

# Made From Scratch

## Fill-you-up foods

Did you know that foods that are high in fiber and protein will keep you full and help you to avoid making unhealthy choices? Check out these recipes to help keep you full longer.

### Broccoli omelet

#### Ingredients:

- 3 cups broccoli florets
- 1 large red bell pepper (cut into strips)
- 16 button mushrooms (sliced)
- 4 eggs
- 8 egg whites (from 8 eggs)
- 1/4 cup milk (fat-free)
- 1/2 cup ricotta cheese
- 2 Tbsp grated parmesan cheese
- 1/8 tsp salt
- 1/8 tsp pepper

#### Instructions:

1. Whisk eggs and milk in a medium mixing bowl.
2. Spray 10-inch non-stick skillet with cooking spray; heat.
3. Add broccoli, peppers, and mushrooms; sauté about 3-5 minutes, then remove from pan.

#### To cook each omelet:

1. Use cooking spray as needed.
2. Add 1/4 of the egg-milk mixture to the hot skillet, and let spread to cover bottom of the pan.
3. When the egg begins to thicken on top, sprinkle with a 1/4 of the parmesan cheese.
4. Dab half of the omelet with ricotta cheese and spread 1/4 of the vegetable mixture on top.
5. Fold the other half of the omelet over the vegetables and let cook for about 1 more minute.
6. Slide onto a plate and season lightly with salt and pepper.
7. Repeat steps 1-6 to cook all omelets and garnish omelets with remaining vegetable sauté mix.



**Nutrition facts** | Servings: 4 | Serving size: 1/4 of recipe

**Calories:** 190 | **Fat:** 7 g | **Saturated fat:** 2 g | **Fiber:** 3 g | **Carbohydrates:** 12 g | **Protein:** 22 g | **Sodium:** 350 mg

### Triple berry protein smoothie

#### Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup fat-free, plain Greek yogurt
- 1 tsp stevia sweetener **or** 2 stevia sweetener packets
- 1 squeeze mixed berry-flavored stevia water enhancer
- 1/4 cup fresh **or** frozen, unsweetened blueberries
- 1/4 cup fresh **or** frozen, unsweetened raspberries
- 1/4 cup fresh **or** frozen, unsweetened strawberries

#### Instructions:

1. Add all the ingredients to a blender and blend for 1 to 2 minutes or until the desired texture. Pour into glasses.

**Nutrition facts** | Servings: 2 | Serving size: 1 cup

**Calories:** 78 | **Fat:** 2 g | **Saturated fat:** 0 g | **Fiber:** 2 g | **Carbohydrates:** 9 g | **Protein:** 7 g | **Sodium:** 111 mg

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Tex-Mex black bean and chicken wrap

### Ingredients:

- 1 (15 oz) can, no-salt-added black beans (drained, rinsed)
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp black pepper
- 1/4 tsp red chili pepper flakes **or** 1/2 jalapeño (seeded, finely chopped) - *optional*
- 4 Tbsp fresh cilantro (finely chopped) **or** 4 tsp dried cilantro
- 4 (8-inch) whole-wheat wraps or tortillas
- 8 oz all white meat chicken, canned or rotisserie, shredded
- 1 medium carrot, about 1 cup (shredded)
- 1 small tomato, about 1/2 cup (cut into 1/2-inch pieces)
- 1 avocado, about 1 cup (cut into 1/2-inch cubes)

### Instructions:

1. In a large bowl, mix beans, chili powder, cumin, black pepper, red chili flakes (or jalapeño) and cilantro.
2. Warm the tortillas by wrapping them in a kitchen towel and microwaving or heating them one by one in a dry pan.
3. To keep tortillas warm and soft, wrap them in a towel and take them out one at a time as you make the wraps.
4. On a clean, dry, flat surface, place one wrap at a time. Add 1/4 each of the bean mixture, chicken, carrot, tomato, and avocado, in that order.
5. Fold up the bottom until it covers the bottom of the filling, then bring each side of the tortilla one at a time towards the middle, overlapping them over the filling to make the wrap snug. You can also secure it with a toothpick, being careful not to bite into it later.

### Nutrition facts | Servings: 4

**Calories:** 353 | **Fat:** 10 g | **Saturated fat:** 2 g | **Fiber:** 11 g | **Carbohydrates:** 45 g | **Protein:** 22 g | **Sodium:** 569 mg

## Slow cooker pork stew over brown rice

### Ingredients:

- 2 lbs lean pork stew meat
- 3 cups baby carrots
- 1 large onion (sliced)
- 1 1/2 tsp dried thyme leaves
- 1/2 tsp ground black pepper
- 1/4 tsp salt
- 1 clove garlic (minced)
- 1 1/2 cups bran and wheat flakes cereal (crushed to 3/4 cup)
- 1 cup dried tart cherries
- 3/4 cup 100% apple juice **or** cider
- 4 cups hot cooked brown rice

### Instructions:

1. Trim fat from pork.
2. Spray a large pan with non-stick cooking spray. Cook half of the pork at a time until browned.
3. In a 4 to 6-quart slow cooker, layer carrots, onion, thyme, pepper, salt, and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice or cider over the contents in the cooker.
5. Cover and cook on low for 7 to 8 hours or on high for 3 1/2 to 4 hours.
6. Prepare the brown rice according to package directions toward the end of the stew cooking time. (Brown rice typically takes about 40 to 45 minutes to cook.)
7. Stir pork mixture and serve over 1/2 cup brown rice.



### Nutrition facts | Servings: 8 | Serving size: 1 cup

**Calories:** 360 | **Fat:** 5 g | **Saturated fat:** 2 g | **Fiber:** 6 g | **Carbohydrates:** 50 g | **Protein:** 27 g | **Sodium:** 139 mg