

EZChef™

# Light and Easy

Weight Loss Recipes





# Egg Muffin Cups

High-protein Egg Muffin Cups are a great on-the-go breakfast. Make them ahead of time and pop them in the freezer. Under 1 minute in the microwave and they're ready to go when you are.

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| <b>1 Tbsp olive oil</b>   | <b>8 eggs</b>                                    |
| <b>½ onion, chopped</b>   | <b>⅛ tsp salt</b>                                |
| <b>2 garlic cloves, minced</b>                                    | <b>Black pepper to taste</b>                     |
| <b>1 cup chopped fresh spinach</b>                                | <b>1 tsp chopped fresh oregano</b>               |
| <b>1 small red bell pepper, chopped</b>                           | <b>1 tsp chopped fresh thyme</b>                 |
| <b>2 oz fully cooked sweet turkey sausage, crumbled, optional</b> | <b>2 oz reduced-fat cheddar cheese, shredded</b> |
|   | <b>1 tsp hot sauce, optional</b>                 |

Preheat oven to 375°. Coat 8 cups of a muffin pan with nonstick cooking spray.

In a skillet, heat oil over medium heat. Add onion, garlic, spinach and bell pepper and sauté for about 3 minutes, or until vegetables soften. Add sausage, if using, and stir to combine. Remove from heat.

In a large measuring cup, beat the eggs with 1 tablespoon of water, salt, black pepper, oregano and thyme.

Evenly divide the vegetable mixture among the 8 muffin cups. Top each cup with some cheese. Pour the egg mixture into the muffin cups. Bake egg muffins for 10 to 15 minutes, or until the eggs start to puff up and a toothpick inserted in the center of one of the muffin cups comes out clean. Serve with hot sauce, if using.

Egg muffins can be stored in the freezer, individually wrapped in plastic wrap and freezer bags, for up to 5 days. To reheat, remove from freezer bag and microwave on a microwave-safe plate for 45 seconds, or until heated through.

**Yield:** 8 egg muffins | **Serving size:** 2 egg muffins

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## Nutrition Facts (per serving)

Calories: 232; Fat: 14g; Saturated Fat: 4g; Cholesterol: 374mg;  
Sodium: 388mg; Carbohydrates: 2g; Fiber: 0; Protein: 18g

# Broccoli Cheese Omelette

Here's a high-protein breakfast or brunch that is low calorie and delicious. This easy egg white omelette is packed with broccoli and cheese for a hearty way to start the day.

- ½ onion, chopped**
- 1 cup chopped broccoli (about 1-inch pieces)**
- 6 egg whites**
- 1 egg**
- ¼ cup low fat milk**
- ⅛ tsp salt**
- Black pepper to taste**
- ¼ cup shredded reduced-fat cheddar cheese**

Preheat the broiler.

Lightly coat a medium ovenproof nonstick skillet with nonstick cooking spray and heat over medium heat. Add the onion and cook for 3 minutes, or until softened. Add the broccoli and cook for 1 to 2 minutes, or until softened. Reduce heat to medium low.

In a medium bowl, whisk together the egg whites, egg, milk, salt and black pepper to taste. Pour the egg mixture into the skillet. Cook until the eggs are set, about 8 minutes. Sprinkle with the cheddar cheese.

Place the skillet under the broiler and cook until the surface is golden, about 1 to 2 minutes. Serve immediately.

**Yield:** 2 servings | **Serving size:** ½ omelette

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## Nutrition Facts (per serving)

Calories: 155; Fat: 4g; Saturated Fat: 1g; Cholesterol: 98mg;  
Sodium: 458mg; Carbohydrates: 7g; Fiber: 2g; Protein: 21g







# Tuna Salad

Tuna salad gets a tasty twist with chickpeas, cherry tomatoes and bell peppers. No mayo needed for this no-cook recipe that can be made in minutes. Tuna salad never tasted so good.

**2 cups canned tuna packed in water, drained**

**2 cups chickpeas, rinsed and drained**

**1 cup halved cherry tomatoes**

**1 cup shredded carrots**

**2 Tbsp sliced scallions**

**½ cup chopped celery**

**2 Tbsp chopped fresh parsley**

**1 tsp chopped fresh rosemary**

**2 cups red or green bell pepper strips**

**⅛ tsp black pepper**

**¼ cup balsamic or red wine vinegar**

**2 Tbsp regular or garlic-flavored olive oil**

**Greens, for serving**

In a large bowl, gently toss all ingredients except the greens to combine. Refrigerate, covered with plastic wrap, for 1 hour. Serve chilled over greens.

**Yield:** 6 servings | **Serving size:** about 1 cup

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## **Nutrition Facts (per serving)**

Calories: 216; Fat: 6g; Saturated Fat: 1g; Cholesterol: 15mg;  
Sodium: 436mg; Carbohydrates: 23g; Fiber: 5g; Protein: 18g

# Beef Lettuce Wraps

These lettuce wraps are a healthy lunch or light dinner recipe. Low carbs and high protein make these healthy wraps an energy-boosting meal.

**2 heads Bibb or butter lettuce, leaves separated**

**8 oz low fat plain Greek yogurt**

**2 Tbsp tahini**

**2 garlic cloves, minced**

**1 Tbsp plus 2 tsp fresh lemon juice**

**2 Tbsp extra virgin olive oil**

**2 cups shredded carrots**

**1 scallion, finely chopped**

**¼ cup chopped fresh cilantro, plus additional for garnish**

**2 tsp ground cumin**

**1 tsp sweet paprika**

**⅛ tsp salt**

**1 lb grilled flank steak, very thinly sliced**

Wash lettuce leaves, wrap in paper towels and chill to dry completely.

In a small bowl, whisk the yogurt with the tahini, half of the garlic and 1 tablespoon of the lemon juice. Whisk in 1 tablespoon of the olive oil. In another bowl, toss the carrots with the scallion, cilantro, cumin, paprika, salt, and the remaining garlic, 2 teaspoons lemon juice and 1 tablespoon olive oil.

Arrange the lettuce leaves on a very large platter and spoon a small dollop of the yogurt mixture in the centers, reserving some yogurt for garnish. Top with the beef, carrot slaw, another small dollop of yogurt and additional cilantro, if desired. Serve immediately.

**Yield:** 8 servings | **Serving size:** 2 wraps

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## Nutrition Facts (per serving)

Calories: 197; Fat: 10g; Saturated Fat: 2g; Cholesterol: 31mg;  
Sodium: 85mg; Carbohydrates: 5g; Fiber: 2g; Protein: 22g







# Shrimp Gazpacho

Light, refreshing and low calorie, this tasty shrimp gazpacho can be made ahead to let the flavors meld.

<b>4 garlic cloves, minced</b>	<b>½ red bell pepper, chopped</b>
<b>2 Tbsp olive oil</b>	<b>½ cup chopped red onion</b>
<b>2 Tbsp red wine vinegar</b>	<b>1 small jalapeño pepper, seeded and minced</b>
<b>2 Tbsp fresh lemon juice</b>	<b>2 tsp balsamic vinegar</b>
<b>½ lb cooked large shrimp, peeled and deveined</b>	<b>2 tsp Worcestershire sauce</b>
<b>1½ lb vine-ripened tomatoes</b>	<b>½ tsp ground cumin</b>
<b>1 cup tomato juice (if needed)</b>	<b>½ tsp salt</b>
<b>1 small cucumber, peeled, seeded and chopped</b>	<b>Black pepper to taste</b>
	<b>2 Tbsp fresh basil leaves, cut into a chiffonade</b>

In a medium bowl, combine half of the garlic, 1 tablespoon of the olive oil, the red wine vinegar and the lemon juice. Add the shrimp and toss to combine. Cover and refrigerate for 1 to 2 hours.

Fill a large pot halfway full of water, set over high heat and bring to a boil. Blanch and peel the tomatoes: With a paring knife, cut an “X” on the bottom of each tomato. Boil the tomatoes for 15 seconds. With a slotted spoon, remove the tomatoes and transfer to an ice bath. Allow to cool, about 1 minute. Remove and pat dry. Peel, core and seed the tomatoes. Discard the peel. Place the seeds and pulp into a fine mesh strainer set over a bowl. Press as much of the juice through as possible and then add enough bottled tomato juice to bring the total to 2 cups.

In a large bowl, combine the 2 cups tomato juice, cucumber, bell pepper, onion, jalapeño, remaining garlic, remaining 1 Tbsp olive oil, balsamic vinegar, Worcestershire, cumin, salt and black pepper. Transfer half of the mixture to a blender and puree for 15 seconds on high speed. Return the mixture to the bowl and stir. Stir in shrimp mixture. Cover and chill for 2 hours or up to overnight. Serve chilled, garnished with the basil.

**Yield:** 4 servings | **Serving size:** 1 cup

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## Nutrition Facts (per serving)

Calories: 120; Fat: 8g; Saturated Fat: 1g; Cholesterol: 86mg;  
Sodium: 416mg; Carbohydrates: 1g; Fiber: 0; Protein: 11g

# Cauliflower Rice

This lower-carb option of rice stir-fry is a delicious carb-cutting alternative. Enjoy this “fried rice” without the rice and without the frying.

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| <b>1 medium head cauliflower, cut into florets</b>     | <b>½ cup frozen peas</b>                 |
| <b>1 Tbsp olive oil</b>                                | <b>1 cup broccoli florets</b>            |
| <b>2 garlic cloves, minced</b>                         | <b>1 scrambled egg, cooked</b>           |
| <b>2 tsp minced fresh ginger</b>                       | <b>2 Tbsp tamari</b>                     |
| <b>5 scallions, diced, whites and greens separated</b> | <b>1 tsp sesame oil</b>                  |
| <b>½ cup diced carrots</b>                             | <b>¼ cup chopped fresh cilantro</b>      |
|  | <b>½ tsp red-pepper flakes, optional</b> |
|  | <b>1 tsp sesame seeds</b>                |

In a food processor, place half of the cauliflower and pulse until the cauliflower just reaches a rice consistency. (Do not overpulse or the cauliflower will get mushy.) Set aside and repeat with the remaining cauliflower.

In a large skillet, heat the olive oil over medium heat. Add the garlic, ginger and scallion whites and sauté for 1 minute. Add the carrots, peas and broccoli and sauté for about 3 to 4 minutes, or until vegetables are just tender.

Increase the heat to medium-high. Add the cauliflower “rice,” the scrambled egg, tamari, sesame oil, cilantro and red-pepper flakes (if using) and stir to combine. Sauté for about 5 to 6 minutes, or until the cauliflower is slightly crispy on the outside but tender on the inside. Remove from heat and top with scallion greens and sesame seeds.

**Yield:** 4 servings | **Serving size:** about 1 cup

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## Nutrition Facts (per serving)

Calories: 98; Fat: 4g; Saturated Fat: 0; Cholesterol: 31mg;  
Sodium: 285mg; Carbohydrates: 10g; Fiber: 3g; Protein: 5g







# Crispy Baked Chicken

Try this healthy alternative to fried chicken and savor the flavor and health benefits of walnuts paired with chicken. This is a crunchy comfort food packed with immune-boosting nutrients.

**½ cup flour, seasoned with black pepper to taste**

**½ cup buttermilk**

**8 boneless, skinless chicken breasts (3 oz each)**

**1½ cups finely ground walnut pieces**

Preheat oven to 350°. Place the seasoned flour in a shallow bowl. In another shallow bowl, pour the buttermilk. Coat the chicken with flour and then dip each breast in buttermilk. Coat each chicken breast with walnuts.

Lightly coat a nonstick pan with nonstick cooking spray and heat over medium heat. Place chicken in pan and cook on each side for 2 to 3 minutes, or until chicken is lightly brown, reducing the heat if necessary to avoid burning walnut crust.

Transfer chicken to a baking pan and bake for 20 minutes, or until a meat thermometer inserted in the thickest part of the chicken registers 165°. Remove from pan and let rest 5 minutes before slicing. Slice each chicken breast diagonally into 4 pieces.

**Yield:** 8 servings | **Serving size:** 3 oz chicken

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## **Nutrition Facts (per serving)**

Calories: 226; Fat: 11g; Saturated Fat: 1g; Cholesterol: 50mg;  
Sodium: 71mg; Carbohydrates: 8g; Fiber: 2g; Protein: 23g

# Baked Fish Fillet

Baked fish is a great low fat, high protein dinner that is ready in 10 minutes. We used flounder in this quick, easy recipe, but you can substitute any mild white fish such as tilapia or sole.

**2 thin flounder, sole, or tilapia fillets (4 oz each)**

**1/8 tsp sea salt**

**1/8 tsp black pepper**

**2 tsp chopped fresh parsley**

**4 tsp fresh lemon juice**

**1 Tbsp extra virgin olive oil**

**1/2 cup string beans, trimmed and cut into 2-inch pieces**

**1/2 cup corn kernels**

**1/2 cup cherry tomatoes, halved (red and/or yellow)**

Preheat toaster oven to 425°. Lightly coat toaster oven pan with nonstick cooking spray. Place fish on pan and season each piece evenly with salt, pepper, parsley and lemon juice. Bake fish for approximately 5 minutes, or until done.

Meanwhile, cook vegetables: In a skillet, heat oil over medium heat until hot. Add string beans and sauté, stirring, about 1 minute. Mix in corn and tomatoes, pressing them gently to release their juices, and cook, stirring occasionally, for about 2 minutes. Add additional lemon juice and pepper to taste, if desired, and stir. Remove from heat and distribute evenly between 2 plates. With a spatula, transfer fish on top of vegetables. Serve immediately.

**Yield:** 2 servings | **Serving size:** 1 4-oz fish fillet plus 3/4 cup vegetables

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## Nutrition Facts (per serving)

Calories: 270; Fat: 9g; Saturated Fat: 2g; Cholesterol: 82mg;  
Sodium: 442mg; Carbohydrates: 14g; Fiber: 3g; Protein: 34g







# Citrus Salmon

This light, refreshing salmon recipe is easy to prepare. Salmon is low in calories and saturated fat, yet high in protein, and full of heart-healthy omega-3 essential fatty acids.

**2 tsp olive oil**

**6 Tbsp fresh orange juice**

**2 Tbsp fresh lemon juice**

**1 tsp grated lemon zest**

**2 tsp grated fresh ginger**

**1/8 tsp white pepper**

**6 fresh salmon fillets (about 4 oz each)**

Preheat oven to 375°. Brush a 13 x 9-inch metal baking pan with olive oil. In a small bowl, combine orange and lemon juices, lemon zest, ginger and pepper. Place salmon in pan and pour juice mixture on top.

Bake for about 10 minutes per inch of thickness, until salmon flakes easily. Remove salmon from oven, transfer to serving platter and keep warm. Transfer juice mixture to a small saucepan and boil liquid in the pan over medium heat until it thickens. Remove sauce from the heat and pour over salmon.

**Yield:** 6 servings | **Serving size:** 4 oz salmon

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## **Nutrition Facts (per serving)**

Calories: 153; Fat: 5g; Saturated Fat: 1g; Cholesterol: 59mg;  
Sodium: 77mg; Carbohydrates: 2g; Fiber: 0; Protein: 17g

# Chicken Piccata

This easy chicken piccata recipe is perfect for the whole family. If you are looking for a quick dinner recipe, this delicious chicken piccata can be made in less than 30 minutes.

**4 boneless and skinless chicken breasts (4 oz each),  
butterflied and cut in half**

**Black pepper to taste**

**¼ cup all-purpose flour, for dredging**

**6 Tbsp reduced-calorie trans fat free margarine**

**¼ cup extra-virgin olive oil**

**⅔ cup fresh lemon juice**

**1 cup reduced-sodium chicken broth**

**2 Tbsp capers, rinsed**

**⅓ cup chopped fresh parsley**

Season chicken with pepper. In a resealable plastic bag, dredge the chicken in the flour and shake off excess.

In a large skillet, melt the margarine and oil over medium-high heat. Add chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes. Remove from skillet and set aside.

In the same skillet, add the lemon juice, broth and capers. Bring to a boil, scraping up brown bits. Return the chicken to the skillet and simmer for 5 minutes. Remove chicken to platter. Pour sauce over chicken and garnish with parsley.

**Yield:** 4 servings | **Serving size:** 4 oz chicken plus 2 Tbsp sauce

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## Nutrition Facts (per serving)

Calories: 300; Fat: 12g; Saturated Fat: 3g; Cholesterol: 96mg; Sodium: 355mg; Carbohydrates: 11g; Fiber: 1g; Protein: 37g





