



## **Recipes To Get You Started!**

Enjoy these recipes that feature naturally low in sugar and fabulously fresh ingredients that are easy to prepare.

These recipes come from my memory and from friends who have generously shared their own recipes with me.

Take my word for it, if I can make create these then so can you, so get a good start on the road to being sugar-free with these healthy offerings.

I hope you enjoy them as much as I have.

Ted Begnoche

# Breakfast!

## Quickie Scramble

It's possible to make a really good scrambled egg breakfast in the microwave. Here's how.

Simply scramble 2 eggs in a microwave-safe container and toss in whatever veggies you like, such as peppers, onions, mushrooms, etc.

Cook for 30 seconds and then remove and stir, then pop the mixture back in until the eggs firm up, maybe another 30-34 seconds.

Delicious! And if you want to make a burrito, stuff the eggs into a small wheat tortilla and add guacamole, salsa, and whatever else you like.

Remember, protein will make you feel full for longer and help start your day on the right note!

## Healthy Smoothie

Smoothies are all the rage these days, and with good reason. They're easy to prepare, taste great, and are oh-so-good for you. Here's one I know you'll enjoy.

3/4 cup of coconut water, unsweetened

3/4 cup of blueberries, organic if possible

1 cup of spinach

1 cup of kale

2 celery stalks

Blend these ingredients well in a hi-speed blender, then place in the freezer for 15 minutes to chill everything together, and enjoy!

## World's Easiest Oatmeal

I do prefer steel cut oats, but this recipe uses rolled oats, which are a very good substitute. Steel cut oats are lower in the glycemic index, so if you have the extra time, by all means go for it. If not, try this.

1/3 cup rolled oats

1/3 cup of low fat milk

1/3 cup of non-fat Greek yogurt (check the sugar content!)

Mix these ingredients together and place in the fridge the night before. That's right, no cooking involved. In the morning, top with fresh fruit or nuts and enjoy! You can even pop this in the microwave for a minute to have a warm breakfast. See how easy that is?

### **Fruit Salad**

This is the simplest of breakfasts, and again, you can make this the night before to save time in the morning.

Gather up your favorite fruits and make sure they're washed well. Hopefully some of your favorites include apples, pears, bananas, strawberries, and some melon varieties, as these all play well together

Leave the skin on apples and pears, it's really good for you. Cut everything up into bite sized pieces, squeeze some lemon juice over everything, and place in a covered bowl overnight.

In the morning, just spoon yourself an appropriate serving size and enjoy! Throw in a handful of your favorite nuts to feel full all morning.

### **Nut Butter**

I think we all have a favorite nut butter. Mine happens to be peanut butter, although almond butter is coming on strong lately.

Whatever your favorite might be, this just possibly could be the easiest recipe ever.

Take a few stalks of celery and wash them really good, then make sure they're free from all excess moisture.

Next, spread your favorite nut butter to fill in the hollow cavity in the celery, then top with raisins or your favorite nuts and enjoy.

If you don't like celery, you could always cut an apple in half and hollow it out a little with a spoon, then fill the empty space with nut butter and have a healthy and nutritious breakfast that's one of the simplest ever.

# Let's Do Lunch!

## Hummus And Tuna Wrap

Easy to assemble, and delicious and nutritious, what could be better? Here's what you will need.

1 whole wheat pita wrap, low carb if possible

1 can of solid or chunk white tuna

2-3 tablespoons of your favorite hummus

A bowl for mixing

Drain the water or oil from your tuna and place in the mixing bowl.

Spoon a couple tablespoons of hummus into the bowl and use a fork to mix it into the tuna.

Spread the rest of the hummus over the pita wrap instead of the mayonnaise you normally would use, the fill the pita with as much tuna as you want for lunch, wrap it up and enjoy.

You can also add lettuce and a slice of cheese if you really want to go wild.

You can also mix and pack this the night before and assemble everything at work if you prefer.

## The Perfect Salad

In my opinion, this salad has everything you need for a great tasting, protein packed lunch. Another easy one to make ahead of time, too.

1 cup of Kale, any variety you like. (If I can't get baby kale, which is more tender, I steam it lightly so it's more chewable. 5-10 minutes should do it).

1 Cup of Mixed Field Greens

Handful of Cherry Tomatoes, or choose your favorite variety

1 Tablespoon of sunflower seeds

1/2 Cup of Raspberries or Blackberries

1/4 cup of chickpeas or kidney beans

## **Dressing**

For the dressing, let's stick with the super simple theme.

2 Tablespoons each of Extra Virgin Olive Oil and Lemon Juice, and sea salt and pepper to taste. Just whisk until combined for a fresh, clean and light dressing.

Everything can be prepped the night before so you can grab it on your way out the door.

Simply combine everything in a travel-safe container and keep the dressing separate until it's lunchtime – then enjoy!

NOTE: If you desire, you can add some diced chicken to this salad for some extra protein to carry you through all the way to dinner!

## **Lettuce Wraps**

Another easy to assemble masterpiece, you'll really enjoy this healthy recipe with an Asian flair.

1 Cup Of Diced Chicken

1/2 Cup Of Shredded Carrots

1/2 Cup Of Shredded Cabbage

1/4 Cup Of Green Onions

1/4 Cup Of Diced Peanuts

Optional: 1/4 Cup Of Shredded Water Chestnuts

Also, none of these ingredients is set in stone and you can use your imagination to suit your own taste and substitute for any vegetable here. For instance, broccoli works really well in this too.

4 Large Lettuce Leaves, you can use Bibb or Boston, or I've even used Iceberg too.

To prepare the chicken, I cut it in cubes and then sauté it in olive oil, onions and peppers until done, then dice it into smaller pieces and place it aside.

To make a quick peanut sauce to spread over the top of these treats, simply whisk together the following ingredients:

5 tablespoons of peanut butter

3 teaspoons of low sodium soy sauce

2 tablespoons of rice wine vinegar

1 tablespoon of honey

2 tablespoons of lime juice, should be fresh and not concentrate

Fresh cracked pepper to taste.

Taste and adjust to your liking

Assemble all the ingredients inside the lettuce leaves, using them as a wrap, drizzle the sauce over the top, and enjoy!

### **Pasta Salad**

Make this super easy pasta salad the night before and let the flavors meld in the refrigerator overnight. Extra Yummy!

2 cups of cooked whole wheat pasta (pasta roughly doubles in size after cooking)

10 cherry tomatoes, cut in half

1/2 green or red pepper, diced

1/4 cup of sweet onion, diced

Chunk of Feta cheese, diced into small pieces

2 tablespoons of Extra Virgin olive oil

1 tablespoon of balsamic vinegar

1 teaspoon of lemon juice

First, cooked the pasta according to the package directions. While the pasta is cooking, slice and dice the other ingredients and set aside.

When the pasta is done, drain it well and let it cool a bit. When cool enough, add the other ingredients and then the liquids, mixing everything well.

Sitting overnight in the fridge will enhance the flavors and really make everything pop.

If you scale the ingredients you can make a big batch and have enough for a few days.

Enjoy!

### **Turkey Rollup**

The easiest lunch of all. Sometimes keeping it simple is the best way to go. Try this when you're rushed for time, you can even do this in the morning before work instead of grabbing something unhealthy from the work cafeteria.

3 slices of deli turkey meat – your favorite type.

3 slices of Swiss cheese

2 tablespoons of coarse ground mustard

That's it! Spread out a slice of turkey, lay a piece of Swiss cheese on top of it, then smear some mustard and roll it up.

You can place these in a plastic container and refrigerate them and work until you're ready for lunch.

Toss in a few cherry tomatoes, and handful of sunflower seeds and a pear and you have a super simple and healthy lunch that will keep you full all afternoon.

# It's Dinnertime!

Remember that we said we're trying to get away from packaged and processed foods to reduce the amount of added sugar in our diet.

To that end, let's try to get the freshest ingredients possible. Sometimes I make 2 or 3 stops when I'm shopping, including a specialty store and even a farmer's market or local farm stand when they're in season.

The closer you can get food in its original form, the more healthy it is for you.

Yes, it's more work and takes more time, but my health is worth it, and I know yours is too.

Go a week trying to avoid opening cans and boxes at dinnertime. Your taste buds will dance with excitement and your body will respond accordingly. Fresher is better, way better!

## **Fast Fish Bake**

The simpler, the better, in my opinion.

2 pieces of codfish – or your favorite kind – about 6 ounces each

Mrs. Dash seasoning - I like Garlic and Herb, but there are many varieties available

1 tablespoon of olive oil

1 sheet of tin foil, enough to enclose the fish

1 broccoli crown

Optional – 1 small sweet potato

Wash the fish and pat dry with a paper towel. Lay the fish on the tin foil and drizzle with olive oil, then coat with Mrs. Dash Seasoning. Seal up the fish inside the tin foil and bake in a preheated 400 degree oven for 10 minutes. Adjust cooking time for thickness of fish and also different sized portions.

While the fish is baking, cut the broccoli into small pieces and place in your steamer. Steam until crisp but not wilted, about 10 minutes should be enough.

If you opted for a sweet potato as well, you can cook this in the microwave for 4-5 minutes while everything else is cooking, just be careful not to overcook or it will dry out.

That's it! Everything should be done at nearly the same time, and you'll have a healthy and easy meal that's better than any restaurant can serve you, in no time!

NOTE: Please be careful removing the fish from the foil, the steam can burn you.

### **Veggie Stir Fry**

This recipe is best prepared in a wok, but in a pinch a deep frying pan will do. You could always add your favorite meat, but to me it's just as delicious without.

1 cup of broccoli florets

3/4 cup of red pepper – chopped

3/4 cup of green pepper – chopped

1/2 cup of sweet onion – chopped

1 cup of your favorite mushrooms – sliced

1/2 cup of carrots – sliced

1 tablespoon of ginger – finely minced

1 large clove of garlic – finely minced

2 tablespoons extra virgin olive oil

3 tablespoons of vegetable stock

2 tablespoons of low sodium soy sauce

Add the oil to your wok or frying pan and heat until its shimmering in the pan, then add the ginger and garlic and cook for about 15 seconds. Now add the rest of your vegetables.

Keep the mixture moving in the wok or frying pan, stir frying until the vegetables begin to get tender. NOTE: Not all the vegetables cook at the same rate, but keeping them close in size will help things to cook more evenly.

Add the chicken stock and cook until most of it evaporates.

When vegetables begin to get tender, add the soy sauce and stir for another minute, then remove from heat and turn the vegetable mixture out onto a serving platter.

This dish is perfect for serving over brown rice. You can use the instant variety, “minute rice”, it works perfectly.

NOTE: Some packaged stir fry sauces create a thick gravy that tastes delicious, and you can certainly go this route if you'd like, just make sure you read the label before you stir it in, because some can be high in sodium and sugar.

### **Mediterranean Spaghetti Squash**

This dish is very easy to make, although you do need some time to let the spaghetti squash cook. Here are the list of ingredients you'll need.

1 medium spaghetti squash – about 3 pounds

1 clove of garlic

1/2 of a large sweet onion

2 tablespoons of extra virgin olive oil

10-12 Greek olives – sliced in half

10 cherry tomatoes – sliced in half

A chunk of feta cheese

Salt and pepper to taste

Preheat your oven to 350 degrees. While it's heating, cut the ends off the squash and then split it in half lengthwise. Be careful with this part as the squash tends to roll as you cut it and this can be difficult to do.

Place the squash cut side down on a baking pan and place in the oven for 45 minutes.

After removing the squash, let it cool for a while until it's easy to handle. Scoop out the seeds with a large spoon, then use a fork to scrape the flesh of the squash lengthwise, creating strands of "spaghetti". Place these in a bowl for use later.

In a frying pan that's big enough to hold all the squash, heat the olive oil until it shimmers, then add the onion and garlic and stir until the onion softens, about 2 minutes.

Add the squash into the frying pan and stir until it's coated with oil and the onions and garlic have been mixed in.

Next, add the feta cheese and the Greek olives and mix again to incorporate.

At the last minute, add the cherry tomatoes and give a quick toss, just enough to heat them through.

Turn the entire mixture out into a serving bowl.

Optional: Rip some basil leaves and sprinkle over the top, and enjoy!

## **Turkey Burgers**

Ground turkey is a delicious lower fat option than ground beef that can add zing to any dinner. Try this recipe for something different

1 LB ground turkey

15 Greek olives

Small chunk of feta cheese – I use the reduced fat version

1/2 of a small red onion

1 clove of garlic

Splash of olive oil or non-stick spray for cooking

Mix all the above ingredients except the cooking oils until everything is incorporated.

Heat the oil, or use the cooking spray, in your favorite frying pan and cook the burgers 5-6 minutes per side, depending on thickness. Make sure burgers are cooked thoroughly and wash things well when dealing with raw poultry.

I usually eat these without a bun and put a vegetable, such as steamed carrots or broccoli, alongside for a complete meal.

NOTE: You can make a quick topping for this burger instead of ketchup or mayonnaise.

All you need is a half cup of Greek yogurt, a half teaspoon of dried dill, a tablespoon of lemon juice, and a bit of minced garlic if you like. Mix it well and use salt and pepper to taste and you have a delicious sauce for the super easy burgers.

## **Seared Salmon Over Kale**

Another very easy dish to make, and oh-so-tasty and good for you. Here's all you'll need.

2 - 6 ounce pieces of salmon, not filets, skin still on

2 tablespoons of extra virgin olive oil

1/4 cup of water

Salt and pepper to taste

4 cups of kale

2 cloves of garlic

1/4 cup of sweet onion

Wash the kale thoroughly to remove any sand and grit that might be hiding in the leaves.

Tear the kale leaves from the stem of the plant and then rough chop them to get them into smaller pieces.

In a covered frying pan, heat the water and place all the kale in the pan, and then cover to steam. This should take 20-30 minutes as kale can be very tough to wilt down.

You can also use a steamer for this step.

Remove and set aside.

Add 1 tablespoon of olive oil to a hot pan, then add the garlic and onions and fry until the onions are tender, about 2 minutes.

Add the kale back into the pan and toss thoroughly to coat the kale with the oil, onions and garlic.

While the kale is steaming, wash the salmon and thoroughly dry it with a paper towel. Salt and pepper the salmon pieces on both sides.

Add one tablespoon of olive oil to a hot pan and place the salmon pieces flesh side down and cook for 8-10 minutes, turning only one time.

Place the kale on a plate and serve the salmon over the top of it for a heart healthy and mostly sugar free delicious dinner.

This will serve 2 people, be sure to scale the recipe if your dinner party includes more guests.