

Low Glycemic Lunch & Dinner Recipes

These have all been tested by my own family. Even my 8 year old will eat them, so you know they're tasty!

▪ Chicken with Balsamic Vinegar

Ingredients

4 boneless, skinless chicken breast halves
3/4 lb small mushrooms, quartered
2 Tbsp flour
salt and pepper
3 Tbsp olive oil
6 garlic cloves, peeled
3 Tbsp balsamic vinegar
3/4 cup chicken broth
1 bay leaf
1/4 tsp thyme
1 Tbsp butter

Directions

Season the flour with salt and pepper and dredge the chicken breast halves in it. Shake off excess flour. Heat the oil in a heavy skillet and cook the chicken over moderately high heat until nicely browned on one side, about 3 minutes.

Add the garlic cloves. Turn the chicken pieces over and scatter the mushrooms over all. Continue cooking, shaking the skillet and redistributing the mushrooms so they cook evenly. Cook about 3 minutes. Add the Balsamic vinegar and broth, the bay leaf and thyme.

Cover closely and cook over moderately high heat about 10 minutes. Turn the pieces occasionally as they cook. Transfer the chicken to a warm platter and cover with foil. Let the sauce cook, uncovered, over moderately high heat about 7 minutes.

Swirl in the butter. Remove the bay leaf. Pour the sauce and mushrooms over the chicken and serve. Yield: 4 servings.

▪ Awesome Cheese Souffle

Ingredients

2 tsp sweet butter, softened
6 large eggs
1/2 cup heavy cream
1/3 cup grated Parmesan cheese
1 tsp dry mustard
1 tsp pepper
1/2 tsp salt
1 pinch cayenne pepper
1/2 lb extra sharp Cheddar, in 1/2 inch cubes
11 oz cream cheese, in 1 inch cubes

Directions

Pre-heat the oven to 375 degrees. Use the butter to grease a 5 cup soufflé dish. Put the eggs, cream, Parmesan cheese, mustard, pepper, salt and cayenne into a food processor or blender.

With the motor running, add the Cheddar, piece by piece. After all the cheese is added, process or blend for 30 seconds. It will be very thick.

Pour/scrape the mixture into the prepared dish and bake for 50 to 60 minutes. Don't open the oven door for the first 50 minutes. Serve immediately.
Yield: 6 servings.

▪ VEGGIE EXPLOSION

Ingredients

2 Tbsp vegetable or olive oil
1 cup sliced, peeled carrots
1 cup small broccoli florets
1 cup sliced mushrooms of your choice
1 cup diced eggplant
2 cups sliced cooked potatoes
2 ripe tomatoes, chopped

SAUCE

1/4 cup tomato juice
1/4 cup rice wine vinegar
2 Tbsp fresh lemon juice
1/2 cup dry white wine

Directions

In large skillet, heat oil over medium-high heat. Add carrots, broccoli, mushrooms and eggplant.

Cook, stirring often, until crisp-tender, 8-10 minutes. Add potatoes and tomatoes; cook, stirring often, 3 minutes.

Meanwhile, in small bowl, mix sauce ingredients. Add sauce to skillet and simmer 5 minutes, until liquid has thickened slightly.

Serve right away. Yield: 4 servings.

▪ Chicken Pollock

Ingredients

1/2 lb fresh mushrooms
8 whole chicken breasts without bones
8 thin slices lean ham
8 slices mozzarella cheese
Salt and cayenne to taste
Paprika
1/3 cup olive oil
3 tbsp chopped green onions
2 cups light sour cream

Directions

Clean mushrooms and slice into thick slices. Set aside.

Clean chicken, removing skin and all fat. Pat dry. Slit breasts lengthwise, but not all the way through, to form a pocket. Put the ham and the cheese inside the pocket.

Season with salt and pepper. Roll the chicken up with the opening to the inside. Secure with a toothpick. Sprinkle each roll generously with paprika.

Heat the olive oil in a heavy frying pan and brown the chicken rolls. Remove the chicken with a slotted spoon to a casserole dish.

In the remaining olive oil, sauté the mushrooms and green onions for about 5 minutes on medium heat. Add sour cream and blend well. Pour the sour cream and mushroom mixture over the chicken.

Cover tightly with foil and bake at 350 degrees for 55 minutes or until done.

Serve right away.

▪ STIR-FRY VEGGIE PLATTER

Ingredients

3 tbsp extra-virgin olive oil, divided
4 medium carrot, peeled and thinly sliced
2 orange or yellow bell peppers, seeded and thinly sliced
1 medium onion, sliced 1/2-inch thick
Lemon pepper, to taste
2 medium yellow tomatoes, seeded and chopped 2 cups broccoli florets
1 pound asparagus, trimmed and cut into 2-inch lengths
2 cloves garlic, minced
4 portobello mushrooms, stemmed and sliced
Sesame seeds, for garnish
4 pita breads, cut in half

Directions

In a large wok or skillet, heat 1 tablespoon oil over high heat until almost smoking. Add carrots, bell peppers and onion. Season with lemon pepper and stir-fry until crisp-tender, about 3 minutes. Remove vegetables to a platter.

Heat 1 tablespoon oil in wok. Add tomato, broccoli, asparagus and garlic. Season with lemon pepper and stir-fry until crisp-tender, about 3 minutes. Remove vegetables to platter.

Heat remaining 1 tablespoon oil in wok. Add mushrooms and season with lemon pepper. Stir-fry until tender, about 2 minutes. Remove mushrooms to platter. Sprinkle vegetables with sesame seeds and serve with pita bread. Yield: 4 servings.

▪ Chicken Taco Filling

Ingredients

- 1 packet taco seasoning (or 4 Tablespoons bulk taco seasoning)
- 1 cup chicken broth
- 1 pound boneless skinless chicken breasts

Directions

Dissolve taco seasoning into chicken broth. Place chicken breasts in crock-pot and pour chicken broth over. Cover and cook on low for 6-8 hours.

With two forks, shred the chicken meat into bite-sized pieces. Use in soft tacos, hard tacos, burritos, nachos, etc.

To freeze, place shredded meat into freezer bags with the juices. Press out all the air and seal.

▪ Steve's Special

Ingredients

1/2 lb fresh spinach, chopped;
OR 10 oz frozen chopped spinach, defrosted
1 tbsp olive oil
1 tbsp butter or margarine
1 lb ground beef
1 small onion, diced
1/2 tsp dried basil, crushed
1/4 tsp dried marjoram, crushed
1/4 tsp dried oregano, crushed
1 tsp salt
1/4 tsp black pepper
4 eggs

Directions

If using frozen spinach, place in strainer and drain well. Heat oil and butter in large, heavy skillet. Add ground beef and cook, stirring, until browned and crumbly. Drain.

Add onion and cook until tender but not browned. Stir in basil, marjoram, oregano, salt and pepper. Stir in drained spinach and cook until liquid in spinach has evaporated.

Beat eggs, add to meat mixture and cook, stirring, until eggs are set. Yield: 4 servings

▪ Grilled Ham and Cheese

Ingredients

2 slices 100% whole wheat bread
2 wedges The Laughing Cow light cheese
2 oz lean deli ham

Directions

Heat a small skillet over medium heat for several minutes.

Lightly brush one side of each slice of bread with extra virgin olive oil. Spread one wedge of cheese on the other side of each slice of bread. Place one slice of bread, oil side down in pan. Top with ham and other slice of bread.

Cook approximately 5 minutes each side.

▪ Oh So Tasty Lemony Salmon

Ingredients

1 salmon fillet (approximately 4 oz)
1 tsp fat-free mayonnaise
1 tsp lemon juice
1/2 tsp dill weed
salt/pepper to taste

Directions

Using a pastry brush, spread mayonnaise over salmon fillet. Sprinkle with lemon juice, dill, salt and pepper.

Bake at 350 degrees for 20 minutes or until salmon easily flakes.

▪ Chicken Fried Rice

Ingredients

8 oz boneless, skinless chicken breasts
3 tsp canola oil
2 tbsp soy sauce
2 cups preferred fresh vegetables (e.g. mushrooms, broccoli, carrots, onion, cauliflower, zucchini, snow peas, etc.)
2 green onions
2 eggs (or 4 egg whites, if preferred)
1 tsp garlic powder
2 tbsp sliced almonds
1 1/3 cups cooked basmati rice (2/3 cup per serving)

Directions

Prepare rice according to package directions (however, salt is not necessary) and set aside.

Before getting started, slice your chicken breasts into strips. Chop all the vegetables and green onions. You can use one vegetable or, I prefer to use a combination of several different kinds, depending on what I have available.

Heat a large skillet for a few minutes over medium heat before spraying with a non-stick spray. Beat eggs or egg whites together in a bowl and add to skillet. Stir often, cooking the eggs until well-scrambled (approximately 5 minutes). Remove eggs and set aside.

Add the canola oil to the skillet and cook the chicken breasts for approximately 5 minutes. Remove chicken and set aside.

Add the vegetables to the skillet and stir-fry for 3–5 minutes.

Add soy sauce to rice and mix until rice is well coated. Add rice, chicken, eggs and garlic powder and continue to stir-fry for several more minutes. Sprinkle with almonds and serve.

Yield: 2 Servings