

Low-Calorie Recipes to Help You Slim Down!



Despite the popular belief that eating healthily limits you to beans and steamed vegetables, you can actually have a wholesome and flavorful meal that's low in calories. From appetizers to side dishes, breakfast to dessert, enjoy these less-than-300-calorie dishes

QualityHealth[®]

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Blueberry Pancakes

Servings: 4 Preparation Time: 10 min. Cooking Time: 5 min.

Ingredients:

- 1 cup blueberries
- 1 cup buttermilk
- 3/4 tsp baking powder
- 1/2 tsp salt
- 2 tbsp sugar
- 1 egg, lightly beaten
- 2/3 cup all purpose flour
- 2 tbsp vegetable oil
- 1/2 tsp baking soda
- 1/3 cup whole grain flour

Cooking Directions:

Sift first 6 ingredients together in a large bowl. Combine next 3 ingredients in another bowl. Stir buttermilk mixture into dry ingredients until just combined. Do not overmix. Heat a heavy nonstick skillet or griddle over medium high heat to 375°F. When hot, lightly brush surface with oil. Add about 1/3 cup of batter per pancake to skillet. Sprinkle a few blueberries over each round of pancake batter and cook 2-3 minutes, or until small holes appear in batter and bottom is browned. Turn cakes and cook about 1 minute or until browned. Repeat process until all pancakes are cooked. Serve immediately with desired toppings or keep warm in a 200°F oven until ready to serve.

Per Serving: calories 280, fat 10g, calories from fat 32.1% protein 8g, cholesterol 59mg, dietary fiber 2.7g

Sesame Chicken Fingers Appetizer

Servings: 8 Preparation Time: 30 min. Cooking Time: 15 min.

Ingredients:

- 1-1/3 tbsp brown sugar
- 1 tbsp chopped crystallized ginger
- 1/4 cup mayonnaise
- 1/4 cup rice vinegar
- 2 large eggs
- 1 cup plain rice crackers, made into fine crumbs or use panko crumbs
- 1-1/2 boneless, skinless chicken breast
- 3 tbsp vegetable oil
- 1/4 cup Sweet and hot Chinese mustard
- 1/2 cup sesame seeds
- 1/4 scallion, minced
- 2 tbsp water
- 2 tbsp Dijon mustard
- 1/4 cup black bean sauce, with chili optional
- 1/2 tsp salt
- 1 cup flour

Cooking Directions:

Preheat oven to 500°F. Trim chicken breasts, cutting them into 1x3 in. strips. In shallow dish, whisk together flour and salt. In another shallow dish, whisk together eggs and water. In third shallow dish, mix together crumbs and sesame seeds. Dredge chicken strips in flour, coating all sides. Dip chicken in egg; then roll chicken strips in crumb mixture to coat well. In large, non-stick skillet over medium-high heat, warm half the oil. Add half the chicken and sauté until golden brown on all sides, about 5 minutes. Transfer chicken to baking sheet. Heat remaining oil in skillet and sauté remaining chicken strips, transferring to baking sheet when done. Bake chicken until firm and crispy, about 8 minutes. Arrange on platter and serve with dipping sauces. Chinese Mustard Sauce and Teriyaki Sauce To make sauces: Mix together next four ingredients for sauce. In another bowl, combine remaining ingredients. Cover and set aside until ready to serve with chicken.

Per Serving: calories 300, fat 15g, calories from fat 45% protein 16g, cholesterol 83mg, dietary fiber 2.9g

Exotic Lobster Appetizer

Servings: 8 Preparation Time: 10 min. Cooking Time: 0 min.

Ingredients:

- 1 oz pimentos, chopped
- 2 oz tarama, or other caviar
- 1 oz butter
- 1 lb cooked lobster meat, or imitation lobster meat
- 1-3/4 tbsp mayonnaise
- 2 oz anchovy fillet, chopped

Cooking Directions:

Combine all ingredients in a bowl. Serve with crackers

Per Serving: calories 130, fat 6.2g, calories from fat 42.9% protein 16g, cholesterol 97mg, dietary fiber 0.1g

Smoked Salmon and Spinach Pizzas

Servings: 4 Preparation Time: 10 min. Cooking Time: 20 min.

Ingredients:

- 1/2 cup tomato pasta sauce
- 1 cup frozen chopped spinach, thawed and squeezed to drain
- 1/4 lb smoked salmon, cut into pieces
- 4 small baked cheese pizza crusts
- 4 scallions, thinly sliced
- 1 cup mozzarella cheese, shredded
- 1/2 tsp dried dill
- 1-1/3 tbsp capers, drained
- 1/4 cup sour cream

Cooking Directions:

Preheat oven to 350°F. Spread sauce evenly over cheese crusts and place on oven tray. Divide next 4 ingredients over pizzas. Sprinkle each with dill and top with shredded cheese. Bake 15-20 minutes, or until heated through. Serve with sour cream.

Per Serving: calories 160, fat 11g, calories from fat 55% protein 15g, cholesterol 35mg, dietary fiber 2.7g

Butternut Squash with Veggies & Black Beans

Servings: 4 Preparation Time: 15 min. Cooking Time: 25 min.

Ingredients:

- 1 can (15 oz) black beans, drained
- 2 tsp cumin seed
- 1/4 cup water
- 2 tbsp unsalted butter
- 1 tsp ginger, grated
- 2 tbsp cilantro, or parsley, chopped
- 1 onion, coarsely chopped
- 1 celery stalk, thinly sliced
- 1 lb butternut squash, peeled, seeded and cubed
- 3 cloves garlic, crushed
- 1 carrot, peeled and thinly sliced

Cooking Directions:

Place squash in a steamer basket over boiling water. Cover saucepan and steam 10-12 minutes or until tender. Drain and set aside. Melt butter in a heavy nonstick skillet over medium heat. Sauté next 4 ingredients in covered skillet 10 minutes, stirring occasionally, until onion is tender. Stir in squash, remaining ingredients and salt and pepper to taste. Simmer 5-10 minutes or until mixture is heated throughout.

Per Serving: calories 240, fat 6.5g, calories from fat 24.4% protein 9.3g, cholesterol 15mg, dietary fiber 9.8g

Chef Cushman's Strawberry Chicken Salad with Hoisin-Sesame Dressing

Servings: 20 Preparation Time: 6 min. Cooking Time: 0 min.

Ingredients:

- 1 clove garlic, peeled
- 1/2 cup rice vinegar
- 2 tbsp toasted sesame seeds
- 1 tbsp sugar
- 2 tbsp hoisin sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 lb Driscoll's strawberries
- 1/4 cup vegetable oil
- 3/4 tsp Dijon mustard
- 1/2 cup low sodium soy sauce
- 3/4 tsp sesame oil
- 2 tbsp low sodium soy sauce
- 1/8 tsp black pepper, ground
- 1/4 shallot
- 1/4 clove garlic
- 1-1/2 tsp toasted sesame seeds
- 1-1/2 tsp hoisin sauce
- 1 ginger, peeled, 2 inch pieces
- 1/2 lb mixed salad greens, washed, dried and chilled
- 1/4 ginger, 2 inch pieces
- 2 green onions, sliced
- 1/4 cup sugar
- 1 shallot, peeled
- 3/4 lb smoked chicken, or cut in bite-sized chunks,
- 1 cup vegetable oil
- 3/4 cup thinly sliced fennel bulb
- 3/4 cup julienne strips jicama
- 1 tbsp Dijon mustard

Cooking Directions:

Rinse, drain, dry and hull strawberries and cut into halves or thick slices. In large bowl combine first 6 ingredients with about 1/2 cup Hoisin-Sesame Dressing (see below) and toss lightly to coat greens and berries. Divide among chilled salad plates to serve. To prepare Hoisin-Sesame Dressing: Put remaining ingredients except oil in blender container or food processor fitted with metal blade and blend until shallots and ginger are very finely chopped. With motor running, gradually add oil until smooth. Store dressing in refrigerator in tightly covered container. This recipe will make 2-2/3 cup cups of dressing. Note: If not using blender or food processor, grate ginger and mince garlic and shallots, then whisk together with remaining ingredients.

Per Serving: calories 240, fat 16g, calories from fat 60% protein 12g, cholesterol 30mg, dietary fiber 3.4g

Brown Rice Milanese

Servings: 4 Preparation Time: 10 min. Cooking Time: 50 min.

Ingredients:

- 1 cup short-grain brown rice
- 1/4 tsp dill, or 1 tsp fresh, chopped
- 2 cups cold water
- 2 tbsp chives or scallions, chopped
- 2 tbsp unsalted butter
- 1/2 cup grated Parmesan cheese
- 2 shallots, chopped
- 1 clove garlic, crushed

Cooking Directions:

Melt butter in a heavy nonstick skillet over medium heat. Sauté shallot and garlic 3-4 minutes or until tender. Stir in chives and dill. Sauté another 1-2 minutes. Add rice and sauté, stirring frequently, until rice begins to crackle. Stir in water. Increase heat to high and bring to a boil. Reduce heat to low. Cover skillet tightly and simmer about 45 minutes. (Do not remove cover.) Remove from heat. Stir in Parmesan until melted.

Per Serving: calories 290, fat 11g, calories from fat 34.1% protein 8.8g, cholesterol 26mg, dietary fiber 1.7g

Pear Poppyseed Blintzes

Servings: 8 **Preparation Time:** 15 min. **Cooking Time:** 15 min.

Ingredients:

- 2-2/3 tbsp peanut oil
- 1-1/2 cups water or milk
- 5 pears, peeled and finely chopped or shredded
- 1/2 lb canned poppyseed pie filling
- 1/2 cup peanut oil, for frying
- 2 eggs
- 2 tbsp oil
- 1/4 cup raisins
- 1-1/4 cups all purpose flour
- 1/4 tsp salt

Cooking Directions:

Combine first 5 ingredients in a blender or food processor. Process 30 seconds until smooth. Scrape down sides using a spatula and process another 30 seconds. Refrigerate 2 hours. Combine pears, poppyseed filling and raisins in a bowl and set aside. Heat a heavy nonstick 8 in. skillet over medium high heat. Brush lightly with oil. If batter is thicker than the consistency of cream, add a tablespoon or two of water. Lightly stir batter before using. Pour in 2-3 tablespoons of batter. Swirl skillet from side to side to distribute a thin, even coating over the bottom. Return excess batter to bowl. Cook 1-2 minutes until top of blintz is dry. Stack cooked leaves on a dry towel. Place about 3 tablespoons of pear mixture into each blintz leaf. Fold in top and sides to form an envelope, and roll up. Heat oil in a heavy skillet or deep fryer over medium high heat. When oil is very hot, add blintzes, without overcrowding. Fry 2-3 minutes, turning occasionally, until golden.

Per Serving: calories 250, fat 10g, calories from fat 36% protein 4.3g, cholesterol 54mg, dietary fiber 4.3g

Lemon Sherbet with Crushed Almond Cookies

Servings: 4 Preparation Time: 5 min. Cooking Time: 0 min.

Ingredients:

- 4 cups lemon sherbet
- 8 almond cookies, crushed

Cooking Directions:

Place sherbet in individual dessert cups and sprinkle with crushed cookies.

Per Serving: calories 150, fat 9.1g, calories from fat 54.6% protein 1.4g, cholesterol 9.2mg, dietary fiber 0.5g

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