

Yogurt Bark

Serving size: 1 square (1/12th of pan) = 13 grams carb

Ingredients:

Items	Amount	x2 recipe	x3 recipe
Greek Yogurt	16 oz or 2 cups	32 oz or 4 cups	48 oz or 6 cups
Chocolate Chips	4 oz or ½ cup	8 oz or 1 cup	12 oz or 1 ½ cups
Apple	1	2	3
Raisins	2 oz or ¼ cup	4 oz or ½ cup	6 oz or ¾ cup
Cinnamon	to taste	to taste	to taste

Procedure:

1. Line a baking dish with plastic wrap
2. Mix all ingredients in a bowl.
 - a. Add the cinnamon to taste
3. Pour the ingredients into a baking dish, spread evenly and freeze
4. Cut into 12 equal squares

Notes:

1. You can add or subtract the ingredients to your personal taste

Fun Fact: ¾ cup of Greek yogurt provides about 200mg of calcium (varies depending on brand) which helps to improve bone quality and decrease the risk of fractures.



Veggie Tortilla Soup

Serving size: 1 cup = 19 grams carb

Ingredients:

Items	Serves 4	Serves 8	Serves 12
Chicken Broth	32oz or 4 cups	64 oz or 8 cups	96 oz or 12 cups
Onion	2	4	6
Carrots	1	2	3
Celery	1 stalk	2 stalks	3 stalks
Frozen Peas	4 oz or ½ cup	8 oz or 1 cup	12 oz or 1 ½ cups
Tomatoes	4	8	12
Chipotle Puree	to taste	to taste	to taste
Tortillas 6 inch	4	8	12
Fresh Cilantro Leaves	to taste	to taste	to taste
Oil	1 Tbsp	2 Tbsp	3 Tbsp

Procedure:

1. Medium dice the onion, carrot, and celery
2. Puree the chipotle in adobo, in a blender
3. Cut the tortillas into strips
 - a. Place in a single layer on a baking sheet
 - b. Bake at 300F until crisp
4. Heat oil in a soup pot, on medium heat
5. Add the diced onion, carrot, and celery and season with salt & pepper
 - a. Gently sauté on low heat for 5 minutes
6. Add the chicken broth to the pot and bring to a simmer
 - a. Simmer until the vegetables are soft, but not falling apart
7. Add the frozen peas, and diced tomatoes and bring to a simmer
 - a. Remove pot from heat
8. Season to taste with salt and pepper
9. Add the chipotle puree
10. Top with tortilla strips and cilantro

Notes:

1. There are many variations of tortilla soup – you can add and remove vegetables to your liking
2. You can add shredded chicken to the soup for your preference
3. The chipotle puree is optional if you like spice

Fun Fact: Chipotle peppers are smoked, dried jalapeno peppers. It takes about 10 pounds of jalapeno peppers to make 1 pound of chipotle peppers.



Black Beans

Serving size: 1/2 cup cooked = 20 grams carb

Ingredients:

Items	Serves 4	Serves 8	Serves 12
Dried black beans	1 cup dry beans	2 cup dry beans	3 cups dry beans
Onion, peeled	1	2	3
Garlic Cloves	4	8	12
Serves	4	8	12

Procedure:

1. Place dried beans in a container and cover with water to 2 inches above the top
 - a. Soak overnight
2. Drain beans and rinse well
3. Place beans, onion, and garlic in a pot, and cover with water to 1 inch above the top
4. Bring to a low simmer and cook for 1 hour or until beans are tender
5. Store beans in their cooking liquid

* OR you may use canned beans- no need to soak

Fun Fact: Black beans may help manage blood sugar levels. Because they are an excellent source of fiber. Black beans provide 8 grams. Fiber increases stool volume and transit time along the intestine, allowing for slow glucose absorption. Fiber also slows down the digestion rate, slowing the release of glucose into the bloodstream.



Salsa Verde

Serving size: 1 Tbsp = 1 gram carb

Ingredients:

Items	Amount	x2 recipe	x3 recipe
Poblanos	2	4	6
Onion	1	2	3
Garlic Cloves	4	8	12
Jalapeños	2	4	6
Cilantro	1 bunch	2 bunch	3 bunch

Procedure:

1. Cut onion into 4 equal pieces
2. Small dice jalapeños (if using)
3. Place cut onion and poblano on roasting tray and season with salt and pepper
 - a. Roast for 20 minutes
4. Transfer to a pot, add the garlic and cover with water
 - a. Bring to a simmer and gently simmer for 15 minutes or until veggies are soft
5. Place cooked veggies and ½ cup of the liquid in a blender and puree
6. Add cilantro and continue to puree
 - a. Add additional liquid until desired consistency is reached
 - b. Season with salt and pepper
7. Place salsa in a bowl and add diced jalapeños and mix

Notes:

1. The extra liquid can be used to cook chicken, in quinoa, or in tortilla soup
2. You can use serrano chiles instead of jalapeños for spicy salsa, or use none

Fun Fact: Garlic is known for its health benefits, including anti-inflammation and heart health.



Shredded Chicken Thighs

Serving size: 1 chicken thigh = 0 grams carb

Ingredients:

Item	Amount	x2 recipe	x3 recipe
Chicken Thighs	8	16	24

Procedure:

1. Place chicken thighs in one layer in a large pot or pan
 - a. Cover with cold water and add a pinch of salt and pepper
2. Bring to a simmer on medium low heat and gently simmer until cooked through (165 degrees F)
3. Remove chicken thighs from water and let cool
 - a. When the chicken thighs are cool enough to handle, shred the meat
4. Reserve the water for another use

Fun Fact: Removing the skin from chicken thighs takes away more than half the fat!



Quinoa

Serving size: 1/3 cup cooked = 13 grams carb

Ingredients:

Items	Amount	x2 recipe	x3 recipe
Quinoa	16 oz or 2 cups	32 oz or 4 cups	48 oz or 6 cups
Chicken/Vegetable Broth	32 oz or 4 cups	64 oz or 8 cups	96 oz or 12 cups

Procedure:

1. Bring broth to a boil in a pot
2. Add quinoa, stir, and cover pot
3. Reduce heat to a simmer and cook for 20 minutes
4. Remove from heat and season to taste with salt and pepper
5. Serve or refrigerate for another use

Notes:

1. Either chicken or vegetable broth is good. Water is also fine to use.

Fun Fact: Though quinoa is considered a seed, versus a grain, it is still considered a whole-grain food. Whole grains have long been considered a key component of a healthy diet. In fact, some research suggests that grains have been widely consumed by humans for at least 100,000 years.



Healthy Chile Rellenos or Stuffed Green Peppers

Serving Size: 1 stuffed Chile Relleno or Green Pepper = 7 grams carb

Ingredients:

Items	Serves 8	Serves 16	Serves 24
Poblanos or Green Peppers	8	16	24
Shredded Chicken	8 oz or 1 cup	16 oz or 2 cups	24 oz or 3 cups
Quinoa (Cooked)	8 oz or 1 cup	16 oz or 2 cups	24 oz or 3 cups
Squash or Zucchini (chopped)	8 oz or 1 cup	16 oz or 2 cups	24 oz or 3 cups
Tomatoes, Chopped	8 oz or 1 cup	16 oz or 2 cups	24 oz or 3 cups
Queso Fresco or Feta	4 oz or ½ cup	8 oz or 1 cup	12 oz or 1 ½ cups

Procedure:

1. Roast whole poblanos (or green peppers) - until tender
 - a. Gently peel off the outer skin from the flesh
 - b. Cut a slit down the middle to open the poblano without cutting in half
 - c. Open the poblanos (or green peppers) and remove the seeds
2. Mix quinoa, squash (or zucchini), tomato, and queso fresco together in a bowl
 - a. Season to taste with salt and pepper
3. Stuff the poblanos (or green peppers) with the quinoa mixture
4. Roast in oven at 350° F until hot (about 15 minutes)

Fun Fact: Peppers are rich in Vitamin C, which acts as an antioxidant to help fight damage from free radicals, which may contribute to disease.

