

Crispy Baked Chicken Tenders

Nutrition facts

- Amount per Serving
- Calories: 333
- Protein: 50g
- Total Fat: 8g
- - Saturated Fat: 2g
- Cholesterol: 190mg
- Total Carbohydrate: 15g
- Dietary Fiber: 3g
- Sodium: 420mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Heart Health](#)
- [Migraines](#)
- [Teeth](#)

Take note

- Contains Wheat/Gluten
- Contains Egg

Greasy fried chicken tenders get a healthy makeover! I coat them in a wholesome, whole-grain crust (with a touch of cheese for extra flavor) — then bake them in a hot oven so they get ultra-crispy without ever coming close to a deep-fryer.

- Prep time 10 mins
- Total Time 25 mins

This recipe makes 5 Servings

Ingredients:

- 3/4 cup whole-wheat bread crumbs
- 1/2 cup wheat germ, toasted
- 1/4 cup grated Parmesan cheese
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 pinch cayenne pepper (optional)
- 1 teaspoon Kosher salt (omit salt if you have high blood pressure)
- 2 eggs
- 2 pounds skinless, boneless chicken tenders
- 1/2 teaspoon Dried rosemary, thyme or other herbs (optional)

Preparation:

Preheat the oven to 450°F. Line two baking sheets with aluminum foil and liberally coat with oil spray.

In a large bowl stir together the bread crumbs, wheat germ, parmesan cheese, onion powder, garlic powder, cayenne pepper (if using), salt, dried herbs and pepper until well combined.

In a small bowl whisk the eggs.

Dip the chicken tenders into the egg. Drip off any excess egg, then place in the breading mixture. Turn the tenders, patting to coat on all sides with the breading. Place the tenders on the baking sheets. Mist the top surface of the chicken tenders with oil spray.

Bake for 15 minutes, or until the breading is golden brown and crispy and chicken is opaque throughout.

Makes 5 servings

Serving size: 4 to 5 tenders

Serving Suggestion: Roast veggies before you put the chicken in (potato wedges, cubed zucchini, cubed squash, broccoli florets, garlic heads, onion, etc). Coat with Olive oil and sprinkle with seasoning of choice (i.e., garlic powder, salt, cavender's no salt, or curry powder). Turn often until brown and tender, can cook 1/2 then add the chicken and continue to cook together.

Leftover Idea: Cut up and serve over salad for lunch!

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Spinach Taco Burgers

Nutrition facts

- Amount per Serving
- Calories: 155
- Protein: 22g
- Total Fat: 4g
- - Saturated Fat: 1g
- Cholesterol: 55mg
- Total Carbohydrate: 6g
- Dietary Fiber: 2g
- Sodium: 355mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Memory](#)
- [IBS](#)
- [Heart Health](#)

Here's a kid favorite with a nutritionist's special touch: I add frozen chopped spinach (so convenient!) right into the burgers for a huge blast of vitamins and minerals.

- Prep time 5 mins
- Total Time 15 mins

This recipe makes 6 Servings

Ingredients:

- 1.25 pounds lean ground turkey (at least 90% lean)
- 10 ounces frozen, chopped spinach (thawed and drained)
- 1 packet low-sodium taco seasoning mix

Preparation:

In a large bowl, use both hands to mix together the ground turkey, spinach, and taco seasoning until blended. Divide the burger mixture to form six patties.

Preheat a large skillet liberally coated with oil spray over medium-high heat (or preheat a grill pan or outdoor grill). Add the burgers and cook about 5 minutes per side, or until burgers are no longer pink in the center.

Serving suggestion: Serve burgers on whole wheat buns with lettuce, sliced tomato and onion, and optional ketchup, mustard and/or salsa. Individuals with type 2 diabetes can enjoy the burger on ½ bun to reduce the carbohydrate count.

<http://www.joybauer.com/recipes>



Family Physicians
of Laramie

Dilly Green Bean and Tomato Salad

Nutrition facts

- Amount per Serving
- Calories: 70
- Protein: 2g
- Total Fat: 4g
- - Saturated Fat: 1g
- Total Carbohydrate: 9g
- Dietary Fiber: 4g
- Sodium: 80mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Memory](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Cancer Prevention](#)

This summery salad is the perfect, colorful side dish for picnics and cookouts. The prep is simple, and the addition of fresh dill brings these vegetables to life.

- Prep time 10 mins

- Total Time 15 mins

This recipe makes 4 Servings

Ingredients:

- 3/4 pounds beans, green
- 2 large tomatoes
- 1 tablespoon olive oil
- 1 tablespoon fresh chopped dill weed
- 1 medium lemon, juiced
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon ground black pepper

Preparation:

Snap ends off green beans and cook in boiling water for 2 minutes; drain and chill in a bowl of ice water. Cut tomatoes into wedges.

In a large bowl, whisk together lemon juice, olive oil, dill kosher salt and pepper. Add the green beans and tomatoes and toss in the dressing; serve immediately.



Chopped Chicken Salad with Apples and Walnuts

Nutrition facts

- Amount per Serving
- Calories: 460
- Protein: 42g
- Total Fat: 16g
- - Saturated Fat: 2g
- Cholesterol: 95mg
- Total Carbohydrate: 41g
- Dietary Fiber: 11g
- Sodium: 450mg

Good for

- [Type 2 Diabetes](#)
- [Mood](#)
- [Celiac Disease](#)

This salad is delicious, and provides generous amounts of protein, high-quality carbs, soluble fiber, and 80 percent of your daily requirement for folate.

- Prep time 15 mins

This recipe makes 1 Serving

Ingredients:

- 3 cups chopped lettuce chopped (preferably romaine)
- 4 ounces cooked chicken breast, chopped
- 2 tablespoons cooked garbanzo beans (chickpeas)
- 1/2 medium apple (with skin), chopped

- 1/4 cup chopped cucumber (with peel)
- 1/2 tomato, chopped
- 1/4 avocado, chopped
- 1 stalk celery, chopped
- 2 scallions (green onions), finely chopped
- 1 tablespoon chopped walnuts
- 2-4 tablespoons reduced-calorie raspberry vinaigrette

Preparation:

Place the lettuce in a large bowl. Add the chicken, chickpeas, apple, cucumber, tomato, avocado, celery, scallions, and walnuts. Drizzle with the vinaigrette and toss to coat.

<http://www.joybauer.com/recipes>



Hearty Vegetable Bean Soup

Nutrition facts

- Amount per Serving
- Calories: 243
- Protein: 13g
- Total Fat: 2g
- - Saturated Fat: 0g
- Cholesterol: 0mg
- Total Carbohydrate: 46g
- Dietary Fiber: 13g
- Sodium: 196mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Mood](#)
- [Hair](#)
- [Memory](#)
- [Heart Health](#)
- [Cancer Prevention](#)

Take note

- Vegetarian

With veggies rich in vitamin C, beta-carotene, quercetin, and lycopene, this soup packs a lot of nutrition in just one serving — and I promise you will not be disappointed with the taste.

- Prep time 15 mins
- Total Time 50 mins

This recipe makes 8 Servings

Ingredients:

- 1 teaspoon olive oil
- 1 onion, sliced
- 2 leeks, chopped
- 2 garlic cloves, minced
- 3 zucchini squash, chopped
- 2 large carrots, chopped
- 1 cup mushrooms, sliced
- 1 cup green beans, cut into 1-inch pieces
- 1 large potato, peeled and halved
- 3 tablespoons fresh chopped cilantro
- 4 cups low-sodium chicken broth (or vegetable broth)
- 2 cups no-salt-added crushed tomatoes
- 1 can no-salt-added stewed tomatoes, with juice
- 1 fifteen-ounce can no-salt-added navy or kidney beans, rinsed and drained
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1 teaspoon Kosher salt

- 1 seven-ounce bag frozen chopped spinach or kale
- 1/3 cup fresh parsley, chopped
- ground black pepper, to taste

Preparation:

Heat the oil in a large nonstick pan over medium-high heat. Add the onion, leeks, and garlic and sauté until soft.

Add the zucchini, carrots, mushrooms, green beans, potato, cilantro, broth, crushed tomatoes, stewed tomatoes, beans, basil, oregano, and salt. Bring to a boil. Simmer for 25 minutes, or until the potato is cooked.

Transfer the potato to a food processor or blender with some of the cooking liquid, and purée it. Return it to the pan and add the spinach or kale and parsley. Season to taste with black pepper and additional salt if desired.

Makes 8 Servings

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Roasted Tomato and Garlic Soup

Nutrition facts

- Amount per Serving
- Calories: 120
- Protein: 7g
- Total Fat: 2g
- - Saturated Fat: 1g
- Total Carbohydrate: 23g
- Dietary Fiber: 5g
- Sodium: 690mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Memory](#)
- [Heart Health](#)
- [Cancer Prevention](#)

Slurp up a bowl of this delicious soup. It has fantastic flavor - and its made with low-cal nonstarchy veggies and seasonings, so if you want a second bowl, go for it. Bonus: cooked tomatoes are loaded with a cancer-fighting antioxidant called lycopene!

- Prep time 10 mins
- Total Time 42 mins

This recipe makes 8 Servings

Ingredients:

- 4 can(s) tomatoes, whole, peeled, canned (28 ounces each), drained and cut in half
- 20 clove(s) garlic peeled and cut in half
- 1 small onion(s), red cut thin
- onion powder to taste
- garlic powder to taste
- pepper, black freshly ground, to taste
- 48 ounce(s) broth, chicken, fat-free, low-sodium

Preparation:

Preheat the oven to 425 degrees. Line 2 non-stick baking trays with tomatoes (cut side down), garlic, and onion. Coat lightly with oil spray. Cover generously with freshly ground black pepper, onion powder and garlic powder. Lightly sprinkle with sea salt.

Place baking trays in oven and cook for about 25 minutes.

Add chicken broth to a large pan on top of the stove and bring to a boil, then add the contents of the baking sheets. Turn off the stove and allow mixture to cool for about 2 minutes.

Purée everything together by either using an immersion blender, or pouring batches in a blender until no chunks exist.

Ladle into bowls and enjoy!

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FamilyPhysicians
of *Laramie*

Buffalo Chicken Burger

Nutrition facts

- Amount per Serving
- Calories: 220
- Protein: 23g
- Total Fat: 13g
- - Saturated Fat: 5g
- Cholesterol: 100mg
- Total Carbohydrate: 3g
- Dietary Fiber: 0g
- Sodium: 830mg

Good for

- [Type 2 Diabetes](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Memory](#)

Take note

- Contains Dairy

This lean and spicy burger tastes just like buffalo wings — minus the grease! Thanks to Joy Fit Club member Clint Lehman for sharing his recipe.

- Prep time 10 mins
- Total Time 20 mins

This recipe makes 4 Servings

Ingredients:

- 1 pound lean ground chicken
- 1 small onion, chopped
- 1/4 cup finely chopped celery
- 1/4 cup Frank's hot sauce (or more to taste)
- 2 ounces crumbled blue cheese
- 1 dash ground cumin
- 1 dash chili powder
- ground black pepper, to taste
- 1 dash crushed red pepper

Preparation:

In a large bowl mix all ingredients together. Form into 4 patties. Cook on a hot skillet, grill pan, or outdoor grill, 5 minutes per side or until cooked through.

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Protein Power Smoothie

Nutrition facts

- Amount per Serving
- Calories: 260
- Protein: 25g
- Total Fat: 3g
- - Saturated Fat: 2g
- Cholesterol: 75mg
- Total Carbohydrate: 34g
- Dietary Fiber: 7g
- Sodium: 130mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Arthritis](#)
- [Mood](#)
- [PMS](#)
- [Memory](#)
- [Celiac Disease](#)
- [Teeth](#)

Take note

- Contains Dairy

If you're looking to shed a few pounds, this smoothie is a great meal replacement option for breakfast or lunch. The extra protein from

the shot of protein powder gives you a burst of energy and helps hold you over until your next meal.

- Prep time 0 mins
- Total Time 3 mins

This recipe makes 1 Serving

Ingredients:

- 3/4 cup unsweetened almond milk (may substitute soy or skim milk)
- 1.5 cups fruit of your choice, fresh or frozen
- 1 scoop whey protein powder (may substitute pea, rice, or other protein powder)*
- 3 - 5 ice cubes

Preparation:

Combine all ingredients in a blender and blend until smooth and frothy.

In the winter months, fresh fruit options may be limited, so take advantage of affordable, frozen fruit — it's perfect for smoothies. Some of my favorite fruit combos include: banana and mango, strawberry and peach, and triple berry (raspberry, blackberry, blueberry).

**Note: For celiac disease, check the protein powder label to ensure it's gluten-free.*

<http://www.joybauer.com/recipes>



Chesapeake Shrimp Boil

Nutrition facts

- Amount per Serving
- Calories: 245
- Protein: 46g
- Total Fat: 4g
- - Saturated Fat: 1g
- Cholesterol: 345mg
- Total Carbohydrate: 3g
- Dietary Fiber: 0g
- Sodium: 335mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Memory](#)
- [IBS](#)

Meals don't get much simpler than this! I like to enjoy a mound of this well-seasoned shrimp with a large tossed salad and an ear of sweet corn.

- Prep time 0 mins
- Total Time 20 mins

This recipe makes 1 Serving

Ingredients:

- 2 bay leaves
- 1.5 teaspoon celery seeds
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dry mustard
- 1/2 pound medium shrimp in shells (approximately 15-18 shrimp)
- 1 lemon, cut into wedges

Preparation:

In a large pot bring two quarts of water to a boil.

Add the bay leaves and all of the spices to the pot. Reduce the heat to medium-low and simmer, covered, for 10 to 15 minutes.

Bring the water back up to a full boil, add the shrimp, and cook for about 2 minutes, or until the shrimp are opaque and cooked through (cooking time will vary depending on the size of the shrimp).

With a slotted spoon transfer the shrimp from the pot to an individual serving bowl. Spoon some of the cooking liquid over the top, and squeeze the lemon wedges over the shrimp.

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FamilyPhysicians
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Mediterranean Chopped Salad

Nutrition facts

- Amount per Serving
- Calories: 50
- Protein: 1g
- Total Fat: 3g
- - Saturated Fat: 0g
- Cholesterol: 0mg
- Total Carbohydrate: 6g
- Dietary Fiber: 2g
- Sodium: 105mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Memory](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Quick Meal

Fresh produce takes the starring role in this light and refreshing salad, and lemon juice dressing adds a tangy kick. This colorful dish is amazingly delicious—a perfect side dish or standalone meal with the addition of chickpeas and feta cheese.

- Prep time 10 mins
- Total Time 10 mins

This recipe makes 2 Servings

Ingredients:

- 1 medium cucumber, chopped
- 1 large tomato, diced
- 1 stalk celery, chopped
- parsley, to taste
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 pinch Kosher salt

Preparation:

Mix tomatoes, cucumbers, celery, and parsley in a bowl. Toss with olive oil, lemon juice, and salt. Garnish with lemon wedges.

<http://www.joybauer.com/recipes>



FamilyPhysicians
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Ricotta-Mushroom Pita Pizza

Nutrition facts

- Amount per Serving
- Calories: 225
- Protein: 16g
- Total Fat: 5g
- - Saturated Fat: 3g
- Cholesterol: 20mg
- Total Carbohydrate: 38g
- Dietary Fiber: 7g
- Sodium: 425mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Heart Health](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Contains Dairy

You won't miss that cheesy Sicilian slice from your local pizzeria after you try this ricotta-mushroom pie. By using a pita bread as the crust, I create a delicious personal pizza that's perfectly portion-controlled. Healthy comfort food at its best!

- Prep time 5 mins
- Total Time 18 mins

This recipe makes 1 Serving
Ingredients:

- 1 whole-wheat pita (choose a brand with 150 calories or less)
- 1 cup mushrooms, sliced
- 1/8 teaspoon garlic powder
- Kosher salt, to taste
- ground black pepper, to taste
- 3 tablespoons part-skim ricotta cheese
- 1 pinch crushed red pepper flakes (optional)
- Preparation:
 - Preheat the oven to 425°F. Line a baking sheet with aluminum foil.
 - Place the pita bread (closed, do not cut open) on the baking sheet and mist the surface with oil spray. Toast the bread in the oven for 5 minutes. Remove from oven and cool for a few minutes.

- Meanwhile, coat a small skillet with oil spray and preheat over medium-high heat. Add the mushrooms and cook until soft, about 4 minutes. Season with the garlic powder and salt and pepper to taste.
- Spread the ricotta cheese evenly over the toasted pita bread. Top with the sautéed mushrooms, and sprinkle with crushed red pepper flakes, if using (sprinkle lightly — they're very hot!). Bake the pizza for 8 minutes.

<http://www.joybauer.com/recipes>



FamilyPhysicians
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Edamame and Brown Rice Salad

Nutrition facts

- Amount per Serving
- Calories: 290
- Protein: 12g
- Total Fat: 7g
- - Saturated Fat: 1g
- Cholesterol: 0mg
- Total Carbohydrate: 45g
- Dietary Fiber: 11g
- Sodium: 200mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Heart Health](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Quick Meal

This vegetarian entrée salad features fiber-rich brown rice, protein-packed edamame, and a rainbow of vegetables seasoned with a nutty, flavorful Asian dressing. You'd be hard-pressed to find a salad that squeezes more nutrition into a single bowl!

- Prep time 15 mins
- Total Time 25 mins

This recipe makes 4 Servings

Ingredients:

- 1.5 cups shelled edamame, frozen
- 3 cups cooked brown rice
- 1 red bell pepper, diced
- 3 carrots, peeled and grated (may substitute 1 cup store-bought shredded carrots)
- 2 scallions (green onions), thinly sliced
- 1 lime, juiced
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons toasted sesame oil
- 1 teaspoon sriracha (add more if you like spicy food)

Preparation:

Fill a medium saucepan with water and bring to a boil. Add the frozen edamame and cook for 3 minutes. Drain and rinse with cold water; cool to room temperature.

In a large bowl, combine the edamame, rice, bell pepper, carrot, and scallions.

In a small bowl, prepare the dressing. Whisk together the lime juice, soy sauce, vinegar, sesame oil, and sriracha.

Pour the dressing over the salad and stir to coat the ingredients evenly with the dressing. Serve at room temperature or chilled.

Serving size: 1¾ cups

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FamilyPhysicians
of Laramie

Chocolate-Hazelnut Biscotti

Nutrition facts

- Amount per Serving
- Calories: 40
- Protein: 2g
- Total Fat: 1g
- - Saturated Fat: 0g
- Cholesterol: 14mg
- Total Carbohydrate: 6g
- Dietary Fiber: 1g
- Sodium: 73mg

Good for

- [Type 2 Diabetes](#)

Take note

- Contains Wheat/Gluten
- Contains Egg

Biscotti are one of my favorite desserts. Spend the time making a batch of these crunchy, sugar-free cookies — they're well worth it and just as fantastic as ones made with white flour.

- Prep time 20 mins
- Total Time 1 hour 10 mins

This recipe makes 20 Servings

Ingredients:

- 1.5 cups whole-wheat pastry flour
- 1 cup sugar substitute

- 1/2 cup unsweetened cocoa powder
- 1.5 tablespoons instant espresso powder
- 1 teaspoon baking soda
- 1/4 teaspoon Kosher salt
- 2 eggs
- 2 egg whites
- 2 teaspoons vanilla extract
- 1 teaspoon almond extract
- 1/4 cup hazelnuts, toasted and coarsely chopped

Preparation:

Preheat the oven to 300°F. Line a large baking sheet with parchment paper or waxed paper.

Sift the flour, sugar substitute, cocoa, espresso powder, baking soda, and salt onto a piece of waxed paper or foil. In a large bowl, combine the eggs, egg whites, vanilla, and almond extract. Beat with an electric mixer set on medium speed. Reduce the speed to low and gradually add the flour mixture until a stiff dough forms, adding the hazelnuts when the dough is about half mixed.

On a floured surface, divide the dough in half. Form each half into a 12"-long log, pressing down the top slightly to a 3" width. Transfer the logs to the prepared baking sheet, placing them an inch or two apart. Bake until almost firm to the touch, about 40 minutes. Remove from the oven and let cool for 10 minutes.

Using a spatula, carefully transfer the logs to a work surface. Using a serrated knife, cut logs on the diagonal into 1/2"- to 3/4"-thick slices. Arrange the slices, cut side down, on the baking sheet. Return to the oven and bake 30 minutes longer, turning once halfway through. Cool completely on a wire rack. Store in an airtight container in the refrigerator for up to 2 weeks.

Diabetic Exchanges: 1/2 starch

<http://www.joybauer.com/recipes>



FamilyPhysicians
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Hearty Lentil Vegetable Soup

Nutrition facts

- Amount per Serving
- Calories: 173
- Protein: 12g
- Total Fat: 1g
- - Saturated Fat: 0g
- Cholesterol: 0mg
- Total Carbohydrate: 31g
- Dietary Fiber: 11g
- Sodium: 505mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Skin](#)
- [Memory](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Cancer Prevention](#)

Take note

- Vegetarian

Here's an easy vegetarian supper to add to your meatless meal rotation. The lentils and

sweet potato in this cozy soup deliver a double dose of soluble fiber, which helps lower cholesterol, smooth out blood sugars, and stabilize mood.

- Prep time 10 mins
- Total Time 1 hour 30 mins

This recipe makes 8 Servings

Ingredients:

- 2 quarts low-sodium vegetable broth
- 2 packages small button mushrooms, sliced
- 1 nine-ounce bag baby spinach
- 2 pounds baby carrots
- 2 yellow summer squash, sliced into wheels
- 3 zucchini squash, sliced into wheels
- 1 large sweet potato, cut into thick slices or chunks
- 8 whole garlic cloves
- 2 yellow onions, sliced
- 3 cups water
- 1 cup yellow lentils
- Kosher salt, to taste
- ground black pepper, to taste

Preparation:

Add the broth, mushrooms, spinach, carrots, summer squash, zucchini, sweet potato, garlic,

onions, and water to a large pot and bring the liquid to boil.

Reduce the heat to low and simmer, covered, for 45 minutes, stirring occasionally. After the soup has simmered for 45 minutes, use a potato masher to mash the vegetables.

Add the lentils to the pot and stir. Simmer for an additional 30 minutes. For thinner soup, continue to cook the soup covered. For thicker soup, remove the cover after adding the lentils.

Season with salt and pepper to taste and serve. (If you like spicy food, add a few dashes of hot sauce to the pot or your bowl.)

Makes 8 servings

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Parm and Pepper Egg White Salad

Nutrition facts

- Amount per Serving
- Calories: 144
- Protein: 15g
- Total Fat: 6g
- - Saturated Fat: 2g
- Cholesterol: 10mg
- Total Carbohydrate: 9g
- Dietary Fiber: 1g
- Sodium: 625mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)

Take note

- Contains Dairy
- Contains Egg

I loosely translated the Italian classic *cacio e pepe* to a colorful egg white salad that is terrific served with peppery arugula on a toasted whole wheat English muffin. This low-calorie

protein-packed lunch will keep you energized for hours.

- Prep time 20 mins
- Total Time 25 mins

This recipe makes 4 Servings

Ingredients:

- 3/4 cup reduced-fat mayonnaise
- 1/2 cup grated Parmesan cheese
- 12 hard boiled egg whites, cooled and roughly chopped
- 1 teaspoon ground black pepper
- 1/2 red bell pepper, finely diced
- 2 stalks celery, finely diced

Preparation:

In a large mixing bowl, combine the mayonnaise, Parmesan cheese, and black pepper. The dressing will be thick.

Add the chopped egg whites, bell pepper, and celery, and stir to evenly coat with the dressing.

Notes: If you prefer less black pepper, start with only 1/2 teaspoon and increase to taste.

To make perfect hard-boiled eggs: Place the eggs in a large pot and cover with cold water by at least 1 inch. Bring the water to a rolling boil over medium-high heat. Once the water boils, remove the pot from the heat, cover it with a tight-fitting lid, and let it stand for 15

minutes. Rinse the eggs under cold water until cool to the touch, and they're ready to peel.

Serves 4. Serving Size: 1 1/4 cups

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Chicken Noodle Soup

Nutrition facts

- Amount per Serving
- Calories: 238
- Protein: 19g
- Total Fat: 7g
- - Saturated Fat: 1g
- Cholesterol: 40mg
- Total Carbohydrate: 26g
- Dietary Fiber: 5g
- Sodium: 675mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Skin](#)
- [Insomnia](#)
- [Cancer Prevention](#)

Take note

- Contains Wheat/Gluten

Chicken noodle soup is the perfect “food cure” for a bad winter cold (I’ve got research to prove it!). My take on this comfort food classic uses whole-grain noodles, lean chicken breast,

and an extra dose of veggies to boost the nutrition in every bowl.

- Prep time 10 mins
- Total Time 1 hour

This recipe makes 6 Servings

Ingredients:

- 1 large onion diced
- 2 tablespoon oil, olive
- 2 large carrots peeled and diced
- 3 parsnips peeled and diced
- 3 stalks celery diced
- 3 cloves garlic minced
- 1 sprigs thyme (may substitute ½ teaspoon dried thyme)
- 1 bay leaf
- 1 pinch crushed red pepper (optional)
- 3 cups egg noodles, whole wheat (such as Ronzoni Healthy Harvest)
- black ground pepper, to taste
- 2 tablespoons parsley chopped (optional)
- 2 quarts broth, chicken, less sodium
- 2 cups chicken breast (cooked) skinless, diced

Preparation:

Heat the olive oil in a large pot over medium heat. Add the onion and cook until soft and translucent, about 5 minutes.

Add the carrots, parsnips, and celery and sauté for 8 to 10 minutes. Add the garlic, thyme, bay leaf, and crushed red pepper (if using) and sauté for 2 minutes, stirring constantly. Add the chicken broth and bring to a boil over high heat. Reduce the heat to medium-low, cover the pot, and simmer for 20 minutes, or until the vegetables are tender.

Uncover the pot and bring the broth to a rolling boil over medium-high heat. Add the chicken and noodles and cook until the noodles are al dente, about 6 minutes.

Remove and discard the bay leaf, and season with pepper to taste. Ladle into bowls and garnish with parsley (if using).

Serving Size: 2 cups

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Quinoa with Yogurt, Grapes, and Toasted Seeds

Nutrition facts

- Amount per Serving
- Calories: 335
- Protein: 19g
- Total Fat: 8g
- - Saturated Fat: 0g
- Cholesterol: 0mg
- Total Carbohydrate: 49g
- Dietary Fiber: 6g
- Sodium: 55mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Quick Meal
- Contains Dairy
- Vegetarian

I make this parfait when I have leftover quinoa in the fridge from dinner the night before.

Delicious, filling, easy...everything I love in a breakfast!

- Prep time 5 mins
- Total Time 5 mins

This recipe makes 1 Serving

Ingredients:

- 1 cup cooked quinoa
- 3 ounces plain fat-free Greek yogurt
- 1 tablespoon roasted sunflower seeds, unsalted
- 5 medium seedless grapes, chopped

Preparation:

Top the quinoa with the Greek yogurt. Sprinkle the sunflower seeds and chopped grapes on top.

<http://www.joybauer.com/recipes>

Red Pepper, Chard and Feta Frittata

Nutrition facts

- Amount per Serving
- Calories: 165
- Protein: 16g
- Total Fat: 8g
- - Saturated Fat: 4g
- Cholesterol: 220mg
- Total Carbohydrate: 7g
- Dietary Fiber: 2g
- Sodium: 480mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Memory](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Teeth](#)
- [Insomnia](#)

- [Cancer Prevention](#)

Take note

- Contains Egg

Frittatas are an easy, vegetarian meal and a great way to transform eggs, a breakfast favorite, into a more substantial lunch or dinner entree. The chard and red pepper are a nutrient-dense pair that deliver an impressive array of vitamins and minerals.

- Prep time 5 mins
- Total Time 30 mins

This recipe makes 4 Servings

Ingredients:

- 1 red bell pepper, thinly sliced
- 1 medium onion, thinly sliced
- 1 bunch Swiss chard, stems removed and sliced into thin strips (may substitute spinach)
- 2 cloves garlic, minced
- 4 whole eggs
- 6 egg whites
- 1/2 cup crumbled feta cheese

Preparation:

Preheat the oven to 375°F.

Coat a large oven-safe skillet with oil spray and preheat over medium-high heat. Add the bell pepper, onion and chard and sauté until

the vegetables are soft, about 5 minutes. Add the garlic and sauté for 1 minute.

Meanwhile, in a large bowl, whisk together the whole eggs, egg whites, and black pepper to taste. Pour the egg mixture over the sautéed vegetables and cook, without stirring, for 2 minutes. Sprinkle the feta over the egg mixture. Place the pan in the oven and cook for 10 minutes, or until the eggs are set and puffed.

Allow the frittata to cool in the pan for about 5 minutes. With a spatula, turn the frittata out onto a cutting board, cut it into quarters, and serve.

Tip: Using a blend of whole eggs and egg whites allows you to cut back on calories, saturated fat, and cholesterol without sacrificing taste or texture. If you have diabetes or high cholesterol, consider reducing the cholesterol even more by using a combo of 3 whole egg whites and 8 egg whites.

<http://www.joybauer.com/recipes>



Family Physicians
of Laramie

Bean and Cheese Breakfast Burrito
Nutrition facts

- Amount per Serving
- Calories: 215
- Protein: 24g
- Total Fat: 6g
- - Saturated Fat: 2g
- Cholesterol: 10mg
- Total Carbohydrate: 25g
- Dietary Fiber: 12g
- Sodium: 600mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [PMS](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Contains Egg

This A+ breakfast is packed with both protein and fiber, a winning combo that's sure to give you a burst of energy in the morning. Add a dollop of spicy salsa to give your burrito a kick!

- Prep time 10 mins
- Total Time 21 mins

This recipe makes 1 Serving

Ingredients:

- 1/2 cup diced green bell pepper
- 1 teaspoon minced jalapeño
- 3 egg whites
- 2 tablespoons shredded reduced-fat cheddar cheese
- 1/4 cup cooked black beans (if using canned, rinse and drain well)
- 1 whole-grain high-fiber tortilla (100 calories or less)

Preparation:

Liberalily coat a small skillet with oil spray and preheat the pan over medium heat. Sauté the bell pepper and jalapeno until tender, about 5 minutes.

In a small bowl whip together the egg whites. Add the egg whites to the skillet and scramble until cooked through. Remove the cooked egg mixture from the heat and stir in the cheese and beans.

Add the mixture to the center of the tortilla. Top with salsa or hot sauce if desired. To make a burrito, fold up the bottom of the tortilla (to

prevent the filling from spilling out), and then fold over both of the sides.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of *Laramie*

Italian Stallion Lasagna

Nutrition facts

- Amount per Serving
- Calories: 260
- Protein: 21g
- Total Fat: 11g
- - Saturated Fat: 4g
- Cholesterol: 51mg
- Total Carbohydrate: 17g
- Dietary Fiber: 4g
- Sodium: 600mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Heart Health](#)
- [Cancer Prevention](#)

Take note

- Contains Dairy

Special thanks to Stacy Pasoni for this “noodle-free,” low-carb lasagna. Layers of yummy eggplant replace the noodles, and the filling is packed with superstar veggies, plus lean ground turkey and a cheesy decadent sauce.

- Prep time 10 mins
- Total Time 50 mins

This recipe makes 10 Servings

Ingredients:

- 1 large eggplant
- 2 tablespoons olive oil
- 1 sweet onion, diced
- 6 cloves garlic, pressed
- 1 green bell pepper, diced
- 1/2 cup shredded carrots
- 1/2 cup shredded zucchini
- 1 cup non-fat or low-fat cottage cheese
- 2 tablespoons fat-free cream cheese
- 1.5 cups Parmesan cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup nonfat plain Greek yogurt
- 1/2 cup nonfat sour cream
- 1 pound lean ground turkey (at least 90% lean)
- 1 jar marinara sauce

- Kosher salt, to taste
- ground black pepper, to taste
- dried Italian seasoning, to taste

Preparation:

Peel eggplant and slice lengthwise into ½ inch thick pieces. Then sauté in 1 tablespoon olive oil. Season with salt and pepper to taste. Set aside.

Sauté onion, garlic, green pepper, carrots and zucchini in one tablespoon of olive oil. Once cooked down, add ground turkey and cook until meat is done. Then, add marinara sauce to meat and vegetable mixture.

Mix all cheeses, yogurt, and sour cream in food processor. Reserve mozzarella and ½ cup of Parmesan cheese for the top.

Heat oven to 350 degrees. Spray 9x11 inch pan with oil spray. Layer eggplant, ½ of cheese mixture, and ½ of meat mixture twice. Cover the top with eggplant, mozzarella cheese, and remaining Parmesan cheese. Bake for about 25 minutes or until the cheese is golden brown.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Orange Pepper Beef Stir-Fry

Nutrition facts

- Amount per Serving
- Calories: 485
- Protein: 43g
- Total Fat: 21g
- - Saturated Fat: 4g
- Cholesterol: 74mg
- Total Carbohydrate: 32g
- Dietary Fiber: 5g
- Sodium: 590mg

Good for

- [Type 2 Diabetes](#)
- [Weight Loss](#)
- [Eye Health](#)
- [Hair](#)
- [Skin](#)
- [Teeth](#)

Take note

- Contains Wheat/Gluten

What could be fresher and brighter than orange juice, lime juice, and a rainbow of peppers? Add broccoli, beef, and a few Asian tastes, and you've got a quick and easy dinner that everyone enjoys.

- Prep time 20 mins

- Total Time 35 mins

This recipe makes 2 Servings

Ingredients:

- 1/2 cup low-sodium beef broth
- 1/2 pound beef, stew meat or top round
- 2 tablespoons reduced-sodium soy sauce
- 1/4 cup orange juice concentrate
- 2 tablespoons lime juice
- 1 tablespoon sesame oil
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 tablespoon cornstarch
- cooking spray
- 1 tablespoon canola oil
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 red onion, thinly sliced
- 1 cup broccoli florets
- 3 scallions (green onions), thinly sliced

Preparation:

Place the beef in the freezer for 15 to 20 minutes, until firm but not totally frozen, for

easy slicing. Cut into paper-thin slices against the grain.

In a large bowl, whisk the broth, soy sauce, orange juice concentrate, lime juice, sesame oil, garlic, and ginger. Stir in the cornstarch until no lumps remain. Set aside.

Spray a wok or large skillet with oil spray. Add the canola oil and warm over medium heat. Add the peppers, onion, and broccoli and cook, stirring, 4 to 5 minutes, until the vegetables begin to soften but are still crisp. Increase the heat to high and add the beef. Cook, stirring, 3 to 4 minutes, until the beef begins to take on color.

Reduce the heat to low and add the broth mixture. Cook 2 to 3 minutes longer, until the sauce thickens and the beef is no longer pink inside. Garnish with scallions. Serve immediately.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Chicken with Creamy Mushroom Sauce

Nutrition facts

- Amount per Serving
- Calories: 250
- Protein: 42g
- Total Fat: 6g
- - Saturated Fat: 3g
- Cholesterol: 105mg
- Total Carbohydrate: 6g
- Dietary Fiber: 1g
- Sodium: 385mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Heart Health](#)

Take note

- Contains Wheat/Gluten
- Contains Dairy

I concocted this tasty sauce when I was looking for a simple way to jazz up the typical weeknight chicken meal.

- Prep time 5 mins

- Total Time 40 mins

This recipe makes 4 Servings

Ingredients:

- 4 four-ounce boneless skinless chicken breasts
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon ground black pepper
- 16 ounces sliced white mushrooms
- 1.75 cups low-sodium chicken broth
- 3/4 teaspoon garlic powder
- 1 tablespoon all-purpose flour
- 2 tablespoons whipped butter

Preparation:

Liberally coat a large sauté pan with oil spray, and preheat the pan over medium-high heat.

Season the chicken breasts with the salt and pepper. Add the chicken breasts to the pan and cook for 5 minutes per side, or until cooked through. Transfer the chicken breasts to a plate.

Recoat the pan with oil spray. Add the mushrooms and sauté for 8 minutes, or until soft and browned. Add 1.5 cups of the broth and the garlic powder. Bring the broth to a boil. Reduce the heat to medium-low and simmer uncovered until about half of the liquid evaporates, about 8 to 10 minutes.

In a small bowl, whisk together the remaining 1/4 cup broth and the flour until fully

incorporated without any clumps. Add the mixture to the skillet, along with the whipped butter, and continue to stir as sauce thickens. Season with additional salt and pepper to taste.

Add the chicken breasts back to the pan and heat until warm. To serve, spoon the mushroom sauce over the chicken breasts.

Serving size: 1 chicken breast with mushroom sauce

<http://www.joybauer.com/recipes>

Chocolate Angel Food Cake



FamilyPhysicians
of Laramie

Nutrition facts

- Amount per Serving
- Calories: 70
- Protein: 7g
- Total Fat: 0g
- Cholesterol: 0mg
- Total Carbohydrate: 15g
- Dietary Fiber: 2g
- Sodium: 144mg

Good for

- [Type 2 Diabetes](#)

Take note

- Contains Wheat/Gluten
- Contains Egg

You won't believe that there are just 70 calories in one slice of this light, airy cake — and with no sugar at all! Serve at your next dinner party, trust me, no one will know the difference.

- Prep time 10 mins
- Total Time 50 mins

This recipe makes 8 Servings

Ingredients:

- 3/4 cup whole-wheat pastry flour
- 1.5 cups sugar substitute
- 1/4 cup unsweetened cocoa powder

- 2 teaspoons instant espresso powder
- 1.5 cups egg whites (from about 10 eggs)
- 1/4 teaspoon Kosher salt
- 2 teaspoons vanilla extract

Preparation:

Preheat the oven to 350°F. Line a 10" angel food cake pan with parchment paper or coat with cooking spray.

In a large bowl, sift the flour, sugar substitute, cocoa powder, and espresso powder *three times*. Set aside.

In a large metal bowl, beat the egg whites with the salt on high speed until they become stiff but not lumpy, 4 to 6 minutes. They should cling firmly to the side of the bowl when tilted. Add the vanilla, but do not mix.

With a spatula, gently fold one-third of the egg whites into the flour mixture. Repeat twice until all the egg whites are just combined, but not deflated.

Gently spread the batter into the prepared pan. Bake until the cake springs back when touched, 35 to 40 minutes. Remove from the oven and invert the pan onto its feet or the neck of a wine bottle. Let cool completely.

Gently run a long knife between the cake and the outer rim of the pan, pressing it firmly against the pan to prevent tearing the cake. Run the knife or a skewer around the inside of the tube. Invert the pan and remove the cake.

Diabetic Exchanges: 1 starch

<http://www.joybauer.com/recipes>



FamilyPhysicians
of *Laramie*

Protein Pancakes

Nutrition facts

- Amount per Serving
- Calories: 266
- Protein: 20g
- Total Fat: 3g
- - Saturated Fat: 1g
- Cholesterol: 0mg
- Total Carbohydrate: 41g
- Dietary Fiber: 4g
- Sodium: 220mg

Good for

- [Type 2 Diabetes](#)
- [Mood](#)
- [PMS](#)
- [IBS](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Migraines](#)
- [Insomnia](#)

Take note

- Contains Egg

Research shows that starting your day with a high-protein breakfast can aid weight loss. These pancakes are full of high-quality protein from egg whites — a smart choice if you're

looking to lose weight, or rev your system with an energizing meal.

- Prep time 3 mins
- Total Time 10 mins

This recipe makes 1 Serving

Ingredients:

- 1/2 cup rolled oats (quick cooking)*
- 4 egg whites
- 1/2 teaspoon vanilla extract
- 1 tablespoon granulated sugar (those with diabetes may use sugar substitute)
- 1/2 teaspoon ground cinnamon (optional)

Preparation:

Generously coat a skillet with oil spray and preheat over medium heat.

In a small bowl whip together all of the ingredients. Pour the mixture onto the skillet and cook for 2 to 3 minutes, or until golden brown, on each side.

Tip: For a moister pancake, cover the skillet with a lid while the pancake is cooking.

**Note: For celiac disease, make sure oats are certified gluten-free.*

Serving size: 1 large pancake

For a perfect on-the-go breakfast, pair a bag of my [Nourish Snacks](#) with a piece of fruit or a container of yogurt.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of *Laramie*

Curried Chicken Salad with Sweet Green Peas

Nutrition facts

- Amount per Serving
- Calories: 280
- Protein: 47g
- Total Fat: 5g
- - Saturated Fat: 0g
- Cholesterol: 110mg
- Total Carbohydrate: 14g
- Dietary Fiber: 4g
- Sodium: 330mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [PMS](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Cancer Prevention](#)

Take note

- Contains Dairy

Curry powder adds flavor and medicinal properties to this low-fuss chicken salad. The

turmeric spice in curry powder contains a compound called curcumin, which functions as both an anti-inflammatory and an antioxidant.

- Prep time 10 mins
- Total Time 10 mins

This recipe makes 1 Serving

Ingredients:

- 1/2 cup frozen peas (see Note)
- 5 ounces cooked chicken breast, shredded or chopped (canned or fresh)
- 1 tablespoon reduced-fat mayonnaise
- 1 tablespoon minced onion (or more to taste)
- 1 teaspoon curry powder

Preparation:

Rinse the green peas in a colander under cold water until thawed.

In a small bowl mash the chicken breast. Add the mayonnaise, onion, curry powder, and peas to the bowl, and gently mix until all of the ingredients are combined.

Serving suggestion: Plate the chicken salad over a bed of salad greens dressed with a teaspoon of olive oil and unlimited balsamic or red wine vinegar (or 2 tablespoons of reduced-fat salad dressing).

Note: For a sweeter salad, use 1/2 cup diced red grapes in place of the green peas.

**For celiac disease, check mayonnaise label to ensure it's gluten-free.*

<http://www.joybauer.com/recipes>

<http://www.joybauer.com/recipes>



FamilyPhysicians
of *Laramie*

Cod with Caramelized Onions and Herb Vinaigrette

Nutrition facts

- Amount per Serving
- Calories: 270
- Protein: 22g
- Total Fat: 15g
- - Saturated Fat: 2g
- Cholesterol: 50mg
- Total Carbohydrate: 12g
- Dietary Fiber: 2g
- Sodium: 210mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Memory](#)
- [Heart Health](#)
- [Teeth](#)
- [Cancer Prevention](#)

I love cod because it's mild, flaky, and an outstanding source of lean protein. The caramelized onions in this dish add a rich sweetness and smoky flavor that propel this fish entrée from everyday to gourmet.

- Prep time 10 mins
- Total Time 1 hour

This recipe makes 4 Servings

Ingredients:

- 1.5 large onions, thinly sliced
- 1/4 teaspoon salt plus more to taste, divided
- 1/2 teaspoon ground black pepper, plus more to taste, divided
- 1/4 cup extra-virgin olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup finely chopped shallots
- 1 tablespoon capers
- 1/2 tablespoon horseradish
- 1/4 cup chopped parsley
- 1/2 tablespoon lemon zest
- 2 tablespoons lemon juice
- 1 pound cod (or other white fish)

Preparation:

Begin by caramelizing the onions in a large skillet. Heat the skillet for 1 minute, and spray liberally with olive oil spray. Add the sliced onions. Cook covered on medium-high heat

until soft and lightly browned, for a total of 20-25 minutes. Be sure to stir every 5 minutes and add 1-2 tablespoons of water each time if onions are sticking to the bottom of the pan.

While onions are cooking, mix the olive oil, vinegar, shallots, capers, horseradish, parsley, lemon zest, and lemon juice together to create a marinade, and refrigerate. The longer the marinade sits, the more time the flavors have to incorporate, so if you can make this the day before, even better!

Cut cod into 2 to 3 ounce pieces, and season with salt and pepper to taste. Cook in a skillet, liberally sprayed with olive oil spray, for 3 to 4 minutes on each side until cooked through.

Once fish is cooked, place in a deep dish and pour 1/2 the marinade on top.

When onions are cooked, spread them evenly over the fish. Place the dish in the refrigerator for about 15 minutes to let the flavors incorporate.

Season with black pepper to taste.

Serve fish over salad greens of your choice and drizzle remaining marinade, if desired, on top as a dressing.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Creamy Spinach

Nutrition facts

- Amount per Serving
- Calories: 110
- Protein: 6g
- Total Fat: 6g
- - Saturated Fat: 2g
- Total Carbohydrate: 10g
- Dietary Fiber: 3g
- Sodium: 330mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Cancer Prevention](#)

Take note

- Quick Meal
- Contains Dairy
- Vegetarian

This rich and creamy dish tastes just like traditional versions, but with a fraction of the calories and fat. It's so delicious that my son Cole requests it as part of a "last supper" meal before he leaves for sleepaway camp in the summer.

- Prep time 5 mins
- Total Time 20 mins

This recipe makes 4 Servings

Ingredients:

- 1 medium shallot, sliced
- 3 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 2 bags (10 ounces each) fresh spinach, large stems removed, leaves roughly chopped
- 3 ounces low-fat cream cheese
- 1/4 teaspoon Kosher salt

Preparation:

Coat a large sauté pan with oil spray. Sauté shallot over medium heat for 5 minutes. Add the garlic and red pepper flakes. Sauté for 1 minute.

Add the spinach, a few handfuls at a time, and sauté until wilted, about 3 to 5 minutes. Add low-fat cream cheese and stir until melted through. Season the spinach with salt, and cook 3 to 4 minutes, or until most of the liquid has evaporated.

Serving Size: 3/4 cup

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Mini Turkey Meatloaves

Nutrition facts

- Amount per Serving
- Calories: 240
- Protein: 34g
- Total Fat: 6g
- - Saturated Fat: 1g
- Cholesterol: 85mg
- Total Carbohydrate: 12g
- Dietary Fiber: 3g
- Sodium: 465mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Heart Health](#)
- [Cancer Prevention](#)

Take note

- Contains Egg

Take your cupcake pan beyond baked goods! Prepared in a standard 12-cup muffin tray, these mini meatloaves are automatically portion-controlled for you, making them a perfect entrée for people watching their weight.

- Prep time 20 mins
- Total Time 45 mins

This recipe makes 4 Servings

Ingredients:

- 1 onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 carrots, peeled and finely chopped (or grated)
- 1.25 pounds ground turkey (at least 90% lean)
- 2 egg whites
- 1/4 cup ketchup
- 1 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon ground black pepper

Preparation:

Preheat the oven to 425°F. Liberally coat a muffin tray with oil spray and set aside.

Coat a large skillet with oil spray and sauté the onions, peppers, and carrots over medium heat until soft, 8 to 10 minutes. Remove the skillet from the heat and allow the vegetables to cool to room temperature.

In a large bowl, add the ground turkey, egg whites, cooled vegetables, ketchup, thyme, sage, salt, and pepper. Using your hands, mush the ingredients together until they are

fully incorporated. Divide the meat mixture between 8 muffin cups, smoothing the tops of each mini-meatloaf to make it level. Bake for 20 to 25 minutes.

Note: The meatloaves will generate some mushy goo on the top; simply wipe it off and discard after the meatloaves have cooled slightly.

Cooked mini meatloaves may be individually wrapped and frozen for up to 2 months.

Makes 8 mini meatloaves (serving size = 2 meatloaves)

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Pesto Salmon with Roasted Artichoke Hearts

Nutrition facts

- Amount per Serving
- Calories: 430
- Protein: 41g
- Total Fat: 20g
- - Saturated Fat: 3g
- Cholesterol: 93mg
- Total Carbohydrate: 22g
- Dietary Fiber: 5g
- Sodium: 440mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Hair](#)
- [Memory](#)
- [Celiac Disease](#)

Rich in omega-3 fats, salmon is one of the world's most heart-healthy foods. You'll up the ante with my pesto variation, which incorporates walnuts, garlic, olive oil, and artichokes — ingredients that will satisfy your ticker and your taste buds.

- Prep time 10 mins
- Total Time 35 mins

This recipe makes 2 Servings
Ingredients:

- 2 cups fresh basil leaves
- 1 tablespoon chopped walnuts
- 3 cloves garlic, minced
- 1/4 teaspoon Kosher salt (optional)
- 1 sixteen-ounce can artichoke hearts (rinsed and drained) or 1 nine-ounce package frozen artichoke hearts (thawed)
- 1 large tomato, diced
- 1 teaspoon chopped thyme, fresh
- ground black pepper, to taste
- 2 six-ounce wild salmon fillets, skin removed
- 1 tablespoon olive oil

Preparation:

Preheat the oven to 350°F. Line an 8" x 11" baking pan with parchment paper or aluminum foil.

In a blender or food processor, combine the basil, walnuts, half of the garlic, and optional salt. Blend until the mixture resembles a coarse meal.

Arrange the artichoke hearts in 2 separate mounds in the prepared pan. Top with the tomato and sprinkle with the thyme, remaining garlic, and pepper to taste. Place one salmon fillet on top of each artichoke mound and season with pepper. Spread the basil mixture on the fillets. Drizzle each fillet with 1/2 tablespoon of the olive oil.

Bake for 20 to 25 minutes, until the fillets are no longer translucent in the center and the fish flakes when pressed with a fork. Serve immediately.

<http://www.joybauer.com/recipes>

Quinoa and Black Bean Stuffed Peppers

Nutrition facts

- Amount per Serving
- Calories: 260
- Protein: 12g
- Total Fat: 8g
- - Saturated Fat: 3g
- Cholesterol: 10mg
- Total Carbohydrate: 36g
- Dietary Fiber: 9g
- Sodium: 270mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Memory](#)
- [Heart Health](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Contains Dairy
- Vegetarian

Here's a vegetarian update on a vintage comfort food meal. Instead of ground meat, the peppers hold a hearty, protein-rich combo of quinoa and black beans seasoned with a smoky Southwestern spice blend.

- Prep time 15 mins
- Total Time 1 hour 25 mins

This recipe makes 6 Servings

Ingredients:

- 1 tablespoon extra-virgin olive oil (can substitute canola or grapeseed oil)
- 1 medium onion, diced
- 2 medium carrots, diced or grated
- 2 cloves garlic, minced
- 3/4 cup dry quinoa (rinsed if directed on package)
- 3/4 teaspoon Kosher salt
- 3 large bell peppers (any color)
- 1 fifteen-ounce can no-salt-added black beans (drained and rinsed)
- 1 eight-ounce can no-salt-added tomato sauce
- 1 teaspoon chili powder
- 3/4 teaspoon ground cumin
- 1/2 teaspoon smoked paprika (may substitute regular paprika)

- 1/2 teaspoon dried oregano
- 2 tablespoons fresh chopped cilantro (optional)
- 3/4 cup reduced-fat cheddar cheese, shredded (optional)

Preparation:

Preheat the oven to 375°F. Line a rimmed baking sheet with aluminum foil.

Heat the olive oil in a 3-quart saucepan over medium heat. Add the onion and carrot and sauté until the vegetables have softened, about 8 minutes. Add the garlic and sauté for 2 minutes, stirring frequently. Add the quinoa, 1 1/2 cups water, and the salt. Bring the water to a boil, then reduce the heat to low, cover the saucepan, and simmer for 20 to 25 minutes, or until all of the liquid has been absorbed.

While the quinoa is cooking, prepare the peppers. Cut the peppers in half lengthwise, trim the stems, and scoop out all seeds and membranes. Arrange the peppers cut side-up on the baking sheet, and mist the peppers liberally with oil spray. Bake for 15 minutes to soften the peppers. Remove from oven.

Add the black beans, tomato sauce, chili powder, cumin, paprika, and oregano to the quinoa, and mix thoroughly. Stir in the cilantro, if using. Divide the quinoa mixture evenly between the six pepper halves and pat the filling down to pack it into the pepper cups. Bake the stuffed peppers for 25 minutes. Top the peppers with the cheese during the last 5 minutes of baking if desired.



FamilyPhysicians
of Laramie

Turkey Meatballs in Red Pepper-Tomato Sauce

Nutrition facts

- Amount per Serving
- Calories: 390
- Protein: 33g
- Total Fat: 19g
- - Saturated Fat: 4g
- Cholesterol: 176mg
- Total Carbohydrate: 25g
- Dietary Fiber: 6g
- Sodium: 536mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Skin](#)
- [Teeth](#)

Take note

- Contains Wheat/Gluten
- Contains Dairy
- Contains Egg

By mixing wheat germ, egg whites, and plain yogurt into lean ground turkey meat, I'm able to boost the vitamin E, selenium, and zinc. Together with bell pepper-tomato sauce —

rich in vitamin C and beta carotene — it's a perfect meal for beautiful skin.

- Prep time 5 mins
- Total Time 55 mins

This recipe makes 4 Servings

Ingredients:

- 1/2 cup wheat germ
- 2 egg whites
- 2 cloves garlic minced
- 2 small onions minced
- 1/2 cup yogurt, fat-free plain
- 1/4 cup basil, fresh packed, chopped
- 1 pounds turkey, ground lean (at least 90 percent lean)
- salt, Kosher
- pepper, black ground
- 1 can tomatoes, whole, canned (28 ounces) peeled
- 1 cup water
- 2 tablespoons olive oil
- 1 small red bell pepper, minced
- 1 sprig fresh thyme or 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- oil spray

Preparation:

In a large bowl, mix the wheat germ, egg whites, half the garlic, half the onions, the yogurt, and basil. Add the turkey. Season with salt and pepper and mix well. (The mixture will be sticky.) Cover and place in the freezer 20 minutes, for easier handling.

Meanwhile, in a blender or food processor, purée the tomatoes with the water.

In a large nonstick skillet, heat 1 tablespoon olive oil over medium-high heat. Sauté the remaining onion and garlic until translucent, 3 to 4 minutes. Add the red pepper, and cook 5 to 6 minutes longer, until the pepper softens slightly. Add the thyme, oregano, and puréed tomatoes, and bring to a low simmer.

Roll the turkey mixture into about 20 meatballs, 2 inches in diameter. Coat a nonstick skillet with nonstick oil spray. Add the remaining 1 tablespoon olive oil and heat over high heat. In batches, add the meatballs and sauté until they are browned on all sides, 6 to 7 minutes total.

Carefully transfer the meatballs to the tomato sauce as they finish cooking. Simmer, partially covered, about 20 minutes longer, until the meatballs are cooked through. Season with additional salt and pepper. Serve immediately.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of *Laramie*

Grilled Chicken Parmesan Nutrition facts

- Amount per Serving
- Calories: 277
- Protein: 44g
- Total Fat: 7g
- - Saturated Fat: 3g
- Cholesterol: 115mg
- Total Carbohydrate: 3g
- Dietary Fiber: 1g
- Sodium: 340mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Mood](#)
- [Hair](#)
- [PMS](#)
- [Heart Health](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Contains Dairy

Classic chicken parm is deep-fried and smothered in cheese — a restaurant portion can top 1,000 calories and 50 grams of fat! My slimmed-down version allows you to enjoy this

Italian favorite without delivering a blow to your arteries and waistline.

- Prep time 0 mins
- Total Time 20 mins

This recipe makes 4 Servings

Ingredients:

- 4 chicken, breast, boneless, skinless (6 ounce)
- 1/2 cup marinara sauce
- 1 cup cheese, mozzarella, part-skim, shredded (4 ounces)

Preparation:

Preheat the broiler. Line a baking sheet with aluminum foil and coat with oil spray.

Grill the chicken breasts or sauté in a skillet coated oil spray over medium heat for 5 to 7 minutes per side, or until no longer pink in the center.

Transfer the chicken breasts to the prepared baking sheet. Top each chicken breast with 2 tablespoons marinara sauce and ¼ cup cheese. Place under the broiler until the cheese is hot and bubbly (or microwave for 30 to 60 seconds to melt cheese).

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Sloppy Pizza Joes

Nutrition facts

- Amount per Serving
- Calories: 332
- Protein: 26g
- Total Fat: 11g
- - Saturated Fat: 3g
- Cholesterol: 59mg
- Total Carbohydrate: 30g
- Dietary Fiber: 4g
- Sodium: 525mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Memory](#)
- [Heart Health](#)
- [Teeth](#)

Take note

- Contains Wheat/Gluten

- Contains Dairy

Get your pizza fix the healthy way with filling, protein-packed Sloppy Pizza Joes! This yummy dinner promises to become an instant family favorite.

- Prep time 5 mins
- Total Time 30 mins

This recipe makes 6 Servings

Ingredients:

- 2 links Italian turkey sausage (about 8 ounces total)
- 8 ounces ground turkey (at least 90% lean)
- 2 cups chopped cremini mushrooms
- 1 red or green bell pepper, chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 2 eight-ounce cans no-salt-added tomato sauce
- 2 tablespoons chopped oregano (or 2 teaspoons dried oregano)
- 6 whole-grain hamburger buns, split
- 3/4 cup shredded reduced-fat Italian blend cheese
- 1.5 cups baby spinach

Preparation:

Remove casings from sausage links and discard. In a large nonstick skillet cook

sausage, ground turkey, mushrooms, sweet pepper, onion, and garlic over medium heat until turkey is no longer pink and vegetables are tender, stirring to break up turkey as it cooks. Add tomato sauce and oregano. Bring to boiling. Reduce heat and simmer, uncovered, for 10 minutes to blend flavors and reduce the sauce.

Meanwhile, preheat the broiler. Line a large baking sheet with foil. Place bun halves, cut sides up, on the prepared baking sheet. Broil 3 to 4 inches from the heat for 1 to 2 minutes or until buns are toasted. Remove the bun tops from the baking sheet. Spoon the turkey mixture evenly onto the bun bottoms on the pan. Sprinkle evenly with the cheese. Broil about 1 minute or until cheese is melted.

To serve, divide the spinach among the sandwiches, placing it on top of the cheese. Replace the bun tops.

Serving Size: 1 sandwich (1 bun, 2/3 cup turkey mixture, 2 tablespoons cheese, and 1/4 cup spinach)

Note: If desired, use one, 1.25-pound package of ground turkey (at least 90% lean) in place of the turkey sausage and ground turkey so that you only have to purchase one product.

<http://www.joybauer.com/recipes>

Balsamic Chicken

Nutrition facts

- Amount per Serving
- Calories: 255
- Protein: 40g
- Total Fat: 3g
- - Saturated Fat: 1g
- Cholesterol: 95mg
- Total Carbohydrate: 15g
- Dietary Fiber: 3g
- Sodium: 205mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Cancer Prevention](#)

This simple, one-pot meal is a weeknight staple in my house. The dish gets its kick from rich, tangy balsamic vinegar, one of my all-time favorite flavor enhancers.

- Prep time 10 mins
- Total Time 50 mins

This recipe makes 4 Servings

Ingredients:

- 1 large yellow onion, thinly sliced
- 2 large red bell peppers, sliced
- 4 cloves garlic, minced (may substitute 1 teaspoon garlic powder)
- 1/4 teaspoon red pepper flakes (or to taste)
- 4 six-ounce pieces skinless, boneless chicken breast
- 1/4 teaspoon Kosher salt (or to taste)
- 1/4 teaspoon ground black pepper (or to taste)
- 1/3 cup balsamic vinegar (use a good-quality, aged variety if possible)
- 1 fifteen-ounce can diced tomatoes, well drained (preferably no salt added)

Preparation:

Liberally coat a large sauté pan with oil spray, and preheat the pan over medium-high heat. Add the onion and bell pepper and sauté for 5 minutes, or until the vegetables begin to soften. Add additional oil spray or a tablespoon of water if the vegetables start to stick to the bottom of the skillet.

Add the garlic (or garlic powder) and red pepper flakes and sauté for 1 minute, stirring constantly.

Season the chicken breasts with the salt and pepper. Add the chicken breasts to the pan and cook for 4 minutes on each side.

Add the balsamic vinegar and canned tomatoes, and bring the liquids to a boil. Reduce the heat to medium-low, and simmer uncovered for 25 minutes, stirring occasionally. Season with additional salt and pepper to taste.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Veggie Tuna Salad

Nutrition facts

- Amount per Serving
- Calories: 227
- Protein: 40g
- Total Fat: 4g
- - Saturated Fat: 1g
- Cholesterol: 43mg
- Total Carbohydrate: 9g
- Dietary Fiber: 9g
- Sodium: 755mg

Good for

- [Type 2 Diabetes](#)
- [Weight Loss](#)
- [Eye Health](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Celiac Disease](#)
- [Teeth](#)
- [Insomnia](#)

Take note

- Contains Egg

Use light instead of albacore white canned tuna to get all the nutrition without too much

mercury. Chopped peppers and carrots add beta carotene and vitamin C. Serve it on a bed of fresh spinach leaves for an added blast of lutein.

- Prep time 5 mins
- Total Time 5 mins

This recipe makes 1 Serving

Ingredients:

- 1 can light tuna (packed in water), drained
- 1/2 carrot, peeled and diced
- 1/2 stalk celery, diced
- 1/4 red bell pepper, diced
- 1/4 yellow bell pepper, diced
- 1/2 scallion (green onion), minced
- 1 tablespoon reduced-fat mayonnaise
- 1/2 teaspoon lemon juice
- 3 cups spinach leaves
- 4 slices tomato

Preparation:

In a medium bowl, flake the tuna into small pieces with fork. Add the carrot, celery, red and yellow pepper, scallion, mayonnaise, and lemon juice, and mix well with a fork.

Line a plate with the spinach and place the tuna mixture on top. Arrange the tomato slices around the tuna.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Vegetable Frittata Muffins

Nutrition facts

- Amount per Serving
- Calories: 65
- Protein: 6g
- Total Fat: 4g
- - Saturated Fat: 1g
- Cholesterol: 75mg
- Total Carbohydrate: 3g
- Dietary Fiber: 1g
- Sodium: 110mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [PMS](#)
- [Celiac Disease](#)

Take note

- Contains Dairy
- Contains Egg

At only 65 calories per muffin, this healthy, low-carb breakfast scored a two thumbs up from everyone in my house! The eggs pack a powerful punch of protein, and the red bell

pepper contributes a blast of vitamin C along with vibrant color.

- Prep time 15 mins
- Total Time 40 mins

This recipe makes 12 Servings

Ingredients:

- 1/2 yellow onion, diced
- 1 red bell pepper, diced
- 8 ounces button mushrooms, trimmed and sliced
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon black pepper
- 4 whole eggs
- 4 egg whites
- 1/2 cup fat-free milk
- 3/4 cup reduced-fat sharp cheddar cheese, shredded
- 1/2 zucchini skin on, diced

Preparation:

Preheat the oven to 350 degrees. Coat a standard 12-cup muffin pan with oil spray (make sure each cup is well coated to prevent sticking).

Heat a large skillet liberally coated with oil spray over medium heat. Add the onion, bell pepper, and mushrooms and sauté until soft, 8 to 10 minutes. Season with salt and pepper to taste.

In a large mixing bowl, whisk together the eggs, egg whites, and skim milk. Add the cheese, zucchini, and sautéed vegetables and mix thoroughly. Add ground black pepper, kosher salt (optional), and any other preferred herbs and seasonings.

Pour 1/4 to 1/2 cup of the egg mixture into each of the twelve muffin cups. Bake for 22 to 24 minutes (check the oven periodically after 15 minutes to make sure the frittatas don't burn). Serve with optional hot sauce.

<http://www.joybauer.com/recipes>

Eggs in a Basket

Nutrition facts

- Amount per Serving
- Calories: 140
- Protein: 10g
- Total Fat: 6g
- - Saturated Fat: 2g
- Total Carbohydrate: 12g
- Dietary Fiber: 2g
- Sodium: 186mg

Good for

- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [PMS](#)
- [Heart Health](#)

Take note

- Quick Meal
- Contains Wheat/Gluten
- Contains Egg
- Vegetarian

This simple kid-friendly recipe is a terrific way to sneak protein and whole grains into one delicious breakfast.

- Prep time 4 mins
- Total Time 10 mins

This recipe makes 1 Serving

Ingredients:

- 1 slice(s) bread, 100% whole-grain
- 1 whole egg(s)
- oil spray olive

Preparation:

Cut a hole out of the center of the bread (you can use the opening of a drinking glass to punch out the hole if you like). Toast the bread on one side for 1-2 minutes in a small skillet (coated with oil spray) over medium heat.

Flip the bread and break an egg into the center; cook 2 minutes. Flip once more to cook the yolk on the other side to desired firmness.

<http://www.joybauer.com/recipes>

Banana-Almond Energy Smoothie

Nutrition facts

- Amount per Serving
- Calories: 255
- Protein: 15g
- Total Fat: 10g
- - Saturated Fat: 1g
- Cholesterol: 0mg
- Total Carbohydrate: 29g
- Dietary Fiber: 2g
- Sodium: 90mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Eye Health](#)
- [Mood](#)
- [PMS](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Teeth](#)

Take note

- Contains Dairy

This sweet, creamy shake is the perfect blend of slow-release carbs, high-quality protein, and healthy fats to get your body running on all

cylinders. And, as a complete meal-in-one, it's a smart breakfast option for frazzled mornings.

- Prep time 5 mins
- Total Time 5 mins

This recipe makes 2 Servings

Ingredients:

- 1 large banana, sliced into rounds and frozen
- 2 tablespoons natural almond butter (may substitute any nut or seed butter of choice)
- 6 ounces nonfat vanilla yogurt*
- 1 cup fat-free milk
- 3 - 5 ice cubes

Preparation:

In a blender, combine all of the ingredients and blend until smooth. Pour into two glasses and serve.

**Note: For celiac disease, check yogurt label to ensure it's gluten-free.*

<http://www.joybauer.com/recipes>



Easy! 3-Step Microwave Salmon

Nutrition facts

- Amount per Serving
- Calories: 306
- Protein: 34g
- Total Fat: 17g
- - Saturated Fat: 3g
- Cholesterol: 93mg
- Total Carbohydrate: 1g
- Dietary Fiber: 0g
- Sodium: 219mg

Good for

- [Type 2 Diabetes](#)
- [Skin](#)
- [Memory](#)
- [IBS](#)
- [Celiac Disease](#)
- [Migraines](#)
- [Teeth](#)

Take note

- Quick Meal

If you're looking for the easiest way to prepare salmon, you've found the perfect recipe! Plus you'll receive a healthy dose of omega-3 fats, olive oil, and magnesium — three ingredients that have been shown to help fight migraines.

- Prep time 4 mins
- Total Time 6 mins

This recipe makes 2 Servings

Ingredients:

- 2 six-ounce salmon fillets
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon Kosher salt
- black ground pepper

Preparation:

Arrange the salmon fillets in microwaveable dish, skin down. Brush the oil evenly over the salmon and sprinkle with the garlic. Season with the salt and pepper to taste. Cover and microwave on high 1 to 2 minutes, until the edges are flaky and the fish is cooked through. Let stand 1 to 2 minutes before serving.

IBS sufferers take note: This recipe is suitable for constipation-predominant IBS and diarrhea-predominant IBS.

<http://www.joybauer.com/recipes>



FamilyPhysicians
of Laramie

Hoisin-Glazed Salmon

Nutrition facts

- Amount per Serving
- Calories: 300
- Protein: 34g
- Total Fat: 11g
- - Saturated Fat: 2g
- Cholesterol: 90mg
- Total Carbohydrate: 14g
- Dietary Fiber: 0g
- Sodium: 235mg

Good for

- [Type 2 Diabetes](#)
- [Arthritis](#)
- [Mood](#)
- [Skin](#)
- [PMS](#)
- [Memory](#)
- [Heart Health](#)
- [Teeth](#)
- [Cancer Prevention](#)

Salmon is one of the richest sources of inflammation fighting omega-3 fats, and it's also one of the few foods naturally rich in vitamin D, which plays a key role in maintaining strong bones.

- Prep time 5 mins
- Total Time 20 mins

This recipe makes 4 Servings

Ingredients:

- 3 tablespoons hoisin sauce
- 3 tablespoons pure maple syrup
- 1 tablespoon white wine or rice vinegar
- 1 teaspoon fresh grated ginger
- 4 six-ounce salmon fillets

Preparation:

Preheat the oven to 400°F. Line a baking sheet with aluminum foil, and coat the foil with oil spray. Place the salmon fillets on the prepared baking sheet, spacing them evenly. Bake for 10 minutes.

While the salmon is baking, in a small bowl, mix together the hoisin sauce, maple syrup, vinegar, and ginger to form a thick glaze. Remove the baking sheet from the oven and brush the hoisin glaze evenly over the fillets. Return the salmon to the oven and bake until the fillets are just opaque in the center, about 5 minutes. Transfer to platter; serve immediately.

Serving size: 1 salmon fillet

<http://www.joybauer.com/recipes>



FamilyPhysicians
of *Laramie*

Roasted Tomatoes

Nutrition facts

- Amount per Serving
- Calories: 55
- Protein: 2g
- Total Fat: 2g
- - Saturated Fat: 0g
- Cholesterol: 0mg
- Total Carbohydrate: 10g
- Dietary Fiber: 3g
- Sodium: 150mg

Good for

- [Bone Health](#)
- [Type 2 Diabetes](#)
- [Arthritis](#)
- [Mood](#)
- [Hair](#)
- [Skin](#)
- [Memory](#)
- [Heart Health](#)
- [Celiac Disease](#)
- [Teeth](#)
- [Cancer Prevention](#)

Take note

- Vegetarian

This delicious and bright side dish is a terrific complement to grilled chicken or halibut. Though, I sometimes enjoy these bite size nibbles on its own as a healthy snack.

- Prep time 5 mins
- Total Time 35 mins

This recipe makes 2 Servings

Ingredients:

- 1 pint tomatoes, cherry or grape (can use any veggies, time roasting may vary depending on how dense the veggie is)
- garlic powder to taste
- 1 dash Kosher salt
- balsamic vinegar, to taste (optional)

Preparation:

Slice tomatoes in half, spread on a baking sheet and mist with olive oil spray. Sprinkle with the garlic powder and salt. If desired, add a touch of a good balsamic vinegar. Roast in the oven at 450 degrees for 25-30 minutes.

Serving size: 1 cup

<http://www.joybauer.com/recipes>



Family Physicians
of Laramie

Quinoa Salad With Black Beans and Avocado

Prep Time: 25 mins

Total Time: 45 mins

Servings: 4-6

Ingredients

1 cup quinoa, rinsed

1 tablespoon olive oil

1 3/4 cups water

1 (16 ounce) cans black beans, drained and rinsed

1 avocado, chopped into chunks

3/4 cup cherry tomatoes, quartered

1/2 red onion, diced

1 small garlic clove, minced

1 red bell pepper, chopped into chunks

1/2 cup cilantro, chopped

1 lime, juiced

1/2 teaspoon cumin

1/2 tablespoon olive oil

salt, to taste

Directions

Warm the olive oil in a medium saucepan over medium heat. Add rinsed quinoa and toast for about 2-3 minutes until it starts to smell nutty.

Add water, stir once, cover, and simmer with a lid for 20 minutes.

While quinoa is cooking, prepare all other ingredients. Prepare dressing by combining the lime juice, oil, cumin, and salt. Whisk it aggressively. Adjust seasoning as necessary.

When the quinoa is finished, remove from heat and fluff with a fork. Add black beans and toss to warm through.

Let the quinoa cool for about 5 minutes and then add all the remaining ingredients, including dressing, and mix. Adjust seasoning if necessary.

Nutrition Info

Serving Size: 1 (250 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 417

Calories from Fat 141 34%

Total Fat 15.7 g 24%

Saturated Fat 2.2 g 11%

Cholesterol 0 mg 0%

Sodium 14.6 mg 0%

Total Carbohydrate 57.3 g 19%

Dietary Fiber 15.2 g 60%

Sugars 3.2 g 12%

Protein 15.2 g 30%

<http://www.food.com/recipe/quinoa-salad-with-black-beans-and-avocado-473510>



FamilyPhysicians
of Laramie

Curried Chickpea & Kale Soup

Adapted from Clean Eating Magazine, Quick & Easy Meals Special Issue

Serves 4

Ingredients:

1 teaspoon olive oil
1 medium yellow onion, diced
2 cloves garlic, minced
2 teaspoons minced fresh ginger
1 tablespoon curry powder
1 teaspoon cumin
2 cups vegetable stock
2 cups low fat coconut milk (canned)
2 cans (15-19 fl oz each) chickpeas, rinsed and drained
2 cups packed torn kale leaves
1 teaspoon honey or agave
Salt & Pepper

Directions:

Heat oil in a large saucepan over medium-high heat. Add onion and sauté until soft and translucent, about 4-5 minutes. Add garlic and ginger and sauté for another 30 seconds to 1 minute, stirring occasionally. Add curry powder and cumin and stir together for about 30 seconds, until fragrant. Add vegetable stock, coconut milk, chickpeas, and kale, and let simmer for about 10 minutes, stirring occasionally.

Transfer soup to a blender in two batches, remove the plastic stopper from the top of the blender and cover with a paper towel to allow

steam to escape. Puree until smooth, then return to saucepan. Add honey and season with salt and pepper to taste, reheating the soup for a couple of minutes. If the soup is too thick, add more vegetable stock or water to thin it out to desired consistency.

Serve warm with naan bread.

<http://www.onceuponacuttingboard.com/2012/12/curried-chickpea-kale-soup.html>



Crock Pot Chicken Taco Meat

- Prep Time: 0 mins
- Total Time: 6 hrs
- Servings: 8

Ingredients

- 3 tablespoons taco seasoning, Bulk Taco Seasoning (see recipe for taco seasoning to the right or 1 taco seasoning packet)
- 1 cup chicken broth
- 1 lb boneless skinless chicken breast (frozen or thawed)

Directions

1. Dissolve taco seasoning into chicken broth.
2. Place chicken breasts in crock pot and pour chicken broth over.
3. Cover and cook on low for 6-8 hours.
4. With two forks, shred the chicken meat into bite-size pieces.
5. To freeze, place shredded meat into freezer bags with the juices.
6. Press out all the air and seal.

NUTRITION FACTS

Serving Size: 1 (88 g)

Servings Per Recipe: 8

Amount Per Serving
% Daily Value

Calories 71.4

Calories from Fat 14 20%

Amount Per Serving % Daily Value

Total Fat 1.6g 2%

Saturated Fat 0.3g 1%

Cholesterol 36.3mg 12%

Sugars 0.2 g

Sodium 239.3mg 9%

Total Carbohydrate 0.6g 0%

Dietary Fiber 0.1g 0%

Sugars 0.2 g 1%

Protein 12.6g 25%

<http://www.food.com/4957>

Homemade Taco Seasoning

Yield: About 3 Tbsp.

Prep: 2 mins Total: 2 mins

- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp. oregano
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. crushed red pepper flakes**
(optional, depending on spice level)



Greek Yogurt Guacamole

Total time: 10 min

Prep time: 10 min

Non-fat Greek yogurt provides a tangy flavor-base for this creamy guacamole accented with fresh dill.

Ingredients

Serving Size: 8

- 4 ripe, Fresh California Avocados, seeded and peeled
- 4 tsp. fresh lemon juice
- 1 tsp. fresh dill, chopped (optional)
- 1/2 Tbsp. garlic salt
- 3 Tbsp. medium-hot salsa
- 1/2 cup nonfat plain Greek yogurt

Instructions

1. In a large bowl, coarsely mash avocados, leaving some chunks.
2. Add remaining ingredients and mix to blend.

Serving Suggestions: Tortilla chips or on top of your favorite dinner dish (burgers, tacos, etc)

*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

Nutrition information per serving

Calories 150; Total Fat 12 g (Sat 1.5 g, Trans 0 g, Poly 1.5 g, Mono 8 g); Cholesterol <.5 mg; Sodium 230 mg; Potassium 410 mg; Total Carbohydrates 9 g; Dietary Fiber 3 g; Total Sugars 1 g; Protein 6 g

% Daily Value: Vitamin A 0%; Vitamin C 10%; Calcium 4%; Iron 6%*

*Percent Daily Values are based on a 2,000 Calorie diet.

