

Cucumber and Avocado Dip

- 1 medium cucumber
- 1 small avocado (about 4 ounces)
- ¼ cup fat-free or light sour cream
- 2 teaspoons snipped fresh dillweed or ½ teaspoon dried, crumbled
- 1 teaspoon grated lime zest
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt

Peel the cucumber and cut in half lengthwise. Using a spoon, remove and discard the seeds. Cut the cucumber into 1-inch slices. Peel and dice the avocado. In a food processor or blender, process all the ingredients until smooth. Serve immediately, or cover and refrigerate for up to two days.

Nutrition Information: 2 tablespoons per serving; 23 calories; 1.5 total fat; 0.0 g saturated fat; 1 mg of cholesterol; 54 mg sodium; 1 g fiber; 1 g sugar; 1 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

Creamy Cannellini Dip

- 15- to 16-ounce can no-salt-added cannellini beans, rinsed and drained
- ¼ cup fat-free or light sour cream
- 2 tablespoons snipped fresh parsley
- 1 tablespoons fresh lemon juice
- 1 large garlic clove, minced
- ½ teaspoon red hot-pepper sauce, or to taste
- ¼ teaspoon salt
- 7-ounce jar roasted red bell peppers, rinsed and drained

In a food processor or blender, process all the ingredients except the bell peppers for 15 to 20 seconds, or until almost smooth. Add the peppers. Pulse until the peppers are distributed throughout the dip but are still large enough to add texture. Cover and refrigerate for 2 to 48 hours. Stir before serving.

Nutrition Information: 2 tablespoons per serving; 31 calories; 0.0 total fat; 0.0 g saturated fat; 1 mg of cholesterol; 87 mg sodium; 1 g fiber; 1 g sugar; 2 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

Fruit Kebabs with Dipping Sauces

- 4 1-inch pineapple cubes
- 12 seedless red grapes
- 4 large strawberries, hulled
- 2 medium green kiwifruit; peeled and cut in half vertically

Slide the fruit into four 6-inch bamboo skewers, in the following order: pineapple, grape, strawberry, grape, kiwifruit, grape (the grapes keep the strawberries from discoloring the other fruits).

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*

Crunchy Cinnamon Chips

- ½ tablespoon sugar
 - ½ tablespoon firmly packed light brown sugar
 - ¼ teaspoon ground cinnamon
 - 2 8-inch fat-free or low-fat flour tortillas
- Vegetable oil spray

Preheat the oven to 375 degrees. In a small bowl, stir together the sugars and cinnamon. Stack the tortillas and cut them into 8 equal triangles (16 total). Put the triangles in a single layer on an ungreased baking sheet. Lightly spray with vegetable oil spray. Sprinkle with the sugar mixture. Bake for 6 to 8 minutes, or until the chips are light brown and beginning to crisp. Transfer to a serving plate to cool. (As the chips cool, they will become crisper).

Nutrition Information: 4 chips per serving; 73 calories; 0.5 total fat; 0.0 g saturated fat; 0 mg of cholesterol; 171 mg sodium; 1 g fiber; 4 g sugar; 2 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

Dilled Yogurt Dipping Sauce

This zingy dill drip is refreshing and delightful with raw, broiled, or grilled vegetables.

- ¼ cup plus 2 tablespoons fat-free or low-fat plain yogurt
- 2 tablespoons fat-free or light mayonnaise dressing
- ½ to ¾ teaspoon dried dillweed, crumbled
- ¼ teaspoon salt

In a small bowl, stir together the ingredients. Cover with plastic wrap and refrigerate until needed.

Nutrition Information: 2 tablespoons per serving; 21 calories; 0.0 total fat; 0.0 g saturated fat; 1 mg of cholesterol; 226 mg sodium; 0 g fiber; 3 g sugar; 1 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

Stuffed Cantaloupe

- ½ cantaloupe, seeds removed
- ½ cup nonfat cottage cheese
- dash cinnamon

Scoop cottage cheese into hollow section of melon. Sprinkle with cinnamon.

Nutrition Information: 174 calories; 0 g saturated fat; 394 mg sodium; 17 g protein; 1 fat; 10 g cholesterol; 3 g fiber

Source: Tribble, Evelyn. (2004). Eating on the Run.

Banana Roll-Up

- 2 teaspoons natural-style peanut butter
- ½ banana
- 1 teaspoon honey
- 1 tablespoon wheat germ
- 2 tablespoon nugget-type cereal
- ½ teaspoon pumpkin pie spice

Spread peanut butter on banana until covered. Drizzle honey over the peanut butter-coated banana. Combine the wheat germ, cereal, and pumpkin pie spice on a paper plate or wax paper. Roll the banana in the wheat germ mixture until evenly coated.

Nutrition Information: 215 calories; 1 g saturated fat; 97 mg sodium; 7 g protein; 7 fat; 0 g cholesterol; 4 g fiber

Source: Tribole, Evelyn. (2004). [Eating on the Run](#).

Hummus and Pita

- 1 can (15 ½ oz.) chickpeas (reserve ¼ cup liquid)
- 2 tablespoons pesto sauce
- 2 tablespoons tahini (sesame paste or peanut butter)
- 1 small whole wheat pita

In a blender or food processor, puree the chickpeas, reserved liquid, pesto, and tahini until smooth. While chickpeas are blending, cut pita into triangles. Serve hummus as a dip or spread.

Nutrition Information: 303 calories; 2 g saturated fat; 630 mg sodium; 12 g protein; 10.5 fat; 2 g cholesterol; 8 g fiber

Source: Tribole, Evelyn. (2004). [Eating on the Run](#).

Spiced Peanut Butter and Apple Wedges

- 1 tablespoon natural-style peanut butter
- 1 tablespoon fat-free ricotta
- ¼ teaspoon cinnamon
- 1 medium apple, cut into wedges

In a small bowl or cup, mix together the peanut butter, ricotta, and cinnamon.

Nutrition Information: 188 calories; 1 g saturated fat; 9 mg sodium; 6 g protein; 8 fat; 2 g cholesterol; 4 g fiber

Source: Tribole, Evelyn. (2004). [Eating on the Run](#).

Quesadilla

- 2 tablespoons shredded low-fat cheddar cheese
- 1 tablespoon salsa
- 1 teaspoon cilantro
- 1 whole wheat tortilla

Place cheese, salsa, and cilantro on tortilla. Microwave until cheese melts.

Nutrition Information: 196 calories; 4 g saturated fat; 563 mg sodium; 12 g protein; 8 fat; 20 g cholesterol; 3 g fiber

Source: Tribole, Evelyn. (2004). [Eating on the Run](#).

Shrimp Teriyaki Kabobs

- 1 lb large shrimp, shelled and deveined (I used 21-25 per pound)
- 1/3 cup teriyaki marinade (homemade or bottled)
- 1 green onion, finely chopped
- 1-2 garlic clove, finely minced
- 1 teaspoon lemon zest
- 1/2 teaspoon sugar
- 1 (20 ounce) can pineapple chunks (I used the chunks in pineapple juice, not heavy syrup)

In a large zip-lock bag combine teriyaki sauce, onion, garlic, sugar, zest and a splash of pineapple juice from the chunks. Add shrimp and toss to coat.

Place a pineapple chunk in the curve of each shrimp and place on a skewer, going through the "head" of the shrimp, the pineapple and then the "tail".

Grill about 2-3 minutes on each side or until shrimp is pink.

Nutrition Information: 4 servings; Nutrition Information is for 1 serving: Calories 234; Calories from Fat 18; Total Fat 2.1g; Saturated Fat 0.4g; Polyunsat. Fat 0.8g; Monounsat. Fat 0.3g; Trans Fat 0.0g; Cholesterol 172mg; Sodium 1089mg; Potassium 460mg; Total Carbohydrate 29.4g; Dietary Fiber 1.4g; Sugars 25.4g; Protein 25.3g

Source: www.recipezaar.com

Heavenly Stuffed Eggs

- 5 eggs, hard cooked
- 1 baking potato, cooked, peeled and cubed
- 1-2 garlic clove, minced
- 3 tablespoons chicken stock, defatted
- 2 tablespoons lemon juice
- 1 tablespoon white wine vinegar
- 1 teaspoon extra virgin olive oil
- 2 tablespoons scallion tops, minced
- 1/4 teaspoon ground black pepper

Peel the eggs and cut them in half lengthwise. Lift out the yolks. Set aside 2 yolk halves for use in the filling. Discard the remaining yolks or reserve them for another use. Shave a thin slice off the bottom of each white so it will stand upright. Arrange the whites, cut side up in a large plate. In a medium bowl, combine the potatoes, garlic and the 2 yolk halves. Mash with a potato masher or the back of a fork until well-blended. Stir in 2 tablespoons stock, 1 tablespoon lemon juice and 1 teaspoon vinegar until well blended. Add the oil and the remaining 1 tablespoon stock, 1 tablespoon lemon juice and 2 teaspoons vinegar. Beat with a spoon until smooth and fluffy. Fold in 1 tablespoon of the scallions and the pepper. Using a teaspoon or a pastry bag fitted with a large star tip, fill the egg whites with the potato mixture. Sprinkle the tops with the remaining scallions.

Nutrition Information (per serving): Calories per serving:54;Calories from Fat 26; Total Fat 3.0g; Saturated Fat 0.8g; Polyunsat. Fat 0.4g ; Monounsat. Fat 1.3g; Trans Fat 0.0g; Cholesterol 105mg ; Sodium 50mg; Potassium 97mg; Total Carbohydrate 3.4g; Dietary Fiber 0.3g; Sugars 0.4g; Protein 3.5g

Source: www.recipezaar.com

Roasted Potato Skins

- 6 medium baking potatoes
- 4 tablespoons butter
- 2 teaspoons worcestershire sauce
- 2 teaspoons minced garlic
- salt
- ground pepper

Preheat oven to 400 degrees. Scrub potatoes well and prick each several times with a fork. Bake until tender, about 1 1/4 hours and cool. Cut potatoes in half lengthwise, then cut each half lengthwise into thirds. With a spoon, scoop out centers, leaving a 1/4 inch shell. Place skins on a jelly roll pan and let dry at least 1 hour. In a small saucepan, melt butter with Worcestershire sauce. Add garlic and saute 1 minute and strain. Preheat oven to 500 degrees. Brush potato skins on both sides with flavored butter. Sprinkle with salt and pepper. Bake 10 minutes or until crisp, turning once.

Nutrition Information: Calories per serving (makes 6 servings)188; Calories from Fat 70
Total Fat 7.8g; Saturated Fat 4.9g; Polyunsat. Fat 0.4g; Monounsat. Fat 2.0g;Trans Fat 0.0g;
Cholesterol 20mg; Sodium 78mg; Potassium 536mg; Total Carbohydrate 28.1g; Dietary Fiber
2.5g; Sugars 1.4g; Protein 2.7g

Source: www.recipezaar.com

Spinach Ricotta Tarts

- 1 packet frozen spinach, thawed and well drained
- 1/2 cup fat free shortcut bacon (or ham)
- 1 1/2 cups low-fat ricotta cheese
- 4 shallots, finely chopped
- salt and pepper
- 1 egg, beaten (or 2 eggs whites instead)
- 1 dash nutmeg
- 1/2 cup fresh breadcrumbs
- 1/4 cup low-fat cheese, grated
- 1/4 cup parmesan cheese
- 4 sheets phyllo pastry

Mix everything, but the filo pastry, parmesan & breadcrumbs, together for filling. Layer 3 sheets of filo, spraying olive oil spray between layers; cut filo into 12 even sized pieces. With other sheet of filo, fold into three, again spraying lightly then cut into 3, this will give you 3 more squares, making 15 altogether - each muffin recess will have three layers. Spray mini muffin tins and press 3 squares into each muffin recess - layer them so the corners aren't together. Spoon filling into each pastry case; mix breadcrumbs with parmesan and spoon onto each tart; spray with olive oil spray. Bake for 10 minutes at 400 degrees - check at 6 minutes.

Nutrition Information: Calories per serving (serving is 1 tart): 87; Calories from Fat 31
Total Fat 3.5g; Saturated Fat 1.9g; Polyunsat. Fat 0.3g; Monounsat. Fat 1.1g; Trans Fat 0.0g
Cholesterol 23mg; Sodium 127mg; Potassium 130mg; Total Carbohydrate 8.3g; Dietary Fiber 0.8g; Sugars 0.5g; Protein 5.7g

Source: www.recipezaar.com

Corn Fiesta Dip

- 2 (8 ounce) packages cream cheese, softened (fat free is ok)
- 1 (1 ounce) package dry ranch dressing mix
- 1 medium red bell pepper, chopped
- 1 (11 ounce) can corn, drained
- 1 (4 1/2 ounce) can chopped green olives, drained
- 1 (4 ounce) can green chilies, drained

Mix cream cheese and ranch dressing. Stir in remaining ingredients. Cover and refrigerate for 1-2 hours. Serve with a buttery cracker or in a round, hollowed out loaf of bread. (I use garlic and cheddar or cheddar and jalepeno from a local bakery).

Nutrition Information: Calories per serving: 54; Calories from Fat 41; Total Fat 4.6g; Saturated Fat 2.6g; Polyunsat. Fat 0.2g; Monounsat. Fat 1.5g; Trans Fat 0.0g; Cholesterol 12mg; Sodium 84mg; Potassium 50mg; Total Carbohydrate 2.8g; Dietary Fiber 0.4g; Sugars 0.6g; Protein 1.2g
Source: www.recipezaar.com

Bruschetta Florentine

- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1 1/4 cups shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1 cup finely chopped plum tomatoes (about 3 medium)
- 2 tablespoons finely chopped onions
- 1 teaspoon dried Italian seasoning
- 1 French bread, loaf (long and thin)
- nonstick cooking spray (garlic flavored if you have it)

Preheat oven to 400 degrees F. Mix spinach, mozzarella, and Parmesan, tomatoes, onion, and Italian seasoning in a bowl. Cut French bread into about 1/2 inch slices. Arrange slices on a baking sheet and spray both sides with the cooking spray. Bake for 3 minutes. Turn slices over and bake for 3-5 additional minutes or until lightly browned and crisp. Top each slice with 1 tablespoon of spinach mixture and return appetizers to oven for 5 minutes or until cheese is melted. These are better served hot.

Nutrition Information: Calories per slice: 31; Calories from Fat 10; Total Fat 1.2g; Saturated Fat 0.6g; Polyunsat. Fat 0.1g; Monounsat. Fat 0.4g; Trans Fat 0.0g; Cholesterol 3mg; Sodium 71mg; Potassium 47mg; Total Carbohydrate 3.6g; Dietary Fiber 0.5g; Sugars 0.3g; Protein 1.8g

Source: www.recipezaar.com

Roasted Red Pepper Wasabi Dip and Sauce

- 1 red bell pepper, halved, cored, and seeded
- 1 teaspoon wasabi powder
- 2 teaspoons water
- 1 garlic clove, coarsely chopped
- 1/4 cup reduced-fat sour cream
- 1/4 cup reduced-fat mayonnaise
- 2 ounces reduced-fat neufchatel cheese, softened

Broil the peppers, cut side down for 5 minutes. Turn over and repeat. Place broiled peppers in a paper bag for 10 minutes. Peel the cooled peppers and coarsely chop. Mix water and wasabi and set aside for 10 minutes to rehydrate. Place peppers and garlic into food processor and puree for 2 minutes. Add the sour cream, mayo, cheese, and wasabi and puree again for 2 more minutes or until mixture is smooth.

Nutrition Information: Calories per serving (makes 8 servings) 39; Calories from Fat 30; Total Fat 3.4g; Saturated Fat 0.9g; Polyunsat. Fat 0.1g; Monounsat. Fat 0.3g; Trans Fat 0.0 g; Cholesterol 5mg; Sodium 63mg; Potassium 46mg; Total Carbohydrate 2.0g; Dietary Fiber 0.3g; Sugars 1.0g; Protein 0.4g

Source: www.recipezaar.com

Zucchini Oven “Fries”

- 5 zucchini
- 1 egg white
- 2/3 cup flour
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- cooking spray

Preheat oven to 400°F. Lightly coat baking sheet with cooking spray. Trim zucchini and cut in half lengthwise, then slice into 1/4 inch wide sticks resembling french fries. Beat egg white with electric mixer until soft peaks form. Add zucchini sticks, tossing to evenly coat. In paper bag, thoroughly shake flour, cornstarch, salt, and garlic powder until combined. Drop in the zucchini sticks, 5 or so at a time, and shake gently to coat. Place all on baking sheet and bake 12-15 minutes, or until golden brown.

Nutrition Information: Calories per serving (makes 4 servings) 128; Calories from Fat 5; Total Fat 0.7g; Saturated Fat 0.1g; Polyunsat. Fat 0.3g; Monounsat. Fat 0.1g; Trans Fat 0.0g; Cholesterol 0mg; Sodium 329mg; Potassium 681mg; Total Carbohydrate 26.3g; Dietary Fiber 3.3g; Sugars 4.4g; Protein 6.1g

Source: www.recipezaar.com

Healthy Warm Artichoke Dip

- 1 (14 ounce) can artichoke hearts, drained
- 3/4 cup plain low-fat yogurt
- 1 cup parmigiano-reggiano cheese, grated (could also use fresh parmesan)
- 2 garlic cloves, minced or pressed through a garlic press
- 2 tablespoons fresh basil, chopped

Finely chop artichoke hearts and put in a microwave-safe dish.

Add yogurt, cheese, garlic, and basil. Mix well.

Microwave 3 minutes on high. Stir. Microwave 2 minutes more. Serve warm.

Nutrition Information: Calories per serving (makes 4 servings): 164; Calories from Fat 57
Total Fat 6.4g; Saturated Fat 4.0g; Polyunsat. Fat 0.2g; Monounsat. Fat 1.9g; Trans Fat 0.0g
Cholesterol 17mg; Sodium 700mg; Potassium 490mg; Total Carbohydrate 15.6g; Dietary Fiber 5.4g; Sugars 4.2g; Protein 13.6g

Source: www.recipezaar.com

Guacamole

- 2 small avocados, peeled and mashed
- 1 tablespoon lemon juice
- 1 medium onion, minced
- 1 large tomato, peeled and finely chopped
- 1/2 teaspoon salt
- 1/2 teaspoon seasoning salt
- 1/2 teaspoon seasoned pepper
- 1/2 teaspoon chili powder
- 1 dash hot sauce

Combine all ingredients. Mix well. Cover and chill thoroughly.
Serve over salad greens, as a dip, or a garnish with Mexican foods.

Nutrition Information: Calories per serving (1 cup): 334; Calories from Fat 241; Total Fat 26.9g; Saturated Fat 3.9g; Polyunsat. Fat 3.5g; Monounsat. Fat 17.8g; Trans Fat 0.0g; Cholesterol 0mg Sodium 607mg; Potassium 1200mg; Total Carbohydrate 25.9g; Dietary Fiber 14.4g; Sugars 6.2g; Protein 5.1g

Source: www.recipezaar.com