

Indian Curry Chicken

Servings: 7

Nutritional Information:

Calories: 247

Protein: 46 grams

Carbohydrates: 9 grams

Fat: 3 grams

Ingredients:

4 boneless, skinless chicken breasts (6 ounces each), rinsed, dried, trimmed of fat, cut into 1-inch cubes
1 small onion, chopped
1 clove garlic, minced
3 tablespoons curry powder
1 teaspoon paprika
1 bay leaf
1 teaspoon ground cinnamon
1/2 teaspoon fresh ginger root, grated
salt and ground black pepper, to taste
1 tablespoon tomato paste
1 cup fat-free plain Greek yogurt
1/2 cup water
1/2 lemon, juiced
1/2 teaspoon Indian chili powder
1 tsp. oregano
salt and pepper

Directions:

1. Coat a 12-inch skillet with cooking spray and place over medium heat. Sauté the onion until translucent, then stir in the garlic, curry powder, paprika, bay leaf, cinnamon, ginger, salt, and pepper.
2. Continue stirring for 2 minutes, then add in the chicken, tomato paste, yogurt, and water. Bring to a boil, then reduce heat and simmer for 10 minutes.
3. Remove the bay leaf, stir in the lemon juice and chili powder. Simmer 5 more minutes, or until chicken is cooked through



Egg White Bites

Servings: 6

Nutritional Information:

Calories: 50

Protein: 7 grams

Carbohydrates: 3 grams

Fat: 1 grams

Ingredients:

10 egg whites

1 whole egg

1 tomato, seeded and finely chopped

1 medium onion, finely chopped

1 teaspoon dried basil

salt and ground black pepper, to taste

Directions:

1. Beat the egg and egg whites in a medium bowl.
2. Divide mixture among a 6-cup muffin pan. Top each cup with tomatoes, onions and basil. Sprinkle with salt and pepper.
3. Bake at 350°F for about 8 minutes.



Sweet Potato Protein Pancakes

Servings: 1 (makes 2 pancakes)

Nutritional Information:

Calories: 358

Protein: 24 grams

Carbohydrates: 59 grams

Fat: 4 grams

Ingredients:

1 medium-sized sweet potato
1/2 cup old-fashioned oats
1 large egg
4 egg whites
1/2 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 cup fat-free plain yogurt

Directions:

1. Puncture the sweet potato several times with a fork. Wrap it in a paper towel and microwave it for 5 minutes on high. Run it under cool water and then remove the skin with a knife.
2. Blend the oats until they are a powder and dump into a bowl.
3. Blend the sweet potato until smooth and place it into the bowl with the oats. Stir in the egg, egg whites, vanilla extract, cinnamon, and yogurt. Mix well until it forms a smooth batter.
4. Coat a pan with cooking spray and wipe away the excess with a paper towel. Save this for wiping the pan after cooking each pancake. Heat the pan on medium-low heat.
5. Spoon about 1/2 cup of batter into the pan and cook for 1-2 minutes or until golden brown. Flip the pancake and cook for 30 seconds to 1 minute or until golden brown and firm. Put the pancake on a plate and wipe the pan with the paper towel.
6. Repeat step 4 with the rest of the batter.

