

# Bariatric Recipes

Maximize your weight loss and your health.  
Try these nutritious recipes to keep you satisfied and on track.

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*Your life is our life's work.*

## Grilled Mustard Chicken

4 boneless, skinless chicken breast (1 lb. total)

### **Marinade:**

¼ cup Dijon-style mustard

¼ cup German-style mustard

¼ cup coarse-grain (stone-ground) mustard

¼ cup white vinegar

½ cup apple juice

1 ½ Tb. fresh lemon juice

¼ tsp. grated lemon zest

1 shallot, peeled and thinly sliced

1 clove garlic, minced

freshly ground black pepper

canola oil for brushing grill

In a shallow non-aluminum dish, combine mustards, vinegar, juices, zest, shallot, garlic, and pepper. Add chicken and turn to coat. Cover and marinate for 2 to 4 hours in the refrigerator, turning occasionally. Shortly before serving, prepare a charcoal fire or preheat a gas grill or indoor-safe grill. Remove chicken from marinade, discard marinade, and cook chicken on lightly oiled grill for about 3 to 4 minutes per side, or until no longer pink inside.

**Yield:** 4-6 servings

### **Nutrition information per serving:**

Calories: 164

Protein: 30 g

Fat: 4 g

Carbohydrates: 1 g

Sodium: 123 mg

Cholesterol: 82 mg

**Source:** Eating Well Cookbook

## Lime Basil Grilled Chicken

4 boneless, skinless chicken breasts

### **Marinade:**

1 T. olive oil

¼ c. lime juice

1 T. basil (dried)

2 T. white wine vinegar

1 T. grated lime peel

2 cloves garlic, minced

¼ tsp. pepper

Combine marinade ingredients. Add chicken and refrigerate at least 30 minutes. Grill or broil chicken 10-15 minutes per side. Discard marinade.

**Yield:** 4 servings.

### **Nutrition information per serving:**

Calories: 180

Fat: 6.5 g (32%)

Protein: 27 g

Carbohydrate: 3 g

Cholesterol: 72 mg

Sodium: 66 mg

## Barbecue Roast Fish

Four (5 oz.) orange roughy fillets

½ cup pineapple juice

2T. lemon juice

2T. brown sugar

4 tsp. chili powder

2 tsp. grated lemon rind

¼ tsp. ground cumin

¼ tsp. ground cinnamon

1 serving PAM olive oil cooking spray

Combine fish, pineapple, and lemon juice. Marinate at least one hour in refrigerator, turning occasionally. Remove fish and discard marinade. Place fish in sprayed 11x7 in. baking dish. Combine sugar, chili powder, lemon peel, cumin, and cinnamon. Rub over fish. Bake at 400 degrees for 15 minutes.

**Yield:** 4 servings.

### **Nutritional information per serving:**

Calories: 151

Fat: 1.5 g (7%)

Saturated Fat: 0.1 g

Protein: 21 g

Carbohydrate: 13g

Cholesterol: 28 mg

Sodium: 118 mg

## Italian Turkey Meatballs

1.2-1.5 pounds 98% or 99% fat-free ground breast of turkey  
1 egg  
½ teaspoon (1-2 shakes) crushed red pepper flakes, optional  
2 cloves garlic, minced  
¼ medium onion, minced  
1 tsp. dried parsley  
1 cup plain or golden toasted bread crumbs  
4 shakes Worcestershire sauce  
5 ounces low-fat mozzarella cheese, cut into 16-18 dice size cubes  
Cooking spray for cookie sheet

Preheat oven to 425°F.

In a medium bowl, combine all ingredients, except cheese. Stir or knead gently with hands to mix well. Put a palm-full of the turkey mixture in your hand, place a piece of mozzarella cheese in the middle and form a ball. Place on prepared cookie sheet. Repeat until all the mixture is gone, about 16-18 balls later. Cook in 425°F oven for 15-17 minutes.

**Suggestion:** Serve with wheat pasta or couscous, and low-sodium pasta sauce or low-fat/low-sodium gravy.

**Yield:** about 6 (3 meatballs each)

### **Nutritional information per serving:**

Calories: 260

Fat: 9.8 g (33% calories from fat)

Protein: 30 g

Carbohydrate: 15 g

Fiber: 1 g

Sodium: 319 mg

## Confetti Sloppy Joes

1 pound 90%-93% lean ground beef\* or 98% lean ground breast of turkey

1 small onion, chopped

$\frac{3}{4}$  cup prepared barbecue sauce

$\frac{1}{4}$  tsp. salt

$\frac{1}{8}$  tsp. pepper

4 pieces whole wheat toast or 2 toasted whole wheat buns- split

$\frac{1}{2}$  cup chopped green bell pepper (if tolerated)

*\*Red meat may not be tolerated, wait 6 months post surgery before introducing.*

1. In a large nonstick skillet, brown ground beef or turkey and onion over medium heat; about 8-10 minutes or until it is no longer pink. Break up into  $\frac{3}{4}$ -inch crumbles while stirring. Pour off any drippings.
2. Stir in barbecue sauce, salt, and pepper; heat through, stirring occasionally.
3. Make an open-faced sandwich by spooning an equal amount of beef or turkey mixture on a piece of toasted wheat bread or  $\frac{1}{2}$  of a toasted wheat bun; top with bell pepper.

**Yield:** 4 servings

(serving size: 1 open-faced sandwich with about  $\frac{2}{3}$  cup of meat mixture).

### **Nutritional information per serving:**

Calories: 284 calories

Fat: 12 g

Protein: 27 g

Carbohydrate: 11 g

Cholesterol: 72 mg

Sodium: 647 mg

**Source:** Adapted from the Missouri Beef Council

## Meat Loaf with Maple Glaze

1 pound 90%-93% lean ground beef\* or 98% lean ground breast of turkey

1 small onion, chopped

$\frac{3}{4}$  cup prepared barbecue sauce

$\frac{1}{4}$  tsp. salt

$\frac{1}{8}$  tsp. pepper

4 pieces whole wheat toast or 2 toasted whole wheat buns- split

$\frac{1}{2}$  cup chopped green bell pepper (if tolerated)

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3. Make an open-faced sandwich by spooning an equal amount of beef or turkey mixture on a piece of toasted wheat bread or  $\frac{1}{2}$  of a toasted wheat bun; top with bell pepper.

**Yield:** 4 servings

(serving size: 1 open-faced sandwich with about  $\frac{2}{3}$  cup of meat mixture).

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Fat: 12 g

Protein: 27 g

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**Source:** Adapted from the Missouri Beef Council

# Colorful Teriyaki Kabobs

## Marinade:

½ cup ketchup

¼ cup sugar

½ cup low-sodium soy sauce

1 teaspoon garlic powder

1 teaspoon ground ginger

## Kabobs:

2 pounds beef sirloin steak\*, boneless, lean only (1½ inches thick), cut into 1½ inch cubes

2-3 small summer squash, cut into 1-inch chunks

2 medium onions, red and/or white, cut into wedges

1 large sweet green bell pepper, seeded and cut into 1-inch pieces

1 large sweet red bell pepper, seeded and cut into 1-inch pieces

*\*Red meat may not be tolerated, wait 6 months before trying it.*

## Directions:

1. Combine the first five ingredients; reserve ¼ cup for basting (refrigerate).
2. Place meat in a large re-sealable plastic bag, place veggies into another large re-sealable plastic bag
3. Distribute marinade evenly between bags, seal each, and turn to coat.
4. Refrigerate overnight or at least 4 hours.
5. Drain and discard marinade, then alternately thread meat and veggies onto metal or soaked bamboo skewers (10-inch). If desired you may cook meat on separate skewers than fruit and veggies.
6. Grill, covered, over hot heat/coals, turning often, for 15-20 minutes, or until meat and veggies reach desired tenderness. Baste with reserved marinade. You can use a meat thermometer to check meat doneness (internal temp. of 145° -175°).
7. Remove meat and veggies from skewers and serve with wheat pasta.

**Yield:** 12 kabobs (10 inch size)

## Nutritional information per kabob:

Calories: 154

Protein: 18 g

Carbohydrate: 12 g

Fiber: 1.3 g

Total Fat: 4 g

Saturated fat: 1.4 g

Cholesterol: 46 mg

Sodium: 550 mg

**Modified from:** "Taste of Home's Grilling Favorites" 2004.



# Ginger Crusted Pork Tenderloin with Maple Mustard Sauce

## Ginger Crusted Pork Tenderloin:

- ½ cup golden toasted dry bread crumbs
- ½ tablespoon ground ginger
- ¼ teaspoon pepper
- 1½ tablespoon Dijon mustard
- ½ tablespoon pure maple syrup or pancake syrup
- 1-2 pork tenderloins (about 1.5-1.7 lb. total - uncooked wt.)

## Maple Mustard Sauce:

- ½ tablespoon reduced-fat margarine
- ¼-½ of a small onion, finely chopped (as much as you prefer)
- ½ tablespoon flour
- ½ cup reduced-sodium, fat-free chicken broth  
(can use no-sodium if desired)
- 1 tablespoon Dijon mustard
- 1 tablespoon pure maple syrup or pancake syrup
- Pepper as desired

Preheat oven to 375°

## For Pork:

1. Combine bread crumbs, ginger, and pepper in shallow dish.
2. In a separate small bowl, combine Dijon mustard and syrup and brush all over pork tenderloin(s) covering evenly.
3. Roll pork tenderloin(s) in crumb mixture, pressing to make crumbs stick. Make sure pork is coated evenly.
4. Place pork on roasting pan or foil-lined baking sheet.
5. Roast for 20-25 minutes or until internal temperature is 160°. Pork should still have a tinge of pink in the center. Or, roast for 50-55 minutes, if you desire it to be more done.
6. Let pork sit for 5 minutes then slice diagonally into ½ inch thick slices.
7. Place slices on serving dish with sauce served on the side.

## For Sauce:

1. Melt margarine over medium heat in small saucepan.
2. Add onion; stir for about 5 minutes, or until soft and starting to brown.
3. Sprinkle with flour and cook, stirring for 1 minute.
4. Whisk in chicken broth, and then add Dijon mustard and syrup.
5. Increase heat to medium high, bring to a boil, and boil gently, whisking continuously for about 5 minutes or until slightly thickened.
6. Add pepper if desired.

**Servings:** Makes about 9, 3 ounce servings, with about 1 Tb. sauce each.

## Nutritional information per serving:

Calories: 215  
Total Fat: 5.8 g  
Protein: 29 g  
Carbohydrate: 9.9 g  
Cholesterol: 77 mg  
Sodium: 560 mg

**Source:** Adapted from  
recipezaar.com

## Hawaiian Stir Fry

⅔ cup pineapple juice  
1½ tablespoons soy sauce  
½ tsp. ground ginger  
½ tsp. garlic powder  
1 tablespoon cornstarch  
1 tsp. sugar  
2 tsp. peanut oil  
1½ lb. boneless, skinless chicken breasts cut into bite-size pieces  
1 cup onions, sliced ¼-inch thick, or chopped  
1 cup carrots, sliced on the diagonal and ¼-inch thick  
1 cup broccoli, cut into small flowerets  
½ cup sliced water chestnuts

On separate cutting boards, cut up vegetables and chicken; set aside. In small bowl, combine all sauce ingredients (first 6 ingredients, up to and including sugar). Mix until cornstarch is dissolved; set aside. Heat peanut oil in large non-stick skillet or wok over medium-high heat. Add chicken; cook for about 6 minutes, or until no longer pink. Push chicken to the sides of wok. Add onions and carrots. Cook 3-4 minutes, stirring constantly with a tossing motion. Add broccoli and water chestnuts; cook, stirring 2-3 minutes, until broccoli is bright green. Stir sauce and add to wok. Cook, stirring for about 1 minute, until sauce is thickened and food is glazed.

**Yield:** 4-6 servings, about 1 cup each

### **Nutrition Information per serving:**

Calories: 260

Fat: 6 g

Saturated Fat: 1.4 g

Cholesterol: 96 mg

Protein: 37 g

Carbohydrate: 16 g

Fiber: 1.7 g

Sodium: 549 mg

**Serving suggestions:** Serve over wheat pasta or couscous for added fiber, very little fat and minimal sodium; substitute lean beef or seafood for the chicken if tolerated; use any of your favorite tolerated vegetables.

**Source:** Adapted from recipezaar.com

## Spinach with Nutmeg and Garlic

2 cloves garlic, minced

1 tablespoon extra-virgin olive oil (once around the pan)

1 cup raw mushrooms (optional)

1 bag triple-washed raw spinach (10-12 ounces) stems trimmed

Coarse salt and black pepper, to taste

2 pinches ground nutmeg

Heat garlic and mushrooms, in oil, over medium heat. Add spinach and turn in pan until leaves wilt. Sprinkle with salt, pepper, and a couple of pinches of nutmeg – it's delicious with any dark green. Remove from heat and serve warm.

**Yield:** 4 side servings

**Nutritional information per serving:** (with mushrooms)

Calories: 54 calories

Fat: 3.8 g

Fiber: 2 g

Protein: 3 g

Carbohydrate: 4 g

Sodium: 10 mg

**Source:** Adapted from Rachel Ray's 30 Minute Meals Cookbook

## Summertime Mango Salsa

2-3 mangos, peeled, diced

½ medium red onion, diced

1 jalapeno with seeds removed, diced (only if tolerated)

½ medium cucumber, peeled, diced (use the whole cucumber if desired)

Juice from 1 small lime

Salt and pepper to taste

Mix all chopped vegetables in a bowl, gently stir. Add juice from small lime, salt, and pepper to taste. Serve over fish or chicken, or in soft wheat tacos or fajitas.

**Serving size:** ¼ cup

**Yield:** 12-14 servings

### **Nutritional information per serving:**

Calories: 38 calories

Fat: 0 grams fat

Carbohydrate: 10 g

Fiber: 1 g

Protein: 0.4 g

Sodium: 15 mg

**Source:** Susie Strozewski

## Black Bean and Corn Relish

1 can (15.5 ounces) black beans, rinsed and drained (about 2 cups)

4 tomatoes, seeded and diced (if tolerated)

2 garlic cloves, chopped

½ medium red onion, diced

½ cup chopped parsley

1 green, yellow, or red bell pepper, seeded and finely diced

Sweetener, equivalent to 2 tablespoons sugar

Juice from 1 small lemon

In a large bowl, combine all ingredients and toss gently to mix. Cover and refrigerate for at least 30 minutes to allow all the flavors to blend before serving.

**Serving size:** ⅓ cup

**Yield:** 16 servings

### **Nutritional information per serving:**

Calories: 35

Fat: 0 g

Protein: 2 g

Carbohydrate: 7 g

Fiber: 2.5 g

Sodium: 5.5 mg sodium

**Source:** MayoClinic.com

## Broccoli and Tomato Quiche

### Ginger Crusted Pork Tenderloin:

2 tablespoons dried bread crumbs (unseasoned)  
2 cups fresh or frozen broccoli  
1 medium red tomato, chopped  
1 cup shredded reduced-fat cheddar cheese  
5 large eggs  
1 cup 1% low-fat milk  
¼ teaspoon salt  
⅛ teaspoon dried thyme or ½ teaspoon fresh thyme  
Pinch of pepper  
¼ cup grated Parmesan cheese  
Nonstick cooking spray

Steam broccoli until tender, about 5 minutes. Coarsely chop and set aside. Preheat oven to 375°F. Lightly coat a 9-inch pie plate with nonstick cooking spray. Sprinkle bottom and sides of pie plate with the bread crumbs. Arrange the cheddar cheese, then steamed broccoli, then tomatoes, over the bottom of the pie plate. Whisk the eggs, milk, salt, thyme, and pepper in a medium bowl. Pour the egg mixture over the broccoli and tomatoes and top with the Parmesan cheese. Bake uncovered until golden brown, about 35-40 minutes.

**Yield:** 8 servings; serving size (⅛ of pie)

### Nutrition information per serving:

Calories: 114  
Fat: 5.5 g  
Protein: 11 g  
Carbohydrates: 5.5 g  
Fiber: 0.8 g  
Cholesterol: 139 mg  
Sodium: 286 mg

## Berry Salad

1 small box sugar-free strawberry gelatin

16 ounces fat-free cottage cheese

8 ounces fat-free cool whip

8 ounces strawberries cut finely

8 ounces blueberries

In a mixing bowl, sprinkle sugar-free gelatin over fat-free cottage cheese. Mix well. Add remaining ingredients. Mix well. Place in serving container. Refrigerate overnight.

**Yields:** 9

**Nutritional information per serving:**

Calories: 100

Protein: 8 g

Carbohydrate: 13 g

Fat: 0 g

Sodium: 225 mg

**Source:** St. John's Nutrition Center

## High Protein, No Sugar Peanut Butter Cookies

1 cup Peanut Butter

1 cup Splenda® No Calorie Sweetener

1 Egg

¼ tsp Vanilla

Combine all ingredients. Drop by rounded tablespoon on a cookie sheet sprayed with PAM®. Crisscross with a fork. Bake at 350° for 9 minutes or less. Do not overbake! They will not brown, and if cooked too long, they will be as hard as a rock!

**Yield:** 1 dozen

**Serving size:** 1 cookie

### **Nutrition information per cookie:**

Calories: 135

Total Fat: 12 g

Saturated Fat: 2 g

Protein: 6 grams

Carbohydrates: 4 g

Sodium: 113 mg



## Healthy Eggnog

¾ cup egg substitute

1Tb. Sweetener

1Tb. Vanilla

1 (12oz) can of Evaporated skim milk

1 ½ cups fat-free Half and Half

½Tb Brandy extract

Pour egg substitute into bowl, add sweetener and mix on medium speed until light and fluffy. Gradually blend in vanilla, evaporated milk, fat-free half and half, and the brandy extract. Chill for 24 hours to blend the flavors. To serve, stir well and sprinkle with nutmeg.

**Yields:** 2-3 (8 oz. per serving)

### **Nutritional information per serving:**

Calories: 214

Fat: 0 g

Cholesterol: 5 mg

Carbohydrate: 28 g

Protein: 20 g