wheat, pumpernickel, etc. It also applies to all starches such as cereals, bread, pasta, crackers, etc. Enriched or organic flours are not whole grain unless they say so.

**Some good brands for good-for-you conveniences** in carbohydrates: crackers, pancake, muffin mixes, etc: Ezekiel, Hodgson's Mills, Barbara, Natures Path, Wheatabix, Kashi, Hahn's. I am sure your grocery store has an organic section. That is where you will find some good-for-you convenience foods. Remember you still have to look at the ingredient list first, then second go to the nutritional analysis. Don't buy your food based on the label! They can say anything they want on the label. The ingredients list is where the facts are!

You can increase your metabolism and never have to go on a diet again when you learn skill power as opposed to will power.



Consider me 911 of the kitchen!  
Call any time with any question!  
717.751.2793  
Email: [DebBixler@FoodSmart.tv](mailto:DebBixler@FoodSmart.tv)