

# LOW FAT LASAGNA

Calories

248.6

Protein

18.1 g

Carbs

22.6g



## Directions

cook noodles per directions on package, brown hamburger in large skillet, when cooked, add spaghetti sauce and heat - cool. in 8 inch square pan, put a tbsp of sauce, place 3 noodles across. in small bowl mix egg, 1/2 the mozzarella cheese, ricotta cheese, parsley, and Parmesan. Take 1/2 cheese mixture and spread over noodles in pan, take defrosted spinach and lay over cheese, cover with 1/2 cup of sauce. 3 noodles over the top, spread the remaining cheese, spinach and 1/2 the remaining sauce. lay 3 noodles over the top pour remaining sauce over the top and sprinkle the other 1/2 of mozzarella over the top. Bake in a 350 oven covered for 30 minutes, remove foil and back an additional 15 minutes

## INGREDIENTS

1/2 box american beauty lasagna noodles  
8 oz extra lean ground beef  
2/3 jar spaghetti sauce  
1 egg  
1 Tbsp parsley  
1 package of froze spinach  
1 cup low moisture park skim milk mozzarella cheese  
3/4 cup part skim ricotta cheese  
1 Tbsp. Parmesan cheese

# PARMESAN CHICKEN TENDERS

Calories

326

Protien

35g

Carbs

15g



## Ingredients

1/3 all-purpose flour  
3 tablespoons fine ground cornmeal  
1/4 cup Parmesan cheese, finely grated  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon black pepper  
1/4 teaspoon salt  
1/2 cup non-fat buttermilk  
1 large egg lightly beaten  
8 chicken breast tenders  
1 1/2 tablespoons canola oil  
Cooking spray

## Nutrition info

Serving size is 2  
tenders

## Directions

Preheat oven to 425 degrees Fahrenheit. Combine all-purpose flour, cornmeal, Parmesan cheese, garlic powder, onion powder, pepper, salt in a medium shallow disk.

Combine buttermilk and egg in another shallow dish. Dip chicken in buttermilk mixture. Dredge chicken in flour mixture. Heat a large nonstick skillet over medium high heat. Add oil; swirl to coat. Add chicken to pan; cook 3 minutes on each side or until browned.

Transfer chicken to a baking sheet coated with cooking spray. Bake for 5 minutes or until chicken is done.

# Chipotle Chicken Burgers

**Calories** 183

**Protein** 21 g

**Carbs** 2 g



## DIRECTIONS

Prepare aioli: In a small bowl, mix mayonnaise, 1/2 tsp oil and 1/4 tsp each ginger, jalapeño and lime juice. Cover and refrigerate until needed.

In a large bowl, mix chicken, 1/4 cup cilantro, scallions, chile powder and remaining 1 tsp each ginger, jalapeño and lime juice. Form into 4 (4-ounce) burgers and use your thumb to make a slight indent in center of each. Heat a grill on medium and add patties to grill. Cook, turning once, for 5 to 7 minutes per side, until no longer pink inside.

Divide patties among buns and top each with 1 teaspoon of aioli.

## INGREDIENTS

- 1 1/2 tablespoons olive oil
- mayonnaise
- 1/2 teaspoon extra-virgin olive oil
- 1 1/4 teaspoon peeled and minced ginger, divided
- 1 1/4 teaspoon seeded and minced jalapeño chile pepper, divided
- 1 1/4 teaspoon fresh lime juice, divided
- 16 ounces lean ground chicken
- 1/4 cup chopped fresh cilantro leaves
- 3 tablespoons diced scallions (white parts only)
- 1/2 teaspoon chipotle chile powder
- Optional: 4 100% whole-grain hamburger buns, toasted