

# Weight Loss Diet Recipes

We've included a soup recipe to start you off. You'll also find an entrée, a tasty vegetable side dish, and even a healthy dessert to top off your meals.

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## MINISTRONE SOUP

*A cholesterol-free classic Italian vegetable soup brimming with fiber-rich beans, peas, and carrots.*

1/4 C	olive oil
1 clove	garlic, minced or 1/8 tsp garlic powder
1-1/3 C	coarsely chopped onion
1-1/2 C	coarsely chopped celery and leaves
1 can (6 oz)	tomato paste
1 Tbsp	chopped fresh parsley
1 C	sliced carrots, fresh or frozen
4-3/4 C	shredded cabbage
1 can	(1 lb) tomatoes, cut up
1 C	canned red kidney beans, drained and rinsed
1-1/2 C	frozen peas
1-1/2 C	fresh green beans
dash	hot sauce
11 C	water
2 C	uncooked, broken spaghetti

1. Heat oil in a 4-quart saucepan.
2. Add garlic, onion, and celery and sauté about 5 minutes.
3. Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.
4. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
5. Add uncooked spaghetti and simmer 2-3 minutes only.

Yield: 16 servings--Serving Size: 1 cup

Each serving provides:

Calories: 153

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 191 mg

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## ITALIAN VEGETABLE BAKE

*This colorful low-sodium cholesterol-free vegetable baked dish is prepared without any added fat.*

1	can (28 oz) whole tomatoes
1 medium	onion, sliced
1/2 lb	fresh green beans, sliced
1/2 lb	fresh okra, cut into 1/2-inch pieces or 3/4 C 1/2 10-oz pkg frozen okra
3/4 C	finely chopped green pepper
2 Tbsp	lemon juice
1 tsp	chopped fresh basil, or 1 tsp dried basil, crushed
1-1/2 tsp	chopped fresh oregano leaves, or 1/2 tsp dried oregano, crushed
3 medium	(7-inch long) zucchini, cut into 1-inch cubes
1 medium	eggplant, pared and, cut into 1-inch cubes
2 Tbsp	grated parmesan cheese

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325° F for 15 minutes.
2. Mix in zucchini and eggplant and continue baking, covered, 60-70 more minutes or until vegetables are tender. Stir occasionally.
3. Sprinkle top with parmesan cheese just before serving.

Yield: 18 servings--Serving Size: 1/2 cup

Each serving provides:

Calories: 36

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: less than 1 mg

Sodium: 86 mg

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## STIR-FRIED BEEF AND VEGETABLES

*Stir-frying uses very little oil, as this entrée dish shows.*

2 Tbsp	dry red wine
1 Tbsp	soy sauce
½tsp	sugar
1-½tsp	grated, peeled ginger root
1 lb	boneless round steak, fat trimmed and cut across grain into 1 ½-inch strips, raw
2 Tbsp	vegetable oil
2 medium	onions, each cut into 8 wedges
½ lb	fresh mushrooms, rinsed, trimmed, and sliced
2 stalks	celery, bias cut into ¼-inch slices (about ½ cup)
2 small	green peppers, cut into thin lengthwise strips
1 C	water chestnuts, drained and sliced
1 Tbsp	vegetable oil
2 Tbsp	cornstarch
¼ C	water

1. Prepare marinade mixing together wine, soy sauce, sugar, and ginger. Marinate meat in mixture while preparing vegetables.
2. Heat 1 Tbsp oil in large skillet or wok. Stir-fry onions and mushrooms 3 minutes over medium-high heat.
3. Add celery and cook 1 more minute. Add remaining vegetables and cook 2 minutes or until green pepper is tender crisp. Transfer vegetables to warm bowl.
4. Add remaining 1 Tbsp oil to skillet.
5. Stir-fry meat in oil about 2 minutes or until meat loses its pink color.
6. Blend cornstarch and water. Stir into meat. Cook and stir until thickened.
7. Return vegetables to skillet; stir gently and serve.

Yield: 6 servings--Serving Size: 6 oz portion of beef and vegetable mixture

Each serving provides:

Calories: 187

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 35 mg

Sodium: 215 mg

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## APRICOT-ORANGE BREAD

*Only 1 egg and very little margarine are used in this low-saturated-fat, low-cholesterol low-sodium dessert bread.*

- 1 (6 oz) package of dried apricots cut into small pieces
- 2 C water
- 2 Tbsp margarine
- 1 C sugar
- 1 egg, slightly beaten
- 1 Tbsp freshly grated orange peel
- 3-1/2 C sifted all-purpose flour
- 1/2 C nonfat dry milk powder
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1/2 C orange juice
- 1/2 C chopped pecans

1. Preheat oven to 350° F. Lightly oil two 9x5-inch loaf pan.
2. Cook apricots in water in a covered medium-size saucepan for 10-15 minutes or until tender but not mushy. Drain; reserve 3/4 cup liquid. Set apricots aside to cool.
3. Cream together margarine and sugar. By hand, beat in egg and orange peel.
4. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice.
5. Stir apricot pieces and pecans into batter.
6. Turn batter into prepared pans.
7. Bake for 40-45 minutes or until bread springs back when lightly touched in center.
8. Cool 5 minutes in pan. Remove from pan and completely cool on wire rack before slicing.

Yield: 2 loaves--Serving Size: 1/2-inch slice

Each serving provides:

Calories: 97

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 6 mg

Sodium: 113 mg

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