

Recipes for 10 Minute Meals

Gotta-Love-It Lemon Fish

1 lb. mild fish fillets such as orange roughy, flounder, or cod
½ cup bread crumbs
2 Tbsp. butter or trans-fat free margarine
1 ½ tsp. fresh or bottled lemon juice
1 Tbsp. chopped parsley
Salt and pepper

1. Melt butter, either on top of stove over low heat or in microwave.
 2. Rinse fillets and pat dry with paper towel.
 3. Sprinkle fish with salt and pepper.
 4. Place fish in microwave-safe dish.
 5. Add breadcrumbs, lemon juice, and parsley to melted butter.
 6. Sprinkle mixture on top of fish
 7. Cover dish with saran wrap, if using the microwave.
 8. Microwave for 5-7 minutes.
- OR bake at 350 degrees for about 10 minutes.

4 servings

Per serving: 198 calories, 7 gm fat, 10 gm carbohydrate, 0.5 gm fiber, 22 gm protein



Recipe from The Healthy College
Cookbook by A Nimetz, J Stanley,
& E Starr

Fabulous Fruit & Nut Salad



Recipe from www.kraftfoods.com

1 (5 oz.) pkg. salad greens
1 (11 oz.) can Mandarin oranges
1 cup raspberries
1/3 cup sliced almonds
¼ cup light raspberry vinaigrette
1 cup 2% shredded mozzarella

1. Combine all ingredients except dressing in a large bowl.
2. Drizzle with dressing just before serving. Toss to coat, or put dressing in a side dish to dip your salad into.

4 servings, 1 ½ cups each

Per serving: 210 calories, 10 gm fat, 22.5 gm carbohydrate, 6 gm fiber, 11 gm protein,
346 gm sodium, 16.5 gm sugar

Recipes for 10 Minute Meals

King of the Crunchwraps

1 La Tortilla Factory Whole Wheat Low-Carb/Low-Fat Tortilla; Large
3 baked corn tortilla chips
1/3 cup frozen ground-beef-style soy crumbles
1/4 cup shredded 2% cheddar cheese
1 Tbsp. fat-free plain yogurt
1/2 tsp. taco seasoning
2 Tbsp. Black bean & corn salsa



Recipe from www.hungrygirl.com

1. Combine frozen soy crumbles, cheese, and taco seasoning in a small microwave-safe bowl. Heat in microwave for 30 seconds.
2. Warm tortilla for a few seconds in the microwave (making it easier to fold without ripping), and then lay it out on a flat surface.
3. Place the soy crumble mixture in the center of the tortilla. Flatten the mixture into a circle, keeping it about 2 inches from the edge of the tortilla.
4. Spoon the salsa over the soy crumble mixture.
5. Break the tortilla chips up a little to make the tortilla easier to wrap.
6. Layer the tortilla chips on top of the salsa.
7. Folding instructions: Starting at the bottom of the tortilla, fold edge up to the center of the tortilla. Then going around the edge of the tortilla, repeatedly fold overlapping sections to meet the center, for a total of about 6 folds (until filling is completely enclosed).
8. In a pan sprayed with nonstick spray, over medium heat, carefully place the folded tortilla in the center of the pan (folded side down). Heat for 3-4 minutes. Carefully flip the wrap with a spatula and heat for another 30 seconds.
8. Top with yogurt. Enjoy!

1 serving

Per serving: 237 calories, 4.2 gm fat, 35 gm carbohydrate, 18 gm fiber, 28.5 gm protein, 1181 gm sodium, 4 gm sugar

Compared to Taco Bell's Crunchwrap Supreme:

Per serving: 560 calories, 24 gm fat, 8 gm sat fat, 68 gm carbohydrate, 5 gm fiber, 17 gm protein, 1430 gm sodium, 7 gm sugar