



HALLOWEEN RECIPES

Stuffed Pepper Jack-O-Lanterns



Pre-cooked portions are 2oz. per unit protein/fat

*Bell Peppers
(Orange or Yellow Look Best)*

1/2 tsp. Powdered Sage

20 oz. pack Ground Turkey Breast

1/4 cup Ketchup

1 1/4 tsp. Dry Mustard Powder

20 oz. pack Lean Ground Turkey Breast

3/4 cup 2% Milk

1 small can Stewed Tomatoes

*2 Tbsp. Splenda Brown Sugar or
1/4 cup Brown Sugar*

1/2 cup Egg Beaters

1/2 cup Italian Style Bread Crumbs

*2 Tbsp. Fresh Parsley, finely chopped
or 1 1/2 Tbsp dried*

1/2 tsp. Kosher Salt

1/4 cup Sweet Onion, finely chopped

Pre heat oven to 350°F. Coat muffin tins with olive oil spray.

STEP 1

In a large bowl, combine egg and milk. Stir in bread crumbs and onion, parsley, salt, sage, and tomatoes. Mix together both types of turkey meat and add to the bowl mixture.

STEP 2

Using your scale, weigh out your turkey meat to your allotted amount. Slice off top of the pepper and carefully scrape out insides. Using a sharp knife, carve your jack-o-lantern face (don't make the openings too big or the stuffing cooks out.

STEP 3

Stuff jack-o-lanterns with amount of turkey meat you are using. Place the full jack-o-lantern into muffin tins. Don't place the top on yet. Bake for about 25 minutes. They are not finished. -while the muffins are cooking, combine ketchup, Splenda and mustard in a little bowl. Set aside.

STEP 4

After the first 25 minutes of baking, remove from the oven and top each jack-o-lantern with the ketchup mixture and lid of pepper. Return to the oven for an additional 10-15 minutes. Time might vary depending on the amount of turkey meat used per jack-o-lantern. Check to see that clear liquid is oozing out and no longer pink anywhere.





Pumpkin Pancake Jack-O-Lanterns

1/3 cup batter pancake = 3 units carbs

1/2 tsp. Salt

1/2 tsp. Vanilla Extract

2 1/2 tsp. Baking Soda

3/4 cup Egg Beaters

2 tsp. Baking Powder

8 oz. NF Plain Yogurt

1/2 tsp. Cinnamon

2 cups White Whole Wheat Flour

45 grams (not weight) Vanilla Protein Powder

1/3 cup + 2 Tbsp. Splenda-Sugar Blend (or 3/4 cup Granulated Sugar)

1 cup No-Sugar Added Vanilla Almond Milk

1 cup Pure Pumpkin, canned or fresh (not pumpkin pie mix)

Black raisins or Whole Blueberries (not frozen)



Pre heat griddle to low-med (325°F)

STEP 1

In a large bowl, whisk together flour, protein powder, sugar blend, salt, baking soda, baking powder, and cinnamon. Make a well in the center of the bowl. Set aside.

STEP 2

In a separate bowl, whisk together remaining ingredients (Vanilla extract, Egg Beaters, yogurt, almond milk, and pumpkin.)

STEP 3

Pour egg mixture into the well of flour mixture and stir until just blended. Lightly spray griddle with canola oil. Use a 1/3 measuring cup. Before flipping the first side, add the "face" of the jack-o-lantern using raisins or blueberries. Cook pancakes for about 4-6 minutes, flipping after 3 minutes.

Side note: use Sugar Free Syrup if desired or better yet, LF Vanilla Greek Yogurt!





Dead Man Cheesy Meatloaf

Post-Cooked Portions (kind of "oz.-ish")
1 oz per unit protein + fat

1 Tbsp. Dijon Mustard

*1/2 cup fresh Wheat Breadcrumbs

2 Tbsp. Freshly Grated Parmesan

1 cup Sweet Onion, diced

2-finger pinch Kosher Salt

1/2 cup Ketchup, divided

2-finger pinch Black Pepper

Canola Oil Cooking Spray

2 tsp. Minced Garlic

1/4 cup Fresh Parsley, chopped

2 x 2-finger pinches Dried Oregano

1 1/2 pound Ground Sirloin or Ground Turkey Meat

1 AA-XL Egg, lightly beaten with a fork

3 oz. Sharp Cheddar Cheese, diced into very small cubes

Cooked Corn Kernals (dead man's teeth)

Sliced Black Olives (dead man's eyes)

More Ketchup for dead man's stabbing wound

Pre heat oven to 425°F. Prepare broiler pan with aluminum foil and canola spray for later use.

STEP 1

Heat a medium skillet over med-high heat. Add breadcrumbs; *cook 3 minutes or until toasted, stirring frequently. Remove to a large bowl to cool a bit.

STEP 2

Using the same hot skillet, spray with canola oil. Add diced onion; sauté 3 minutes, or until tender. Add garlic and sauté 30 more seconds.

STEP 3

Add onion mixture to breadcrumbs in the bowl. Combine with 1/4 cup of ketchup and remaining ingredients with clean hands to really mix well. Shape into the dead man onto prepared broiler pan.

STEP 4

Bake in preheated oven on the center rack for 25 minutes, or until done.

STEP 5

Remove from oven to a tray and "decorate."



1/2 cup Sweet Onion, diced small

2 Tbsp. Unsalted Butter, softened

16 oz. Low-Fat Cottage Cheese

*2 Tbsp. 2% Milk
(may add more if desired)*

*1 pound Yukon Gold potatoes,
roughly peeled, diced into 1" pieces*

*Morton's Natures Seasoning
(or other LS All Purpose Seasoning)*

*Black Olives, pitted and diced into small
"eyes"*



Ghostie Mash

-all unit measurements are "heaping"

1/2 cup = 2 units carbs

3/4 cup = 3 units carbs

1 cup = 4 units carbs

1 1/2 cup = 5 units carbs

Pre heat oven to 350°F. Line a baking sheet with parchment paper.

STEP 1

Purée cottage cheese in a blender; set aside.

STEP 2

Cut potatoes, carrots, and onions as suggested. Place into a steamer basket or cooker and steam until tender; usually about 15-20 min

STEP 3

Transfer to a large bowl. Add cottage cheese, seasoning of choice, butter, and milk. Whip with a beater until smooth and creamy.

Check seasoning to make sure it's to your liking.

TO MAKE GHOSTIES

STEP 1

Use a large spoon to make your shaped Ghosties like in the photo.

STEP 2

Place small pieces of olives for the eyes.

STEP 5

Place baking sheet into preheated oven for 10 - 15 minutes. Remove and Enjoy!



Halloween Mashed CarrotTat Casserole

-all unit measurements are "heaping

1/2 cup = 2 units carbs

3/4 cup = 3 units carbs

1 cup = 4 units carbs

1 1/2 cup = 5 units carbs



Small "Leaves" of Basil

Black Olives, cut into "Stems"

16 oz. Low-Fat Cottage Cheese

2 Tbsp. Unsalted Butter, softened

2 Tbsp. 2% Milk (may add more if desired)

1 pound Yukon Gold potatoes, roughly peeled, diced into 1" pieces

1 pound Carrots, peeled, diced into 1" pieces (save about 3" of one carrot)

Morton's Natures Seasoning (or other LS All Purpose Seasoning)

Pre heat oven to 350°F. Spray a 9x13 casserole pan with canola oil.

STEP 1

Purée cottage cheese in a blender; set aside.

STEP 2

Cut potatoes, carrots, and onions as suggested. Place into a steamer basket or cooker and steam until tender; usually about 15-20 min. - while this is occurring slice the carrot "pumpkins." Place a small dish of water into the microwave for 5 minutes on high to slightly cook.

STEP 3

Transfer to a large bowl. Add cottage cheese, seasoning of choice, butter, and milk. Whip with a beater until smooth and creamy. Check seasoning to make sure it's to your liking.

STEP 4

Transfer to prepared casserole dish. Place carrot pumpkins WITHOUT STEMS AND LEAVES on bottom edge. Place into preheated oven for 15 minutes. Remove from oven and add stems and leaves. Serve!

