Simple Spaghetti

Makes 6 servings.

You’ll Need -                                      Take Out -

1 pound lean ground beef or ground turkey     large skillet
1 small onion                                 pancake turner
2 (16 ounce) cans unsalted tomatoes         can opener
2 (6 ounce) cans tomato paste
1 teaspoon oregano
1 teaspoon basil
2 cloves garlic
1 package artificial sweetener (optional)
Hot cooked spaghetti


2. Chop onion and garlic. Add with tomatoes and tomato paste to meat.

3. Measure oregano and basil. Add to meat.


5. Remove from heat. Add artificial sweetener before serving.


Exchange: 2 starch, 2 meat, 1 vegetable
Pot Roast

Makes 16- 3 ounce servings.

You’ll Need -  

<table>
<thead>
<tr>
<th>You’ll Need</th>
<th>Take Out</th>
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<tbody>
<tr>
<td>4 pound chuck roast</td>
<td>dutch oven</td>
</tr>
<tr>
<td>1 medium onion</td>
<td>knife</td>
</tr>
<tr>
<td>1 clove garlic</td>
<td>cutting board</td>
</tr>
<tr>
<td>2 cups water or beef broth</td>
<td>measuring cups</td>
</tr>
<tr>
<td>salt and pepper (optional)</td>
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<tr>
<td>carrots, celery and potatoes (optional)</td>
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1. Trim fat from chuck roast.

2. Slice onion and chop garlic.

3. Put roast in dutch oven with onion and garlic. Measure and add water or broth.

4. Simmer on top of stove for 2 ½ hours.

5. Can add cut up carrots, celery and potatoes last half hour.

Exchange: 3 meat
Succulent Sirloin

Makes 4- 3 ounce servings.

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<thead>
<tr>
<th>You’ll Need -</th>
<th>Take Out -</th>
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<tbody>
<tr>
<td>1 pound sirloin steak-</td>
<td>broiler pan with rack</td>
</tr>
<tr>
<td>1 inch thick</td>
<td>knife</td>
</tr>
<tr>
<td>1 clove garlic</td>
<td>cutting board</td>
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<tr>
<td>salt and pepper (optional)</td>
<td>knife</td>
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</tbody>
</table>

1. Trim fat from steak.

2. Cut garlic in half. Rub steak with cut garlic. Sprinkle with salt and pepper if needed.

3. Boil 3 inches from broiler for 7-8 minutes per side.

4. Cut into 4 pieces.

Exchange: 3 meat
Marinated Flank Steak

Makes 4-3 ounce servings.

You’ll Need -  Take Out -

1 small onion    shallow glass baking pan
1 clove garlic    knife
1/4 teaspoon basil    cutting board
1/4 teaspoon dry mustard    measuring cups
1/4 cup vinegar    measuring spoons
tong   plastic wrap
1/4 teaspoon dry mustard    broiler pan with rack
1/4 cup vinegar
2 tablespoon vegetable oil
few drops hot sauce
1 pound flank steak

2. Mix with vinegar, oil and hot sauce in baking dish.
3. Place flank steak in dish and turn to coat.
4. Marinate for 8 hours. Turn 3 times.
5. Drain steak. Broil 3 inches from broiler for 8 minutes each side.
6. Slice diagonally into thin slices.

Exchange: 3 meat
Broiled Beef Pattie

4- 3 ounce servings.

You’ll Need - Take Out -

½ pound mushrooms pancake turner
1 medium onion large bowl
1 pound lean ground beef knife
salt and pepper (optional) cutting board
non-stick vegetable spray broiler pan with rack
or outdoor grill

1. Chop up onion and mushrooms very fine.

2. Mix well with beef, salt and pepper in bowl.

3. Shape into 4 patties.

4. Spray broiler pan and rack or grill with non-stick spray.

5. Broil patties for 4-5 minutes. Turn. Broil 4-5 minutes more.

Exchange: 3 meat

(Can also use ground turkey instead of beef)
# Baked Pork Chop

Makes 4 servings.

## You’ll Need -

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 medium onion</td>
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<tr>
<td>1 clove garlic</td>
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<tr>
<td>4 - 4 ounce pork chops</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon oregano</td>
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<tr>
<td>1/4 teaspoon basil</td>
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<tr>
<td>1/4 teaspoon red pepper</td>
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<tr>
<td>salt and pepper (optional)</td>
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<tr>
<td>non-stick vegetable spray</td>
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## Take Out -

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>cutting board</td>
</tr>
<tr>
<td>measuring spoons</td>
</tr>
<tr>
<td>foil</td>
</tr>
<tr>
<td>knife</td>
</tr>
<tr>
<td>baking pan</td>
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</tbody>
</table>

## Steps:

1. Chop onion and garlic very fine.
2. Spray baking pan with non-stick spray.
3. Place pork chops into pan. Cover with onions and garlic.
4. Measure oregano, basil and red pepper. Sprinkle over pork.
5. Add salt and pepper if needed.
6. Cover with foil and bake for 30 minutes at 350 degrees. Uncover pan for last 5 minutes to brown.

Exchange: 3 meat
Roast Pork

Makes 16-3 ounce servings.

You’ll Need -  Take Out -

4 pound pork roast  roasting pan with rack
salt and pepper if needed  knife

1. Trim fat from roast.

2. Place roast on rack in pan. Insert thermometer in meat away from bone and fat.

3. Bake 2 hours or until thermometer says 160 degrees. (30-35 minutes per pound)

4. Let stand 10-15 minutes before slicing.

Exchange: 3 meat
Roast Turkey

Makes 20-30 3 ounce servings depending on size of turkey.

You’ll Need -  Take Out -
12-15 pound turkey, thawed  large roasting pan
not self-basting  turkey-size cooking bag
salt and pepper (optional)  knife
1 Tablespoon flour  measuring spoons
meat thermometer

1. Remove turkey giblets and neck from inside turkey. Simmer these in water to make broth.

2. Sprinkle turkey with salt and pepper.

3. Place 1 tablespoon of flour in cooking bag. Shake.


5. Stab top of bag with knife in 6 different places.

6. Put thermometer in thigh through slit in bag.

7. Bake at 350 degrees for 2-3 hours or until thermometer says 180-185 degrees.

8. Carefully slip open bag. Remove turkey drippings with baster.

9. Let turkey stand 20 minutes before carving.

10. Refrigerate drippings. When cool, take off fat. Use to season vegetables and make soup.

11. Freeze turkey and broth in small containers for 2-3 months or refrigerate 2-3 days.

Exchange: 1 ounce = 1 meat
Luscious Lowfat Chicken

Makes 4 servings.

You’ll Need -  Take Out -

4 skinned chicken breast  cutting board
1 small onion  knife
1-2 cloves of garlic  large baking pan
1/4 teaspoon basil  measuring spoons
2 Tablespoons rose` wine  foil
salt and pepper (optional)
non-stick cooking spray

1. Spray baking pan with non-stick spray.

2. Place chicken in pan.

3. Cut up onion and garlic very fine. Measure out herbs and wine.

4. Sprinkle chicken with onion, garlic, herbs and wine. Add salt and pepper if needed.

5. Cover with foil. Bake for 45 minutes at 350 degrees.

Exchange: 3 meat
Oven-fried Chicken

Makes 4 servings.

You’ll Need - Take Out -

1/4 cup plain cornmeal
1/4 cup whole wheat flour
1/8 teaspoon herb shaker (spicey or lemon flavor)
3 sprigs parsley
2 Tablespoons vegetable oil
4 small chicken breasts, skinned
non-stick vegetable spray

large baking dish
pancake turner
knife
cutting board
measuring spoons
measuring cups
paper or plastic bag

1. Measure out cornmeal, flour, and herbs. Mix together in bag.
2. Chop parsley very fine. Add to cornmeal mix.
3. Spray baking dish with non-stick spray and coat with vegetable oil.
4. Shake chicken in bag.
5. Put chicken in baking dish. Turn to coat with oil.
6. Bake for 1 hour at 350 degrees.

Exchanges: 3 meat
Broiled Shrimp

Makes 4- 4 ounce servings.

You’ll Need - Take Out -

1 small onion  measuring cups
1 clove garlic  cutting board
1 celery stalk  slotted spoon
1 bay leaf  plastic wrap
salt (optional)  knife
1 pound shrimp, cleaned  large saucepan

lemon

1. Slice onion and chop up garlic and celery.

2. Measure water into saucepan. Add onion, garlic, celery, bay leaf and salt. Bring to boil then turn down. Simmer 5 minutes.

3. Add shrimp. Simmer 5 more minutes. Shrimp should turn pink but not curl.

4. Drain immediately and chill.

5. Shell and devein shrimp before eating.

6. Squeeze lemon over shrimp.

Exchange: 2 meat per 4 ounces shrimp
Shrimp Salad

Makes 4-2 ounce servings.

You’ll Need -  

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Take Out</th>
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<tbody>
<tr>
<td>8 ounces peeled and boiled  shrimp</td>
<td>small bowl</td>
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<tr>
<td></td>
<td>spoon</td>
</tr>
<tr>
<td>½ cup green pepper</td>
<td>cutting board</td>
</tr>
<tr>
<td>1 small onion</td>
<td>measuring cups</td>
</tr>
<tr>
<td>1 teaspoon lemon juice</td>
<td>measuring spoons</td>
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<tr>
<td>salt (optional)</td>
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<tr>
<td>1/4 cup lite mayonnaise</td>
<td></td>
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<tr>
<td>1/4 cup plain lowfat yogurt</td>
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1. Cut shrimp in half.
2. Chop up green pepper and onion very fine.
3. Mix everything together in bowl.
4. Chill. Serve on lettuce or whole wheat bread.

Exchange: 1 meat, 1 fat
Broiled Scallops

Makes 4- 4 ounce servings.

You’ll Need - Take Out -

1 pound bay scallops  broiling pan
1 lemon  pancake turner
3 green onions  knife
3 sprigs of parsley  cutting board
non-stick vegetable spray

1. Spray broiler pan well with non-stick spray. Put scallops in one layer in pan.
2. Cut lemon in half and seed. Squeeze over scallops.
3. Chop green onion and parsley very fine.
4. Broil scallops for 3 minutes. Turn.
5. Sprinkle onion and parsley over scallops. Broil 2-3 minutes more. Do not overcook.

Exchange: 2 meat per 4 ounces
Salmon or Tuna Fish Salad

Makes 4- 2 ounce servings.

You’ll Need -  Take Out -

1 stalk celery    knife
1 medium dill pickle    cutting board
2 Tablespoons lite mayonnaise    medium bowl
2 Tablespoons plain lowfat yogurt    measuring cups
1 cup salmon or    measuring spoons
a 6½ or 7 ounce can of tuna, drained    spoon

1. Chop celery and pickle very fine.

2. Mix everything together in bowl.

3. Chill.

4. Serve on lettuce or bread.

Exchange: 2 meat, ½ fat
Egg Salad

Makes 4 servings.

You’ll Need -  Take Out -

4 hard-cooked eggs  small bowl
1 teaspoon mustard  fork
2 Tablespoons lite mayonnaise  measuring spoons
2 Tablespoons plain lowfat yogurt  knife
cutting board

1 medium dill pickle

salt (optional)

1. Mash hard-cooked eggs with fork in bowl.
3. Chop pickle very fine. Stir into egg mix.
4. Add salt if needed.
5. Chill. Serve on whole grain bread.

Exchange: 1 meat, ½ fat
Fat Free Broth

Makes 3-4 cups.

You’ll Need - _____________________________________________ Take Out -

beef, pork, chicken or medium sauce pan with lid
turkey bones and fat slotted spoon
2-3 celery stalks strainer
cutting board
1 large onion knife
1 clove garlic measuring cups

shallow storage container(s)

4 cups of water

salt and pepper (optional)

herb shaker to taste

1. Put bones and fat into pan.
2. Chop up onion, celery and garlic. Add to pan.
3. Add salt, pepper and herbs.
4. Measure water and add.
5. Bring to boil. Turn down heat. Simmer for 1 hour.
7. Freeze for several months or refrigerate for 2-3 days. Use to season vegetables and make soups.

Exchange. free
Homemade Bean Soup

Makes 4 - 1 cup servings.

You’ll Need -  

½ cup dried pinto or white beans  
water  
1 carrot  
2 celery stalks  
1 large potato  
1 clove garlic  
4 cups fat free broth  
salt and pepper (optional)

Take Out -  

large pot with lid  
cutting board  
knife  
measuring cups  
measuring spoons  
large spoon

1. Soak dried beans cover with water overnight in refrigerator.

2. Drain beans.

3. Chop up carrot, onion, celery, potato and garlic.

4. Measure broth, put in pan with beans, carrot, onion, celery, potato and garlic.

5. Bring to boil. Turn heat down. Simmer 2-3 hours or until beans are tender.

6. Add salt and pepper before serving if needed.

Exchange: 2 starch
Seasoned Green Beans

4 - ½ cup servings.

<table>
<thead>
<tr>
<th>You’ll Need</th>
<th>Take Out</th>
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<tbody>
<tr>
<td>1 (10 ounce) package frozen green beans or 2 cups fresh</td>
<td>medium sauce pan</td>
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<tr>
<td>1 cup fat free broth</td>
<td>knife</td>
</tr>
<tr>
<td>½ cup teaspoon herb spice shaker (spicey type the best)</td>
<td>cutting board</td>
</tr>
<tr>
<td>juice of 1 lemon</td>
<td>measuring cups</td>
</tr>
<tr>
<td>black pepper</td>
<td>measuring spoons</td>
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</tbody>
</table>

1. Heat broth to boiling.
2. Measure herbs. Add with beans to broth.
3. Turn heat down. Cook 15-20 minutes.
4. Before serving, sprinkle on lemon and pepper.

Exchange: 1 vegetable

(Can use same recipe for other vegetables)
Oven Baked Fries

Makes 1 serving per potato.

You’ll Need - ___________________________ Take Out -

1 medium potato                         cookie sheet
non-stick vegetable spray               pancake turner
paprika                                 knife
salt and pepper (optional)              cutting board

1. Wash unpeeled potato(es) well.

2. Slice across unpeeled potato(es). Make slices very thin.


4. Place slices in one layer on cookie sheet.

5. Sprinkle with paprika, salt and pepper.

6. Bake in 500 degree oven for 5 minutes. Turn.

7. Sprinkle again with paprika. Cook another 5-10 minutes until brown.

Exchange: 1 starch
Baked Acorn Squash

Makes 4 servings.

You'll Need - Take Out -
1 medium acorn squash 1 cookie sheet
1-2 packages artificial sweetener knife
non-stick vegetable spray

1. Spray cookie sheet with non-stick spray.
2. Put uncut squash onto cookie sheet.
3. Bake 1 to 1 ½ hours in 400 degree oven until tender.
5. Sprinkle pieces with artificial sweetener.

Exchange: 1 starch
Crunchy Coleslaw

Makes 8-½ cup servings.

You’ll Need - Take Out -

3 ½ cups shredded cabbage     grater  
(about ½ medium head)         knife  
1 medium carrot                cutting board  
1 stalk celery                 large bowl  
2 Tablespoons lite mayonnaise  large spoon  
2 Tablespoons plain lowfat yogurt  

salt (optional)

½ teaspoon celery seed


2. Chop celery very fine.

3. Mix carrot, cabbage and celery together in bowl.

4. Measure out mayonnaise, yogurt and celery seed. Add to bowl.

5. Add salt if needed. Mix everything together well.

6. Chill.

Exchange: ½ vegetable
Delicious Muffins

Makes 12 muffins.

You’ll Need -                                                                 Take Out -
1 cup all-purpose flour              large bowl
3/4 cup whole wheat flour           measuring cups
1/4 cup brown sugar                 measuring spoons
2 teaspoons baking powder           rubber spatula
3/4 cup skim milk                   muffin pans(s)
1 egg
1/3 cup vegetable oil
non-stick vegetable spray

1. Measure all-purpose and whole wheat flours, brown sugar and baking powder. Mix together in bowl.

2. Measure out milk and oil. Add with egg to flour mix. Stir just so flour mix is moist.

3. Spray muffin pan with cooking spray. Fill each hole 2/3 full with batter.

4. Bake at 400 degrees for 25 minutes.

Exchange: 1 starch, 1 fat

Can stir in ½ cup blueberries or raisins before baking.
Easy French Toast

Makes 4-5 servings.

You’ll Need -

<table>
<thead>
<tr>
<th>Item</th>
<th>Take Out</th>
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<tbody>
<tr>
<td>2 eggs or ½ cup egg substitute</td>
<td>medium bowl</td>
</tr>
<tr>
<td>½ cup skim milk</td>
<td>fork</td>
</tr>
<tr>
<td>4-5 slice of bread (whole grain best)</td>
<td>measuring cups</td>
</tr>
<tr>
<td>non-stick vegetable spray</td>
<td>pancake turner</td>
</tr>
<tr>
<td></td>
<td>shallow pan</td>
</tr>
<tr>
<td></td>
<td>skillet</td>
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1. Crack eggs or measure out egg substitute into bowl.


3. Pour into shallow pan. Dip bread slices in one at a time. Coat both sides.


6. Top with warm sugar-free syrup.

7. Leftovers can be refrigerated or frozen.

Exchange: 1 starch, ½ meat
Tasty Rice

Makes 9- 1/3 cup servings.

You’ll Need -

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 ½ cups water or fat-free broth</td>
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<tr>
<td>1 stalk celery with leaves</td>
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<tr>
<td>1 small onion</td>
<td></td>
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<tr>
<td>salt or pepper (optional)</td>
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<tr>
<td>1 cup uncooked rice (brown or white)</td>
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Take Out -

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<thead>
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</thead>
<tbody>
<tr>
<td>cutting board</td>
</tr>
<tr>
<td>knife</td>
</tr>
<tr>
<td>measuring cups</td>
</tr>
<tr>
<td>spoon</td>
</tr>
<tr>
<td>medium sauce pan with lid</td>
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</table>

1. Measure out broth or water. Put in pan.
2. Chop up celery and onion. Add to pan.
3. Add salt and pepper if needed.
4. Measure rice and add to pan. Put on lid.
5. Bring to boil. Turn down heat. Simmer for about 45 minutes or until rice is tender.

Exchange: 1 starch
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