

# Delicious Dishes



Easy Recipes for Weight Loss

# Farmers' Market Frittata

Try this farmers' market frittata for a high-protein dinner without high fat. A delicious way to add vegetables to your meal, this baked omelette is packed with zucchini, mushrooms, tomatoes and baby greens.

- ½ cup diced zucchini
- ½ cup sliced mushrooms
- ½ cup diced tomatoes
- ½ cup chopped baby greens (such as spinach, Swiss chard or kale)
- 1 egg, lightly beaten
- ½ cup egg whites (about 2 egg whites), lightly beaten
- 2 Tbsp 1% milk
- 2 Tbsp chopped fresh herbs (such as basil, thyme, sage, parsley)

Preheat oven to 400°.

Heat a 6-inch ovenproof omelette pan (stainless steel or cast iron) on high heat until hot. Remove from heat and spray with nonstick cooking spray. Reduce heat to medium, add vegetables and sauté until caramelized, about 3 to 5 minutes.

In a small bowl, lightly whisk the egg, egg whites and milk. Add egg mixture to the pan and reduce heat to medium-low. Cook eggs for 2 minutes undisturbed.

Sprinkle herbs over top of egg mixture and bake in oven for 5 to 8 minutes, or until eggs set and are puffed and a toothpick inserted in the center comes out clean. Remove from pan and serve hot. Serves 2.

**Serving size:** ½ of 6-inch frittata

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## Nutrition Facts (per serving)

Calories: 93; Fat: 3g; Saturated Fat: 1g; Cholesterol: 83mg;  
Sodium: 199mg; Carbohydrates: 5g; Fiber: 1g; Protein: 12g





## Egg and Cheese Muffins

Try these egg and cheese muffins for a high-protein breakfast. These delicious egg sandwiches will give you a healthy start to the day.

- 1 light whole wheat English muffin, split**
- 4 egg whites**
- 2 slices low-fat American cheese**
- 1 oz precooked extra-lean uncured turkey bacon**
- Black pepper to taste**

In a toaster, toast English muffin.

Lightly coat a small microwave-safe plastic container (approximately the size of English muffin) with nonstick cooking spray. In plastic container, combine half the egg whites and a few drops of water. With a fork, whisk eggs until frothy. Microwave on high for 1½ minutes, or until egg is cooked. (Note: Microwave times vary. Stop cooking if you hear a popping sound.) Repeat with second half of egg whites.

Lay 1 slice of cheese on each English muffin half.

With a spoon, transfer half the egg onto each English muffin half and top each with turkey bacon. Season with black pepper.

Microwave for 20 seconds, or until cheese is melted. Serves 2.

**Serving size:** ½ muffin

### Nutrition Facts (per serving)

Calories: 155; Fat: 4g; Saturated Fat: 1g; Cholesterol: 20mg;  
Sodium: 614mg; Carbohydrates: 13g; Fiber: 4g; Protein: 17g

## Breakfast Tortilla

Try this breakfast tortilla for a healthy open-faced breakfast sandwich. This easy egg recipe makes a delicious high-protein breakfast or light lunch.

- 1 cup (1 oz) spinach**
- 1 whole grain tortilla (6-inch diameter)**
- 1 plum tomato, chopped**
- 1 large egg**
- Black pepper to taste**
- ¼ cup (1 oz) shredded reduced-fat cheddar cheese**

Preheat oven to 450°.

Lightly coat a large skillet with nonstick cooking spray and heat over medium heat until hot. Add spinach and cook until wilted, 2 to 3 minutes. Set aside.

Lightly coat a large baking sheet with nonstick cooking spray. Place tortilla on baking sheet and bake for 5 minutes, or until lightly browned. Remove from the oven.

Arrange tomato and spinach on the tortilla. Crack egg onto the center of the tortilla. Season with pepper, return to the oven and bake for 12 minutes, or until yolk is set. Remove from oven, sprinkle cheese on top and bake until cheese has melted, about 2 minutes. Serve immediately. Serves 1.

**Serving size:** 1 tortilla



### Nutrition Facts (per serving)

Calories: 234; Fat: 9g; Saturated Fat: 2g; Cholesterol: 18mg;  
Sodium: 440mg; Carbohydrates: 18g; Fiber: 3g; Protein: 17g



## Buffalo Chicken Wrap

Try a chicken sandwich with a little bit of kick. This Buffalo chicken wrap gives you all the great flavors of Buffalo wings without the fat. There's even blue cheese, celery and carrots.

- 2 Tbsp red hot sauce**
- ¼ cup white wine vinegar**
- ⅛ tsp cayenne pepper, optional**
- 1 lb cooked boneless, skinless chicken breasts, cubed**
- 3 Tbsp nonfat plain yogurt**
- 3 Tbsp crumbled blue cheese or reduced-fat ranch dressing**
- 6 whole grain tortillas (1 oz each)**
- 1½ cups sliced spinach**
- 3 stalks celery, thinly sliced into 4-inch sticks**
- 3 carrots, thinly sliced into 4-inch sticks**

In a small bowl, combine hot sauce, white wine vinegar and cayenne, if desired. Add chicken to vinegar mixture, and toss chicken to coat well. Set aside.

In another bowl, stir together yogurt and blue cheese.

Spread 1 tablespoon of blue cheese mixture on each tortilla. Arrange spinach on top of blue cheese. Evenly divide chicken, celery and carrots among the tortillas and wrap. Serves 6.

**Serving size:** 1 wrap

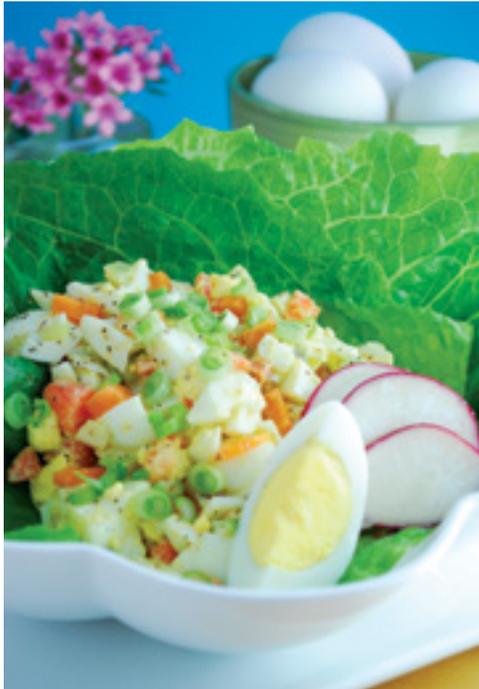
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### Nutrition Facts (per serving)

Calories: 201; Fat: 4g; Saturated Fat: 1g; Cholesterol: 47mg;  
Sodium: 520mg; Carbohydrates: 17g; Fiber: 10g; Protein: 22g

# Egg Salad

This egg salad recipe is lower in fat and calories than store-bought versions. To lighten this healthy recipe for egg salad, a mixture of whole eggs and egg whites is used.



- 12 eggs, hard cooked**
- 1/3 cup chopped carrots**
- 1/3 cup chopped celery**
- 3 Tbsp chopped red onion**
- 4 tsp light mayonnaise**
- 2 tsp brown mustard**
- Black pepper to taste**
- Romaine lettuce leaves, optional**

Chop 4 whole eggs and discard the egg yolks from the other 8 eggs. Chop the 8 egg whites. In a large bowl, combine chopped whole eggs and egg whites. Add remaining ingredients except lettuce leaves and mix well. Serve on a bed of lettuce, if desired. Serves 4.

**Serving size:** 1 cup

## Nutrition Facts (per serving)

Calories: 126; Fat: 6g; Saturated Fat: 1g; Cholesterol: 186mg; Sodium: 278mg; Carbohydrates: 3g; Fiber: 0; Protein: 14g

# Spicy Chicken Drumsticks

Spice up chicken drumsticks with this flavorful chili powder and red pepper rub. Broiled chicken never tasted so good.

- 2 garlic cloves, minced fine**
- 2 tsp chili powder**
- 1/4 tsp salt**
- 1 tsp ground cumin**
- 1 tsp paprika**
- 1/2 tsp crushed red-pepper flakes**
- 2 lb skinless chicken legs (about 8 drumsticks)**
- 3 Tbsp honey**
- 2 tsp cider vinegar**



Preheat broiler. Lightly coat a broiler pan with nonstick cooking spray.

In a large bowl, combine garlic, chili powder, salt, cumin, paprika and crushed red pepper. Add chicken to bowl and toss to coat. Place chicken on prepared broiler pan. Broil chicken for 7 minutes on each side.

In a small bowl, combine honey and vinegar and stir well. Remove chicken from oven and brush with half of the honey mixture. Broil for 1 minute more. Remove chicken from oven and turn over. Brush chicken with remaining honey mixture. Broil for 1 minute or until chicken is done. Serves 8.

**Serving size:** 1 drumstick

## Nutrition Facts (per serving)

Calories: 156; Fat: 5g; Saturated Fat: 1g; Cholesterol: 110mg; Sodium: 138mg; Carbohydrates: 6g; Fiber: 0; Protein: 23g



# Crispy Southern Chicken

Perfect picnic food, this crispy Southern chicken recipe gives you all the flavor without the high fat of traditional fried chicken. A delicious marinade keeps the chicken tender and juicy.

**½ cup low-fat plain yogurt**

**½ tsp dried thyme**

**1 garlic clove, minced**

**½ tsp paprika**

**⅛ tsp cayenne pepper**

**¼ tsp salt**

**6 boneless, skinless chicken breast halves or 6 boneless, skinless chicken thighs (about 3 oz each, 1 to 1¼ lb total)**

**1 Tbsp trans fat free margarine, melted**

**½ cup seasoned bread crumbs or panko bread crumbs**

In a large bowl, combine the yogurt, thyme, garlic, paprika, cayenne and salt and mix well. Add the chicken and coat it with the mixture. Marinate the chicken, covered and refrigerated, for 2 hours or overnight.

Preheat the oven to 400°.

Lightly coat a shallow roasting pan with nonstick cooking spray. In a shallow dish, combine the margarine and bread crumbs. Dredge the chicken in the bread crumbs, shaking off the excess. Transfer the coated chicken pieces to the pan.

Bake chicken breasts for 25 minutes and thighs for 30 to 35 minutes, or until tender. Serves 6.

**Serving size:** 3 oz chicken

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## **Nutrition Facts (per serving)**

Calories: 152; Fat: 3g; Saturated Fat: 0; Cholesterol: 50mg;  
Sodium: 480mg; Carbohydrates: 7g; Fiber: 0; Protein: 23g

# Sesame Shrimp Stir-Fry

Here's an easy one-pot meal that's a well-balanced complete dinner for about 200 calories. Light and refreshing, this easy shrimp stir-fry can be made in 30 minutes.



- 2 Tbsp canola oil**
- 1 small onion, chopped**
- 1 Tbsp minced garlic**
- 1 Tbsp minced ginger**
- 1/8 tsp crushed red-pepper flakes**
- 1 lb large shrimp, peeled and deveined**
- 2 cups fresh snow peas, trimmed**
- 1 small red bell pepper, sliced**
- 1/2 cup sliced water chestnuts**
- 1 Tbsp sesame seeds**
- 1/8 tsp salt**
- 1/8 tsp sugar**
- 1 cup uncooked brown rice, cooked according to package directions**

Heat 1 tablespoon of the oil in a wok or large skillet over high heat until hot.

Add the onion, garlic, ginger and red-pepper flakes and stir-fry for 10 seconds. Add the shrimp in one layer. Let cook undisturbed for 1 minute, then add the remaining 1 tablespoon of oil and stir-fry for 1 minute.

Add the snow peas, bell pepper, water chestnuts and sesame seeds and stir-fry for 2 minutes. Add the salt and sugar, sprinkling it evenly over the vegetables, and stir-fry until the shrimp are cooked through and bright pink, about 2 minutes. Remove from the heat and serve with brown rice. Serves 8.

**Serving size:** about 1/2 cup stir-fry plus 1/4 cup rice

## Nutrition Facts (per serving)

Calories: 207; Fat: 5g; Saturated Fat: 1g; Cholesterol: 86mg; Sodium: 124mg; Carbohydrates: 23g; Fiber: 2g; Protein: 14g

# Seared Scallops & Quinoa

Seared scallops and quinoa are a great combination for an easy seafood dinner. This impressive recipe is light and full of fresh flavors.



- 2 cups water**
- 3/8 tsp salt**
- 1 cup quinoa, rinsed and drained**
- 3 tsp olive oil**
- 1/2 cup chopped onion**
- 1/2 yellow bell pepper, chopped**
- 1 tsp lemon zest**
- 1 Tbsp lemon juice**
- 1 cup cherry tomatoes, halved**
- 1/4 cup mint, chopped**
- Black pepper to taste**
- 1 1/2 lb sea scallops**

In a medium saucepan, add water and 1/4 teaspoon of the salt and bring water to a boil. Add rinsed quinoa and bring to a boil. Reduce heat to a simmer and cook for about 15 minutes, or until all water is absorbed and quinoa is tender. Set aside.

In a skillet, heat 1 teaspoon of the olive oil over medium heat until hot. Add onion and bell pepper and sauté for about 3 minutes, or until onion is softened. Add onion and bell pepper mixture, lemon zest, lemon juice, cherry tomatoes, mint and black pepper to quinoa. Toss to combine. Keep warm.

In a large cast-iron skillet, heat remaining 2 teaspoons of oil over medium-high heat. Season scallops with the remaining 1/8 teaspoon of salt and pepper to taste. Add scallops to skillet and cook for 3 minutes on each side, or until lightly browned. Serve with quinoa mixture. Serves 8.

**Serving size:** 7 to 8 scallops and 1/2 cup quinoa

## Nutrition Facts (per serving)

Calories: 179; Fat: 3g; Saturated Fat: 0; Cholesterol: 28mg; Sodium: 252mg; Carbohydrates: 18g; Fiber: 2g; Protein: 18g



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