

Frittata

Ingredients

- 2 large leeks
- 2 cloves garlic, peeled, chopped
- 1 medium potato, cubed
- 1 red pepper, seeded, sliced thin
- 3 omega-3 eggs
- 6 egg whites
- 1 tbsp smart balance, omega-3 butter
- 1/4 cup feta cheese

Directions

- 1 Heat 1 Tbsp butter spread in large skillet on medium. Add potato and peppers, cover with tight-fitting lid. Cook, stirring occasionally, 5 min. Add leeks and garlic, cook additional 5 minutes.
- 2 Beat eggs lightly in small bowl.
- 3 Pour eggs into skillet. Add feta cheese. Cook until eggs begin to set, about 3 min, stir. Cook 1-2 minutes or until eggs are cooked through.

Recipe Adapted From: www.allrecipes.com

Makes 4 **servings**

Nutrition Information:

Calories 210 Fat 5g Carbs 14g Protein 11g Sodium 105mg

Corn Soup

Ingredients

- 2 tbsp smart balance, omega-3 butter spread
- 1 large onion, finely diced
- 1 tsp salt
- 10 cloves garlic, minced
- 8 cups vegetable broth, low sodium
- 8 cups fresh or frozen corn kernels
- 1 roasted, peeled red pepper, diced
- 1 roasted, peeled green pepper, diced

Directions

- 1 Heat 1 Tbsp butter spread in large skillet on medium. Add onions and garlic, cover with tight-fitting lid. Cook, stirring occasionally, 5 min. Add broth and bring to a boil.
- 2 Stir in corn and reduce to a simmer. Cook until tender, about 30 minutes. Reserve 1 1/2 cups corn.
- 3 Working in small batches, puree the soup in a blender and strain, discarding the tough skins. Return to the pot and add the reserved corn, along with the diced peppers. If the soup is too thick, add a little broth.

Recipe Adapted From: www.omega3cuisine.com

Makes 10 **servings** (1 cup)

Nutrition Information:

Calories 168 Fat 2.6 Carbs 35g Protein 4.6g Sodium 248mg

Add any of your favorite roasted vegetables to the low-cholesterol frittata recipe!



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Mediterranean Fish Bake

Ingredients

1 tbsp	olive oil
1 lb	small potatoes, quartered
2 large	peppers, thinly sliced
1/4 tsp	salt
1/4 tsp	black pepper
3 cloves	garlic, peeled and chopped
4	5 oz halibut fillets
1/4 cup	kalamata lives, pitted and chopped
2	plum tomatoes, cut into wedges
2 tbsp	lemon juice
1/4 cup	flat-leaf parsley, chopped

Directions

- 1 Heat oven to 400°F. Spray an oval 2-quart casserole dish with non-stick cooking spray. Spread potatoes and peppers over bottom of the dish. Season with 1/8 teaspoon each of the salt and pepper. Bake at 400°F for 35 minutes or until potatoes are tender, stirring occasionally.
- 2 Scatter garlic over potatoes and peppers. Season fish with remaining 1/8 teaspoon each salt and pepper and place on top of the potatoes. Distribute olives and tomatoes over the casserole. Drizzle with lemon juice and 1 tablespoon olive oil. Sprinkle with parsley.
- 3 Bake at 400°F for 25 minutes or until fish flakes easily when tested with a fork.

Recipe Adapted From: Family Circle

Makes 4 **servings**

Nutrition Information:

Calories 272 Fat 8g Carbs 26g Protein 26g Sodium 417mg

Apple Sauce Cake

Ingredients - Cake

2 ½ cups	all purpose or cake flour
2 cups	splenda
1 ½ tsp	salt
1 ½ tsp	baking
1 ½ tsp	baking powder
¾ tsp	ground cinnamon
½ tsp	ground allspice
½ tsp	ground cloves or ginger (you pick!)
2 cups	applesauce, unsweetened or natural
½ cup	water
2	eggs
1 cup	raisins

Topping

¼ cup	sugar free caramel topping
½ cup	pecans or heart healthy nuts, chopped

Directions

- 1 Heat oven to 350 degrees. Spray rectangle pan 13 x 9 x 2 or 2 round layer pans with non-stick cooking spray.
- 2 Beat all cake ingredients in large mixer bowl on low speed, scraping bowl constantly, for 30 seconds. Beat on high speed, scraping bowl occasionally, for 3 minutes. Pour into Pan.
- 3 Bake until wooden pick inserted in center comes out clean, about 60 minutes in rectangle pan, 50 minutes for round pans. Drizzle syrup on top and sprinkle with ½ cup chopped nuts.

Makes 16 **servings**

Nutrition Information:

Calories 200 Fat 3g Carbs 35g Protein 3.2g Sodium 242mg

Halibut fillets are low in overall calories and fat but high in heart healthy fats such as omega-3 fatty acids and other unsaturated fats. Substitute a heart healthy fish in place of beef, pork or chicken 2-3 times per week

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