

17 Low-Calorie Recipes:

EASY HEALTHY RECIPES FOR YOUR DIET



17 Low-Calorie Recipes: Easy Healthy Recipes for Your Diet

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Letter from the Editor

Dear Healthy Cooking Enthusiast,

Just because something is low in calories doesn't mean it has to be low in flavor. Now you can have all of these delicious and nutritious low-calorie recipes for breakfast, lunch, and dinner. You can even indulge in a few low-calorie desserts for a guilt-free treat. You'll leave the table feeling full and satisfied after trying any of these easy healthy recipes.

This brand new eCookbook, *17 Low-Calorie Recipes: Easy Healthy Recipes for Your Diet*, will provide you with the best low-calorie recipes. It doesn't matter what you're in the mood for because this eCookbook has everything you could ever want. You can try our Quick and Simple Banana Oat Muffins (pg. 5), or maybe you'd like to try our Chicken Parmesan Zucchini Boats (pg. 11). If your sweet tooth comes calling, then you need to try the Nutty Quinoa Chocolate Bark (pg. 22). With this collection of low-calorie recipes, you'll have so many options for meals to make when you're stressed for time.

Make a few of these low-calorie recipes and discover the delights of following a healthy diet. You won't be disappointed with any of these easy healthy recipes because all of these recipes are absolutely, without a doubt, the best around. To have these recipes ready when you need them, be sure to save this low-calorie eCookbook. We suggest you print it out and keep it handy in your kitchen.

Happy healthy cooking!

Sincerely,

The Editors of FaveHealthyRecipes.com

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HEALTHY BREAKFAST RECIPES

QUICK AND SIMPLE BANANA OAT MUFFINS

BY: [LORI FROM EATINEATOUT](#)



Mornings can be pretty hectic. Whether you overslept, had to rush to work, or needed to hustled the kids out the door for school, there isn't always time for a nutritious breakfast. These Quick and Simple Banana Oat Muffins make those mornings a little easier. Delicious warm, at room temperature, or frozen, you can make these muffins Sunday night to last throughout the week. These muffins have only 168 calories but all of the nutrients to keep you full until lunch. Grab, go, and enjoy.

Makes: 12 muffins

Cooking Time: 25 minutes

Ingredients

- 1 ¼ cup flour
- ¾ cup oats
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 2 bananas, overripe
- ⅓ cup almond butter
- 1 egg
- ⅔ cup packed brown sugar
- 1 teaspoon vanilla
- 1 ¼ cup milk

Instructions

1. Preheat oven to 375 degrees F. Prepare muffin tin by spraying with non-stick spray or placing liners.
2. In a bowl, mix flour, oats, baking powder, salt, and cinnamon.
3. In a large bowl, mash bananas. Add almond butter and the egg; mix until combined.
4. Mix in sugar, vanilla, and milk until blended.
5. Add the first bowl of dry ingredients to the larger bowl. Your batter will be thin.
6. Bake 20 to 25 minutes.

Nutritional Information

Serving Size: 76 g

- Calories: 168
- Total Fat: 5.2 g
- Saturated Fat: 0.8 g
- Carbohydrates: 16.8 g
- Fiber: 1.7 g
- Sugars: 11.3 g
- Protein: 4.6 g

LOW-CAL BLUEBERRY BREAD

BY: [CHRISTINE FROM JAR OF LEMONS](#)



If you're looking for a grab-and-go breakfast, then this Low-Cal Blueberry Bread is perfect for you. With flax seed, chia seeds, almond butter, and blueberries, this bread is full of our favorite superfoods. Both nutritious and delicious, this blueberry bread will be sure to put a smile on your face. Plus, the fresh blueberries give this bread a fun and fruity flare that everyone will love. We recommend you make a few loaves because your friends and family will expect you to share.

Serves: 12

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Ingredients

- ½ cup rolled oats
- 1 teaspoon baking powder
- pinch of salt
- 1 tablespoon flax seed
- 1 tablespoon chia seed
- 2 eggs
- ¼ cup almond butter
- 1 banana
- 1 teaspoon vanilla
- 7 dates, seeds removed
- 1 teaspoon cinnamon
- ½ cup blueberries

Instructions

1. Preheat oven to 350 degrees F.
2. Blend rolled oats in a blender to create oat flour. Add in all of the ingredients except for the blueberries.
3. Pour the mixture into a loaf or cake pan. Pour the blueberries on top of the batter, pushing them into the mixture but leaving them partially exposed on top.
4. Bake for 35 minutes or until toothpick comes out clean. Let cool and serve.

Nutritional Information

Serving Size: 1 Slice

- Calories: 87
- Total Fat: 4.1 g
- Saturated Fat: 0.6 g
- Carbohydrates: 10.6 g
- Fiber: 1.6 g
- Sugars: 5.0 g
- Protein: 2.9 g

JESSICA SIMPSON'S GET SKINNY BREAKFAST

BY: JUDITH HINES FOR FAVEHEALTHYRECIPES.COM



You can eat like Jessica Simpson when you make this easy healthy breakfast recipe. The pop star herself used this recipe to get serious about eating healthy and losing weight. Now it's your turn. Jam-packed with veggies, Jessica Simpson's Get Skinny Breakfast is full of delicious flavor. You'll love that every bite will be a little bit different, but it's the egg on top that takes this recipe to a new level. The runny yolk makes a perfect sauce for the veggies. You need to make this breakfast recipe as soon as possible!

Serves: 4

Ingredients

- 1 pound Roma or plum tomatoes, diced
- 1 red bell pepper, stemmed, seeded, and diced
- 1 zucchini, diced
- 1 onion, diced
- 2 large garlic cloves, peeled
- 2 tablespoons chopped fresh basil
- 2 teaspoons salt
- ½ teaspoon ground black pepper
- 4 large eggs
- ¼ cup grated fat-free Parmesan or Romano cheese, optional

Instructions

1. Preheat oven to 400 degrees F. Cover a large baking sheet with foil and spray with cooking spray. Also spray four individual ramekins and set aside.
2. Lay the tomatoes, bell pepper, zucchini, onion, and garlic on the baking sheet in one layer. Roast for 15 minutes. Sprinkle with basil, salt, and pepper; toss well, and return to the oven for another 15 minutes until the vegetables are well charred.
3. Divide the roasted vegetables evenly into the four ramekins.
4. Use the back of a large spoon to make an indentation in the vegetables and break an egg into each.
5. Cover the yolk of the eggs with cheese and place the ramekins on a clean baking sheet.
6. Bake for 20 minutes, then check – if you don't like runny eggs, continue to bake another few minutes.

Nutritional Information

Serving Size: 276 g

- Calories: 129
- Total Fat: 5.4 g
- Saturated Fat: 1.6 g
- Carbohydrates: 12.9 g
- Fiber: 3.1 g
- Sugars: 8.2 g
- Protein: 9.0 g

HEALTHY DINNER RECIPES

GREEK YOGURT MARINATED CHICKEN BREAST

BY: [COURTNEY FROM FITCAKES](#)



Chicken breasts are a lean source of protein that are extremely versatile and take well to a variety of seasoning. If you get stuck in a chicken-for-dinner rut, check out this Greek Yogurt Marinated Chicken Breast recipe. You don't need to spend hours in the kitchen to make delicious and juicy chicken, because the Greek yogurt marinade does all of the work for you. Once you make this easy chicken breast recipe, you can use the chicken in salads, sandwiches, or plated with your favorite side throughout the week.

Serves: 8

Ingredients

- 4 whole chicken breasts, trimmed of fat and chopped into large chunks
- ½ cup nonfat plain Greek yogurt
- ¼ cup unsweetened applesauce
- 1 tablespoon vinegar or lemon juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 teaspoon curry powder, optional

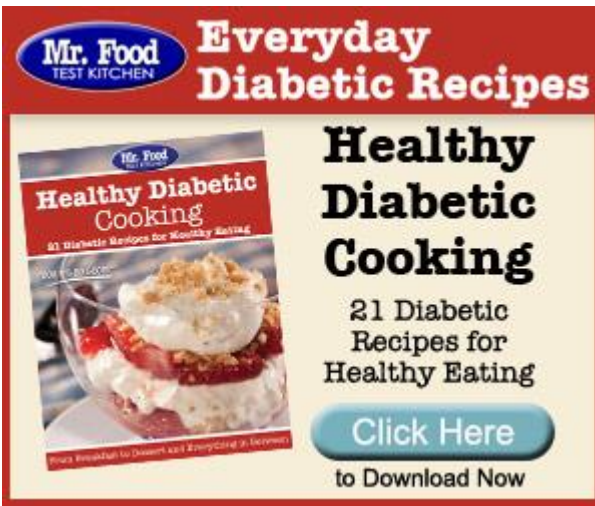
Instructions

1. Place all ingredients into a thick plastic bag, sealed tightly, and squish all the ingredients around the chicken, gently massaging into the meat.
2. Place the bag into a bowl and transfer to the refrigerator for at least 1 hour or overnight to marinate.
3. When you're ready to cook the chicken, heat a wide non-stick or cast iron skillet to a little higher than medium heat. Make sure you spray the pan with cooking spray.
4. Put each piece of chicken on the hot pan, careful not to overcrowd it. Without moving the pieces around, let them all cook for at least three minutes per side, possibly longer, depending on how big your chunks are. Remove the chicken to a bowl or plate when the largest piece of chicken has cooked all the way through.

Nutritional Information

Serving Size: 107 g

- Calories: 148
- Total Fat: 2.9 g
- Carbohydrates: 3.0 g
- Sugars: 2.1 g
- Protein: 27.1 g



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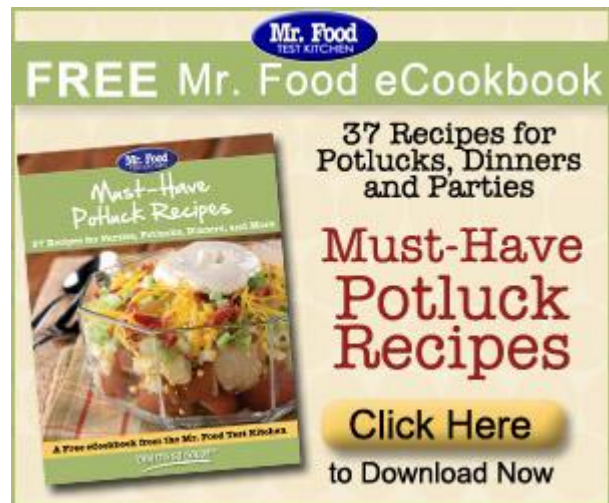
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HAM-LESS HAM AND BEAN SOUP

BY: [BRIANA FROM BRIANA THOMAS](#)



There's nothing like a hearty bean soup in the winter, is there? One would think that ham is a crucial ingredient to bean soup, but this Ham-less Ham and Bean Soup would beg to differ. This soup uses the broth from a baked ham, so you get all of the flavor with significantly less fat. This rich and flavorful soup is chock-full of protein from the pinto beans, and this recipe can be made gluten free if you use the right beans. When you serve this satisfying low-calorie soup, your friends and family won't even notice that the ham is missing. They'll be too concerned with how delicious the soup tastes.

Serves: 6-8

Ingredients

- 2 cups fat-free ham broth
- 2 cups dry pinto beans
- 5 cups water, divided
- 1 large onion, chopped
- salt, to taste
- ½ teaspoon black pepper
- 1 teaspoon crushed garlic
- 1 teaspoon dill weed
- 1 teaspoon basil
- 2 teaspoons parsley
- pinch of pure stevia extract powder
- 4-8 ounces fresh mushrooms, sliced

Instructions

1. Skim the fat from the ham broth.
2. The day before you want to make the soup, soak the dry beans in plenty of water.
3. In the evening, before you go to bed, drain the beans and put them in the slow cooker with the ham broth, 4 cups of water, onion, seasonings, and sweetener. Cook on low all night.
4. In the morning, add another cup of water as well as the sliced mushrooms. Continue cooking on low until noon. Taste, and if you need to thin it down with more water, you may do so.

Notes

- If you want to make this soup for supper, you could either just leave the slow cooker on "keep warm" all afternoon or adjust the cooking temperatures and time frames according to your schedule.

Nutritional Information

Serving Size: 238 g

- Calories: 200
- Total Fat: 4.7 g
- Sodium: 13 mg
- Carbohydrates: 33.8 g
- Fiber: 8.1 g
- Sugars: 2.2 g
- Protein: 11.3 g

CHICKEN PARMESAN ZUCCHINI BOATS

BY: [SAMANTHA FROM SAMANTHA'S KITCHEN TABLE](#)



If you love the flavor of chicken Parmesan but want to mix up your dinners, then you need to try these Chicken Parmesan Zucchini Boats. At only 110 calories, these low-cal zucchini boats are a perfect main dish especially when served with a side salad or a homemade soup. You can cook up some chicken specifically for this dish or you can use leftover chicken from last night's dinner. Either way, this dish will become a new family favorite, and everyone will be begging you to make this zucchini recipe again and again.

Serves: 8

Ingredients

- 2 cups canned crushed tomatoes or a jar of marinara sauce
- 1 ½ teaspoons coarsely ground garlic salt
- 2 teaspoons garlic powder
- ½ teaspoon dried ground basil
- ½ teaspoon dried ground oregano
- ¼ teaspoon black pepper
- 2 pinches dried crushed rosemary
- 6 ounces cooked chicken breast, chopped small
- 4 medium zucchinis
- ½ cup whole wheat panko bread crumbs
- ¼ cup shredded Parmesan cheese

Instructions

1. Preheat oven to 350 degrees F.
2. In a small saucepan, combine crushed tomatoes (or marinara sauce) and spices and bring to a slow simmer. Then add the chicken.
3. As the sauce simmers on low, you can prepare the zucchinis. Chop the ends off of each zucchini and then slice in half lengthwise.
4. Using a spoon, scoop out the seeds and core leaving just the hollowed out shell.
5. Stir the zucchini seeds and core into the chicken marinara sauce.
6. Place zucchini boats in a greased baking dish, and fill each zucchini boat with chicken marinara sauce.
7. In a small bowl, combine breadcrumbs and Parmesan. Sprinkle this mixture on top of the zucchini boats.
8. Bake covered for 35 minutes and then bake another 5 minutes uncovered or until zucchini is soft.

Note:

- If you use a dark baking dish, your zucchini boats may be ready around 30 minutes instead of the required 40 minutes.

Nutritional Information

Serving Size: 1 zucchini boat stuffed with 1 cup chicken marinara sauce

- Calories: 110
- Total Fat: 2 g
- Saturated Fat: 1 g
- Cholesterol: 21 mg
- Sodium: 415 mg
- Carbohydrates: 12 g
- Fiber: 3 g
- Sugars: 4 g
- Protein: 11 g



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SKINNY GIRL'S PAD THAI

BY: [JENNIFER FROM RICOTTA & RADISHES](#)



Thai food is simply amazing, and it doesn't get much better than a good pad Thai dish. Well, now you can enjoy the best pad Thai but without the extra carbs. This Skinny Girl's Pad Thai is made with spaghetti squash, so you can be sure that it's healthier than what you would get at a restaurant. We recommend that you share this Thai dish with your friends and family because they will love this popular recipe. If you keep this pad Thai recipe to yourself, they may never forgive you.

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 1 hour

Ingredients

- 1 medium spaghetti squash
- 2 tablespoons canola oil
- 2 cups green beans, trimmed and cut into two-inch lengths
- 1 medium red bell pepper, sliced into strips
- 1 egg
- 2 cloves garlic, minced
- 1 one-inch piece ginger, finely grated
- 1 ½ tablespoons fish sauce
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon Sriracha, or more to taste
- 2 green onions, finely chopped
- ½ cup chopped fresh cilantro
- ½ cup crushed cashews
- lime wedges, for serving

Instructions

1. Preheat oven to 450 degrees F.
2. Cut the squash in half lengthwise and scoop out the seeds with a spoon. Place the squash, cut side up, in a baking dish with two cups of water. Transfer to oven and bake, uncovered, for 50 minutes or until the squash is fork-tender. Let squash cool until safe to handle.
3. Working over a large bowl, use a fork to scoop the squash flesh into the bowl; it will come apart in long spaghetti-like strands. Discard the skin and reserve squash.
4. Heat oil in a large pan over medium-high heat. Add the green beans and bell pepper and cook, stirring constantly, until slightly softened but still crisp, about 2 minutes.
5. Crack the egg into the pan and cook, stirring to scramble until just set, about 2 minutes. Mix the egg and vegetables together and then add the garlic, ginger, and reserved spaghetti squash. Cook for 2 minutes, stirring frequently.
6. Add the fish sauce, soy sauce, and Sriracha, stirring to ensure the squash is evenly coated, about 1 minute. Remove from heat and stir in the green onions.
7. Divide among individual serving plates, or arrange on one large serving platter. Sprinkle the cilantro and crushed cashews on top. Serve immediately with lime wedges on the side.

Notes:

- The spaghetti squash can be cooked ahead and refrigerated in a container until you're ready to make the stir-fry.
- To make this dish vegetarian, omit the fish sauce.

Nutritional Information

Serving Size: 274 g

- Calories: 275
- Total Fat: 18.5 g
- Saturated Fat: 2.8 g
- Carbohydrates: 22.4 g
- Dietary Fiber: 3.3 g
- Sugars: 3.8 g
- Protein: 7.8 g

Note: The nutritional information is based on five cups of spaghetti squash. Depending on how large your spaghetti squash is, these numbers may change.

BROCCOLI AND CHEDDAR QUICHE WITH A BROWN RICE CRUST

BY: [JUDITH HINES FOR FAVEHEALTHYRECIPES.COM](http://JUDITHHINESFORFAVEHEALTHYRECIPES.COM)



Wake up and enjoy this delicious Broccoli and Cheddar Quiche with a Brown Rice Crust. You'll immediately notice that your morning will get a little bit brighter after trying this amazing breakfast quiche. Broccoli and Cheddar cheese is a classic quiche recipe pairing, and you'll for sure love the rice crust. If you like Panera's broccoli and Cheddar soup, then you'll love this breakfast recipe. It combines the same flavors but with a healthier flare. This is an easy healthy recipe for any day of the week, so you should definitely make it for your friends and family. Or, you can make it for yourself and enjoy the leftovers for breakfast the next morning.

Serves: 6

Cooking Time: 35 to 40 minutes

Ingredients

- 1 cup brown rice, cooked as package directs and cooled
- 1 ¼ cup Cheddar cheese, finely grated
- ¼ cup Parmesan cheese, finely grated
- 5 large eggs
- 1 pinch ground nutmeg
- salt and pepper, to taste
- 2 cups fresh broccoli florets, blanched
- ¼ cup green onions, sliced

Instructions

1. Preheat oven to 450 degrees F.
2. Stir rice, ¼ cup of the Cheddar cheese, Parmesan cheese, and 1 egg together. Press into the bottom and sides of a 9-inch pie pan to ¼-inch thickness. Bake this crust for about 7 minutes. The crust will just begin to brown. Meanwhile, beat the remaining 4 eggs with nutmeg, salt, and pepper.
3. When crust is baked, lower oven temperature to 375 degrees F.
4. On top of the crust, layer the broccoli, the remaining 1 cup of Cheddar cheese, and onions. Then pour the eggs over these ingredients.
5. Bake for 35 to 40 minutes or until the eggs are firm and the top is golden brown. Serve this quiche immediately or at room temperature.

Nutritional Information

Serving Size: 136 g

- Calories: 296
- Total Fat: 13.9 g
- Saturated Fat: 7.1 g
- Carbohydrates: 27.3 g
- Dietary Fiber: 2.0 g
- Sugars: 1.1 g
- Protein: 15.9 g

HEALTHY CASSEROLE RECIPES

FEEL GOOD ZUCCHINI CASSEROLE

BY: JUDITH HINES FOR FAVEHEALTHYRECIPES.COM



This Feel Good Zucchini Casserole is so simple and delicious. This healthy casserole recipe is more like a crustless quiche because it is made with beaten eggs, a splash of milk, and a few tablespoons of finely grated Parmesan cheese. Tucked inside this simple casserole are sauteed and seasoned broccoli and zucchini. These veggies are some of the best vegetables you can eat because they are an excellent source of essential vitamins. We guarantee that this broccoli and zucchini casserole will soon become one of your favorite casseroles ever. This would make the perfect side dish or an easy potluck recipe. So, grab your apron and make this vegetable casserole recipe today.

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 tablespoon olive oil
- ½ cup chopped onion
- 4 cups broccoli florets
- 2 large zucchinis, cut into rounds
- salt and fresh ground pepper
- ⅛ teaspoon red pepper flakes, optional
- 4 eggs
- ½ cup milk
- 2 tablespoons fresh basil, chopped
- ¼ cup Parmesan cheese, finely grated

Instructions

1. Preheat oven to 350 degrees F, and spray a 9 x 9 baking dish with cooking spray.
2. In a large non-stick skillet over medium-high heat, sauté onion in the oil until it is translucent. Then, add broccoli and zucchini. Continue to sauté, stirring often, until the veggies begin to brown. Sprinkle with salt, pepper, and the optional pepper flakes. Add ¼ cup water and cover, lowering heat to medium low, for 5 minutes or until broccoli is still bright green but just becoming tender.
3. Place vegetable mixture into the baking dish. Beat together the eggs, milk, and basil, and pour over the vegetables. Sprinkle Parmesan on top, and bake for 30 minutes or until mixture is firm.

Nutritional Information

Serving Size: 332 g

- Calories: 207
- Total Fat: 12.0 g
- Saturated Fat: 4.3 g
- Carbohydrates: 13.1 g
- Fiber: 3.8 g
- Sugars: 5.6 g
- Protein: 15.0 g

BROCCOLI AND ZUCCHINI NOODLE CASSEROLE

BY: [JUDITH HINES FOR FAVEHEALTHYRECIPES.COM](http://JUDITHHINESFORFAVEHEALTHYRECIPES.COM)



Made with fresh veggies and healthy ingredients, this Broccoli and Zucchini Noodle Casserole will soon become your favorite casserole recipe. This vegetable casserole is both delicious and nutritious, so you'll feel good when you serve this meal to your family. Put down that box of mac and cheese because this recipe is just as simple to make but it's so much better for you. You'll feel full and satisfied after enjoying a serving of this low-carb and low-calorie casserole.

Serves: 1

Ingredients

- 4 large zucchinis, unpeeled
- 1 teaspoon salt
- 4 large eggs
- 8 egg whites
- ½ cup fat-free plain Greek yogurt
- fresh ground black pepper
- 2 cups broccoli, chopped into small pieces
- 2 cups kale, stemmed and chopped
- ½ cup basil leaves, roughly torn or chopped
- 1 ½ cup reduced-fat shredded Cheddar cheese, divided

Instructions

1. Preheat oven to 350 degrees F and spray a ten-inch baking dish with cooking spray.
2. Use a spiral cutter to cut the zucchini into "noodles". Place the zucchini noodles into a large colander and sprinkle with the salt, tossing with your hands to mix. Let stand 20 minutes, tossing again a couple times. Place on a clean kitchen towel; then roll and squeeze to remove as much moisture as possible.
3. In a large bowl, mix the eggs, egg whites, yogurt, and pepper. Add the dried zucchini, broccoli, kale, and basil into the bowl. Add one cup of the cheese and mix. Pour into the prepared baking dish and sprinkle with the remaining cheese. Bake for 40 to 45 minutes.

Notes

- The process of mixing the raw zucchini with salt and letting it stand is to remove excess moisture from the vegetable so that it does not make the dish water-y. Don't be tempted to skip this step.
- If you don't have a spiral cutter, you can slice the zucchini very thinly on a mandolin, with a box grater, or using a food processor and julienne blade.

Nutritional Information

Serving Size: 295 g

- Calories: 167
- Total Fat: 7.2 g
- Saturated Fat: 3.4 g
- Carbohydrates: 10.1 g
- Fiber: 2.6 g
- Sugars: 4.3 g
- Protein: 17.4 g

SUPER 7 LAYER CASSEROLE

BY: [JUDITH HINES FOR FAVEHEALTHYRECIPES.COM](http://JUDITHHINESFORFAVEHEALTHYRECIPES.COM)



For an easy way to get a lot of veggies in one meal, try this easy-to-make casserole! This Super 7 Layer Casserole is jam packed with sweet potatoes, kale, onions, and peppers. So, you can be sure that you'll get a hearty serving of veggies with every bite. Not only is this a delicious and nutritious recipe, but it's also super easy to make. There are only a few simple steps, and then you'll have an amazing meal ready to go.

Serves: 8

Ingredients

- 2 sweet potatoes, peeled and thinly sliced
- 4 ounces kale, stems removed and leaves chopped
- 1 medium red onion, sliced
- 2 cloves garlic
- 1 medium red or green pepper, cut in ¼-inch strips
- salt and fresh ground pepper
- 24 ounces turkey cutlets
- 16 ounces marinara sauce

Instructions

1. Preheat oven to 350 degrees F. Lightly spray the bottom of a 9 x 13 inches baking dish lightly with cooking spray.
2. Layer vegetables into the dish in the order given, spreading them evenly. Before placing the turkey cutlets, sprinkle liberally with salt and pepper. Then fan the cutlets across the top of the veggies. Pour the sauce over the ingredients and spread evenly.
3. Cover the dish tightly with foil and bake for 45 minutes. Then continue to bake uncovered for another 15 minutes. Let stand for 10 minutes before serving.

Nutritional Information

Serving Size: 352 g

- Calories: 250 g
- Total Fat: 2.2 g
- Saturated Fat: 0.6 g
- Carbohydrates: 47.9 g
- Fiber: 6.5 g
- Sugars: 17.5 g
- Protein: 13.5 g

HEALTHY HOMEMADE BOSTON MARKET SQUASH CASSEROLE

BY: JUDITH HINES FOR FAVEHEALTHYRECIPES.COM



If you like Boston Market's squash casserole, then you'll love this Healthy Homemade Boston Market Squash Casserole. It tastes just like the restaurant's version, but you'll know exactly what goes into your homemade casserole. This tasty casserole is chock-full of healthy veggies, gooey Cheddar cheese, and yummy spices.

Serves: 8

Preparation Time: 15 minutes

Ingredients

- 1 (6-ounce) box of Jiffy Corn Muffin Mix
- 1 yellow onion, chopped
- ¼ cup butter
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried thyme
- 1 tablespoon fresh parsley, chopped
- 3 chicken bouillon cubes
- 1 teaspoon garlic, minced
- 2 medium summer squashes, diced
- 2 medium zucchinis, diced
- 8 ounces Cheddar cheese, diced

Instructions

1. Prepare the Jiffy Mix according to the directions on the box. Let it cool.
2. Sauté the chopped onion in the butter over medium-low heat until the onions are translucent. Stir in the salt, pepper, thyme, and parsley. Then add the chicken bouillon cubes and garlic. Stir well. Add the squash, zucchini, and cheese. Let simmer for 5 minutes, and while the squash is simmering, preheat the oven to 350 degrees F.
3. Crumble the corn bread muffins into the squash mixture and add one cup of water. Mix well.
4. Spray a 13 x 11 casserole dish with non-stick cooking spray. Pour the zucchini mixture into the prepared casserole dish. Cover with aluminum foil and bake for 50 to 60 minutes, removing the foil after 40 minutes.

Nutritional Information

Serving Size: 172 g

- Calories: 270
- Total Fat: 17.9 g
- Saturated Fat: 10.8 g
- Carbohydrates: 19.9 g
- Fiber: 1.7 g
- Sugars: 6.4 g
- Protein: 9.8 g

HEALTHY DESSERT RECIPES

[MINI NO-BAKE OATMEAL COOKIES](#)

BY: [CRYSTAL FROM SIMPLY PLAYFUL FARE](#)



Insanely chocolaty and perfectly peanut buttery, these Mini No-Bake Oatmeal Cookies are absolutely amazing. Every bite of these adorably-cute cookies will put a smile on your face because they're a delicious sweet treat that won't add inches to your waistline. With only 125 calories per serving, you need to make these oatmeal cookies when your sweet tooth comes calling. These no-bake cookies would be perfect to pack for lunch, to grab as an afternoon snack, or to enjoy after dinner. We suggest you share these chocolate treats with your friends and family; they'll love them so much that they'll definitely ask you for the recipe.

Yields: 30 cookies

Ingredients

- 1 cup sugar
- ¼ cup milk
- 1 stick butter
- ¼ cup cocoa
- 3 cups oats
- ¾ cup peanut butter
- 1 tablespoon vanilla
- pinch of salt

Instructions

1. In a small saucepan, add the sugar, milk, butter, and cocoa. Heat over medium heat and stir constantly to combine and to keep from burning. Boil for 1 minute; then remove from heat.
2. Put the oats in a large bowl. Add the peanut butter, vanilla, salt, and the mixture from step one. Stir.
3. Form into small balls and place on a cookie sheet lined with parchment paper. Store these no-bake cookies in your fridge.

Nutritional Information

Serving Size: 1 cookie

- Calories: 125
- Total Fat: 7.0 g
- Saturated Fat: 2.8 g
- Carbohydrates: 14.0 g
- Dietary Fiber: 1.4 g
- Sugars: 7.5 g
- Protein: 2.9 g

LOW-CARB COCONUT MACAROONS

BY: [DARCY FROM MODERN LOW CARB](#)



These Low-Carb Coconut Macaroons are a gluten free dessert that will satisfy your sweet tooth, and they couldn't be easier to prepare. With sweet coconut flakes, coconut milk, and a drizzle of chocolate, this low-carb dessert has something for everyone. Make someone's day a little bit sweeter by sharing these coconut macaroons. They make a great hostess gift or after-dinner treat.

Yields: 20 macaroons

Cooking Time: 18 minutes

Ingredients

- 1 can unsweetened coconut milk
- 2 ounces sugar-free erythritol, melted
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla extract
- 15 ounces unsweetened coconut flakes
- 2 egg whites
- $\frac{1}{4}$ teaspoon cream of tartar

Instructions

1. Preheat oven to 375 degrees F.
2. Start by making the sweetened condensed milk. Empty one can of coconut milk in a saucepan over medium heat. Add erythritol, salt, and vanilla extract; whisk and allow to cook down for 15 minutes, stirring frequently. The milk will sweeten, thicken, and take on the flavor and consistency of the sweetened condensed milk.
3. In a large bowl, pour sweetened condensed milk over coconut flakes and stir to combine.
4. Using a stand mixer, beat egg whites and cream of tartar until the eggs form stiff peaks. Fold the egg whites into the coconut mixture.
5. On a greased cookie sheet, scoop twenty equal portions of the coconut mixture. You can use a cookie scoop for this step.
6. Bake for 18 minutes or until the edges begin to brown. To prevent the edges of the macaroons from browning, you can stack two cookie sheets on top of each other.
7. Remove from oven and allow to cool. You can serve these as is, or melt chocolate and dip the tops of the cookies in the chocolate.

Nutritional Information

Serving Size: 1 macaroon

- Calories: 136
- Total Fat: 12.3 g
- Saturated Fat: 10.8 g
- Carbohydrates: 4.3 g
- Dietary Fiber: 2.6 g
- Sugars: 1.6 g
- Protein: 1.7 g

NUTTY QUINOA CHOCOLATE BARK

BY: [KAYLEE FROM LEMONS AND BASIL](#)



Looking for ways to make a sweet chocolate treat nutritious? Look no further. This Nutty Quinoa Chocolate Bark is chock full of antioxidants and healthy fats so you won't have snacker's remorse after indulging a little bit! You can use any type of dried fruit and your favorite nuts for an easily customized snack. This is also an interesting way to prepare quinoa, adding a little extra something to your chocolate. This can be considered the greatest trail mix ever because the chocolate and nut ratio is right where it should be!

Serve: 20

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients

- ¼ cup uncooked red quinoa (or color of choice)
- 1 ½ cups dark chocolate chips
- ½ teaspoon coconut oil
- ¼ cup chopped almonds
- ¼ cup chopped cashews
- ¼ cup dried cranberries
- 2 tablespoons peanut butter chips

Instructions

1. Cover a baking sheet with wax paper and set aside.
2. Thoroughly rinse the quinoa by adding the uncooked quinoa to bowl, fill with clean water, and soak for a few minutes. Use a wire whisk to move the quinoa around in the water, then strain the quinoa in a fine mesh sieve and rinse with fresh water.
3. Add wet quinoa to sauté pan and cook on stove top over medium-low heat, using a whisk to move the quinoa around in the pan.
4. Once it gets hot, the water will be absorbed and the quinoa will start to pop, this means it's drying out. Keep moving it around with the whisk until the grains of quinoa start to brown. You will see it transform before your eyes and it will smell nutty. This took about 5 to 6 minutes. When it's sufficiently done, remove from the pan and place in a bowl to cool.
5. While the toasted quinoa cools, melt chocolate chips in double boiler, or melt in a small pot on low, stirring constantly and watching to make sure the chocolate does not burn. Once chocolate has fully melted, stir in toasted quinoa and mix well.
6. Pour chocolate mixture onto prepared wax covered pan and spread into thin layer.
7. Add chopped almonds, cashews, dried cranberries, and peanut butter chips. Press down lightly to mix toppings into chocolate, then put in freezer for 15 to 20 minutes or until chocolate has fully hardened.
8. Break into approximately 20 small pieces and store in freezer.

Nutritional Information

Serving Size: 1 piece

- Calories: 138
- Fat: 7.1 g
- Saturated Fat: 3.8 g
- Unsaturated Fat: 0.6 g
- Carbohydrates: 16.6 g
- Fiber: 1.6 g
- Sugars: 22.0 g
- Protein: 2.2 g



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LOW-CARB CLOUD COOKIES

BY: [JUDITH HINES FOR FAVEHEALTHYRECIPES.COM](http://JUDITH.HINES.FOR.FAVEHEALTHYRECIPES.COM)



Oh boy, oh boy. If you're on a low-calorie diet, then you're probably craving a sweet chocolaty treat. Luckily, you can satisfy that craving without ruining your diet. These Low-Carb Cloud Cookies taste just like your traditional chocolate chip cookie recipe, but each cookie has only 80 calories. That's practically nothing! These cookies are perfectly light, so you won't feel weighed down after enjoying one or two. We recommend that you make these cookies as soon as possible. You definitely won't regret it!

Makes: 30 cookies

Cooking Time: 10 minutes

Ingredients

- ½ cup rolled oats
- ½ cup brown sugar, lightly packed
- ¼ cup butter, room temperature
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- ½ cup plain low-fat yogurt
- 1 egg
- ½ teaspoon vanilla
- 1 ¼ cup all-purpose flour
- 1 cup sugar-free chocolate chips

Instructions

1. Preheat oven to 375 degrees F. Have ready two ungreased cookie sheets.
2. Place oats into a small food processor or a blender and process to a fine flour. Set aside.
3. In an electric mixer, blend brown sugar with butter, baking soda, and salt until well mixed. Combine yogurt, the egg, and vanilla in a small bowl. Whisk to combine and then add to the butter mixture with the machine running. Stir in the flour, then the ground oats, and finally the chocolate chips.
4. Use a small ice cream scoop or measuring tablespoon to scoop dough onto baking sheets. Bake about 10 minutes. The bottoms should be browned but the tops will be only very lightly browned. Cool on a wire rack.

Nutritional Information

Serving Size: 22 g

- Calories: 80
- Total Fat: 3.4 g
- Saturated Fat: 1.6 g
- Carbohydrates: 11.4 g
- Fiber: 0.6 g
- Sugars: 2.7 g
- Protein: 1.3 g

WATERMELON SMOOTHIE

BY: [JUDITH HINES FOR FAVEHEALTHYRECIPES.COM](http://JUDITH.HINES.FOR.FAVEHEALTHYRECIPES.COM)



Cool and refreshing, this Watermelon Smoothie is the perfect summer drink. It doesn't matter if you take this smoothie to the beach or your backyard because wherever you take it, it'll be delicious. We bet you've never tried a smoothie recipe like this one, but after your first slurp, you'll be hooked. Not only is this a deliciously fresh smoothie, it's also incredibly healthy. A smoothie recipe seriously can't get much better than this one.

Serves: 6

Ingredients

- 4 cups cubed watermelon
- 2 cups crushed ice
- 2-4 tablespoons sweetened condensed milk
- mint leaves, melon wedges, lime wedges for serving, optional

Instructions

1. Combine watermelon, ice, and milk in a blender until smooth and frothy.
2. Serve immediately in glasses garnished with a melon wedge, a lime wedge, or a sprig of mint.

Nutritional Information

Serving Size: 156 g

- Calories: 130
- Total Fat: 1.2 g
- Saturated Fat: 0.7 g
- Carbohydrates: 29.3 g
- Sugars: 23.3 g
- Protein: 1.6 g

THANK YOU

THE FOLLOWING BLOGGERS MADE THIS EBOOK POSSIBLE:

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