General tips and pieces of information are here at the beginning. More specific tips will be found in the section with specific recipes...i.e., soup. Hopefully the tips will answer some of the questions the recipes can create.

Many of the more complex recipes come from the website http://nolongeragrimgirl.blogspot.com/. Mary (the blogger at that address) has many pictures to show how food should look at various stages of preparation. There is a find box in the upper left-hand corner of her page, just type in the recipe name and it will appear, then you can see how she does it.

If you are new to the HOMR (Health One Meal Replacement) page, you might find the HNT YouTube Channel of interest for help with recipes. Check it out here: http://www.youtube.com/hntweightloss

HOMR Tip: Your microwave and oven may not cook the same as the times/temps in the recipes provided. Please be aware of this and adjust according to your appliances! The last thing we want for you is an overcooked MR!

In all the recipes, HEALTH ONE MEAL REPLACEMENT is abbreviated as MR. The number after the recipe title, i.e., (3), tells the number of servings made by the recipe. Mix (whisk) dry ingredients together before adding the liquid in each recipe for a better end product.

When you find a (+     that is where you fill in the additive calories for that food. Several of the basic calories are filled in, but in some foods calories vary by brand purchased or specific type of food, i.e., Cool Whip could be light, nonfat, low fat, regular or some other variation. You could also use Reddi Whip, which has fewer calories. It could also be that the amount of a food is up to you, again Cool Whip is an example, you can add the amount you desire, so no specific calories were added, you need to do that.

Recipes included here come from the Health One pages on Facebook, Mary’s blog (mentioned above), a couple from the website, http://www.needlesspounds.com, the recipes handed out in our group meetings, a couple from YouTube videos, and a smattering of originally created recipes from our group. Print these or keep a digital recipe book where you can change the amounts to suit your taste. I started with paper, but ended up with too many notes beside favorite recipes, making them hard to read!

All mistakes in these documents, i.e., calorie counts, spelling, and formatting are the fault of the typist! I have to stop checking and get this out to the group!

Savory Baking Tip:
When making savory recipes, like pizza crust/parmesan biscuits/corn dog bites, use Bisquick Complete. It will contribute a good mouth feel, great flavor, and improved texture (due to the baking soda & baking powder in the mix). All you need is ~1 Tbsp per meal replacement that you make!
Potato Egg Casserole (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

Ingredients:
1 potato MR  
¼ cup Egg Beaters (+33)  
½ tsp Land O' Lakes Parmesan & Herb Seasoning  
Pepper to taste  
¼ cup broccoli florets - cut into small pieces (+)  
¼ cup sliced mushrooms (+)  
1 Tbsp finely chopped onion (+)  
1 Tbsp fat-free cheddar cheese, optional (+)

Instructions:
Blend MR, Egg Beaters and seasoning. Stir in vegetables.  
Spray a single serving casserole dish with Pam. Pour mixture into casserole dish.  
Sprinkle fat-free cheddar cheese over the top (optional).  
Bake at 350 degrees for 17-20 minutes.

Now for tomorrow:
Remove the casserole from the dish and cut into cubes. These hold up well in the refrigerator for a few days. When ready to eat, heat in the microwave. Or you can also stir-fry in a hot skillet sprayed with Pam. Then the toppings! Soy sauce - it is 0 calories and makes it like egg fu yung. You could also use salsa or gravy (the powdered gravy mix that you stir in water...only 5 calories a tablespoon).

Potato Cakes (1)
Meal Replacement: 160 calories
Additives: 70 calories
Calories per serving: 230

1 potato MR  
¼ cup potato flakes (+70)  
½ tsp minced onion  
Garlic to taste  
Mrs. Dash to taste  
Pepper to taste

Mix all ingredients together with enough water to make consistency of pancake batter. Spray skillet with non-stick spray and cook like pancakes.

Serving suggestion: Top with fat-free sour cream mixed with vegetable seasoning. (add calories for sour cream)
Baked Zucchini Sticks (1/2)
Meal Replacement: 80
Additives
Calories per serving:

½ potato MR  
2 tsp shredded Parmesan cheese (+)  
¼ tsp Italian seasoning (or use 1/8 tsp oregano, 1/8 tsp basil, sprinkle of garlic powder, and sprinkle of pepper)  
1 small zucchini (+)  
Salt  
2 Tbsp Egg Beaters (+17)  
Pam olive oil cooking spray

Slice zucchini into 9 sections lengthwise, then cut each slice into 3-inch spears. Place zucchini into colander and sprinkle salt over zucchini to draw out the water. Leave for 30-60 minutes. Wash salt off zucchini and place in a cloth or paper towel. Place another towel on top and press lightly to dry.  
Spray baking sheet with olive oil cooking spray.  
Mix dry ingredients in a shallow bowl. NO additional salt, the zucchini will have absorbed enough.  
Pour Egg Beaters in another shallow bowl.  
Use both hands, one to dip in the egg and the other to roll in the dry mixture. Dip and coat each spear individually. It takes a bit longer and is messy, but you get a more even coating with this method. Place each spear on the baking sheet. Bake in 450 degree over for 12 minutes. Turn the spears over and bake an additional 4-8 minutes.

If you want, use a fat free dressing for a dipping sauce. Eat them right away, or they will become soggy.

Zucchini Patties (1)
Meal Replacement: 160
Additives
Calories per serving:

Ingredients:  
1 potato MR  
1 Tbsp grated Parmesan cheese (+)  
Sprinkle of garlic powder  
Salt and pepper to taste  
½ small zucchini grated (about ½ - ¾ cup grated – do not peel) (+)  
NOTE: After you grate the zucchini, put the grated zucchini into paper towels and squeeze to release the water.  
Egg Beaters – approximately 2 Tbsp…add a little at a time (+17)  
1 tsp of cornmeal (+12)  
Pam spray

Instructions:  
Mix together first four ingredients. Toss the grated zucchini into dry ingredients Slowly stir in
Egg Beaters until the mixture forms a stiff, yet sticky ball.
Sprinkle a little cornmeal onto a plate. Form the mixture into four patties (approximately 2 ½ inches) and place onto the plate with the cornmeal. Sprinkle top of patties with a little cornmeal.
Place in heated frying pan sprayed with Pam (medium heat). Slowly cook the patties turning occasionally till nice and brown. Pat them down with a spatula to insure that they cooked through. These are amazing - crispy and yummy!

**Snack Crackers (1)**
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 potato MR
1 - 2 tsp onion soup mix
1 tsp Butter Buds (+5)
1 tsp Cheese Buds (+5)
2 Tbsp water (add 1 ¼ first, then more as needed to form a dry ball)

Mix ingredients and form into small ½ inch balls.
Mix and grind into powder:
1 Tbsp sesame seeds
1 Tbsp Parmesan cheese (+
1 Tbsp bacon bits (+20)

Put ground mixture on a plate and press balls into sesame seed mixture and form into flat crackers, the thinner the better. Bake at 350 degrees for 13 minutes.

**Corn Pudding (1)**
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 vanilla MR
¼ cup canned corn, with liquid (+ {use Mexicorn for this to add spices}
¼ cup canned cream style corn (+
1 packet Splenda (optional)
½ - 1 tsp butter flavoring
1 tsp minced onion (needs more)

Mix together in dish, microwave 1 minute 30 seconds or until the consistency of corn pudding.
OR Baked in oven for 15 minutes.

**Sour Cream Mashed Potatoes (2)**
Meal Replacement: 320 calories, 160 per serving
Additives: 120 calories, 60 per serving
Calories per serving: 220

2 potato MR
1/3 cup instant potatoes (+90)
1 Tbsp Ranch dressing powder (+30)
17 Tbsp water (1 cup +1 Tbsp)
Optional:
2 Tbsp fat free sour cream (+20)

Mix dry ingredients together and add water to make a pancake batter consistency. Microwave for 1 ½ to 2 minutes. Top with sour cream if desired. NOTE: This may thicken as it cools, just add a little more warm water to make a consistency that works for you.

Rainbow Swiss Chard Braid (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

Crust Ingredients:
1 potato MR
1 Tbsp Jiffy Pizza Mix (+
¼ tsp garlic salt
2 - 3 Tbsp hot water
1 Tbsp flour (you won't actually use this much - it is for kneading and rolling out the dough)
Olive oil cooking spray

Crust Instructions:
Mix dry ingredients. Slowly stir in hot water (you may need a little more or a little less).
Cover dough and let set for 5 minutes – this allows the yeast in the mix to activate.
Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic. Gently roll the dough to about 6x8 inches on the cutting board. Make certain to have flour on the rolling pin and underneath the dough so that it doesn't stick.
Spray Pam olive oil spray onto a baking sheet. Use parchment paper for easier clean up.
Slide the dough onto the baking sheet.
Cut strips into each side of the dough. Make certain that you cut an even number on each side. Be sure to leave 2 inches in the middle uncut. Spray the top of the dough with Pam olive oil spray.

Filling Ingredients:
Rainbow Swiss Chard leaves - I used 4 baby leaves. You may also use a larger leaf and cut it up.
In fact, the next time I make this, I will be cutting up the Swiss Chard so that I can fit a bit more into the braid.
Onion slivers - if chopped, this would be about 1 Tbsp of onion.
1 Tbsp reduced fat Blue Cheese - the blue cheese adds a real "bite." If blue cheese isn't your thing...then use Parmesan or mozzarella. Be sure to adjust the calories - 1 Tbsp of reduced fat Blue Cheese = 20 calories.

Filling Directions:
Place Rainbow Swiss Chard in center of dough - fold the baby leaves to fit. Place onion slivers over the Swiss Chard. Sprinkle the reduced fat Blue Cheese on top.
Starting at one end, fold the strips of dough over the filling. Have the strips overlap a bit so that it looks like a braid. Spray top with Olive Oil cooking spray. Bake at 350 degrees for 15 minutes.
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Dumplings (2)
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving:

2 egg whites (+30, +15 per serving)
2 potato MR
2 Tbsp flour (+50, +25 per serving)
2 cups low-fat chicken broth (+

Combine first three ingredients. Salt and pepper to taste. Bring chicken broth to a boil in a small saucepan. Drop mixture by tablespoons into the boiling broth. Cook for 2-3 minutes until dumplings are formed.

Swiss Chard Polenta Pie (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

Polenta Ingredients:
1 potato MR
1 Tbsp cornmeal (+35)
1 tsp of LIQUID Butter Buds (+5)
¾ cup water
Salt and pepper to taste
Olive oil cooking spray

Bring water and Butter Buds to a boil. Slowly whisk in cornmeal and potato MR. Reduce heat to medium and continue stirring and cook for 3-5 minutes (the mixture will be thick and stiff). Spoon this mixture into a small, shallow casserole dish that has been sprayed with olive oil cooking spray (I use an oval 15-ounce casserole dish).

Vegetable Topping Ingredients:
1 cup Swiss chard, chopped (substitute kale or spinach, if desired)
¼ cup mushrooms, sliced (+
1 Tbsp onion, chopped (+
Sprinkle of garlic powder
Olive oil cooking spray
Salt and pepper to taste
1 tsp Parmesan cheese (+

Heat pan over medium heat, spray with Olive Oil cooking spray. Stir fry onion till soft Add mushrooms and stir fry till soft (you may need to add a bit of water) Sprinkle with garlic powder, salt and pepper to taste. Add Swiss chard and stir till cooked. Spread vegetable topping over polenta. Sprinkle with Parmesan and bake at 400 degrees for 15 minutes.

Pretzels (2)
Meal Replacement: 320, 160 calories per serving
Additives: 88, 44 calories per serving
Calories per serving: 204

(Version updated 12/11/13)
2 potato MRs
2 heaping Tbsp Jiffy Pizza Crust mix (+
4 Tbsp warm water
1 tsp flour (+9)
Pam spray, butter flavored
Cinnamon
Artificial sweetener

Mix MR and Jiffy mix. Add water a little at a time, stirring to make sure dough isn’t too wet. The dough needs to be moist, but firm. Cover dough and let set for 5 minutes – this allows the yeast in the mix to activate.
Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough become more elastic. Divide the dough into 4 pieces and roll into ropes. Twist the ropes into the shape of a pretzel on a cookie sheet.
Bake 350 degrees for 15-17 minutes, watching so it doesn’t burn.
Remove from oven and spray lightly with Pam butter spray and sprinkle with salt.
Makes 2 servings with 2 pretzels each.

Jumbo Pretzel (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 potato MR
1 Tbsp Jiffy Pizza Crust Mix (+
3 Tbsp warm water
1 tsp flour (+9)
Pam cooking spray
Salt to top
Mustard

Mix potato MR and Jiffy Pizza Crust mix. Add water a little at a time, stirring in between to make certain that the dough does not get too wet (you may need a little less or a little more water – just add it slowly). The dough needs to be moist, but firm. Cover dough and let set for 5 minutes - this allows the yeast in the mix to activate. Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic.
Divide the dough into 2 pieces and roll into ropes. Twist the ropes into the shape of a pretzel on a cookie sheet. Bake at your oven’s best temperature until slightly golden brown and cooked thoroughly. Remove from oven and spray lightly with Pam butter spray and sprinkle with salt. Eat plain or dip in mustard.

Spinach Balls (2)
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving:

2 potato MR
1 (9 oz) pkg frozen spinach, chopped, cook & drain (+
1 cup canned artichokes (+
½ cup Pepperidge Farms Seasoned Dressing (+
½ tsp accent
½ tsp pepper
½ tsp garlic salt
½ cup water

Mix together, roll in balls and freeze for 1 hour. Bake at 350 degrees for 30 minutes.

**Mexican Pizza (1)**
Meal Replacement: 160 calories

Additives:
Calories per serving:

1 potato MR
1 tsp taco seasoning
1 Tbsp cornmeal (+35)
2 - 3 Tbsp water

2 Tbsp salsa (+25)
2 Tbsp chopped jalapenos (+

Blend potato MR, taco seasoning, and cornmeal together with water. Roll on Pam® sprayed cookie or pizza stone to form pizza crust. Bake at 350° for 10 minutes. Take out of oven and spoon salsa and jalapenos over top. Bake 5 more minutes.

**Lasagna (4)**
Meal Replacement: 80 calories per serving

Additives:
Calories per serving:

**Pasta Noodles Ingredients:**
2 potato MRs
½ cup Egg Beaters (+33)

**Pasta Instructions:**
Pour the meal replacements into a bowl. Slowly mix in the Egg Beaters till it forms stiff dough. (You may not need to use all of the Egg Beaters).
Roll out thin on a floured board and cut into 1-inch strips. Don’t worry about the flour, the majority of it falls off after the noodles dry.
Spread out on a cooling rack to dry. I dried the noodles overnight so that they were like regular dried pasta.

**Lasagna Ingredients:**
1 can of Hunts tomatoes with basil, garlic and oregano (+
1 cup fat-free cottage cheese (+
2 Tbsp of grated Parmesan cheese (+
¼ cup grated mozzarella cheese (+
1 tsp dried basil
1 cup baby spinach (+
Lasagna Instructions:
Cook pasta noodles in boiling water till flexible - do not overcook. I cooked mine in a skillet and just put in a few at a time so that they didn’t stick together.
Mix 1 tablespoon of parmesan cheese and the dried basil into the cottage cheese.
Spray a shallow two-quart casserole dish with Pam spray. Spread some juice from the tomatoes on the bottom of the dish. Place a layer of cooked noodles on top of the juice.
Spread tomatoes, ½ of mushrooms, ½ of spinach, ½ of cottage cheese and 1/3 of mozzarella cheese on top of noodles.
Repeat above.
Place cooked noodles on top.
Spread a layer of tomatoes, then remaining mozzarella and Parmesan on top.
Bake at 350 degrees for 20-25 minutes.
Just a note on serving - the bottom of the casserole dish will be rather watery. Because of this, you will want to dish up all of the servings so that the lasagna doesn’t become soggy.

Tamale Pie (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

Filling Ingredients:
1 Tbsp diced onion
1 Tbsp diced sweet pepper
2 Tbsp Quorn Beef Style Grounds (or other ground meat substitute) (+
1 tsp taco seasoning (+
¼ cup diced tomatoes (+
Pam cooking spray

Filling Directions:
Sauté onion and sweet pepper over medium heat in a small skillet sprayed with cooking spray.
Add meat substitute and taco seasoning. Add tomatoes. Simmer - there should be liquid from the tomatoes. If not, add a little bit of water. Pour into small casserole that has been sprayed with cooking spray.

Topping Ingredients:
1 potato MR
1 Tbsp Jiffy Corn Muffin Mix (+37)
½ tsp taco seasoning
3 - 4 Tbsp water
Sprinkle of paprika

Topping Directions:
Mix potato MR, corn muffin, mix and taco seasoning. Stir in water a bit at a time - the consistency
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should be that of a muffin. Let sit a few minutes.
Spread onto filling. Sprinkle paprika on top, this will add some color to the Tamale Pie.
Bake at 350 degrees for 15 minutes.

Optional Ingredients:
1 Tbsp fat-free cheddar cheese (+11)
1 tsp La Victoria Mild Green Taco Sauce

Optional Directions:
Sprinkle fat-free cheddar cheese on top. Dot top of Tamale Pie with some La Victoria Mild Green Taco Sauce.

Making it pretty...
I used some chives from my herb garden and some halved grape tomatoes.

Shepherd’s Pie (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

Filling Ingredients:
1 Tbsp diced onion (+
1 Tbsp diced oelery (+
1 Tbsp diced carrot (+
1 medium-large mushroom diced
2 Tbsp meat substitute (+
2 tsp dry brown gravy mix (+
2 Tbsp water
1 dash Worcestershire Sauce
Pinch of fresh or dried thyme
Salt and pepper to taste
Olive Oil cooking spray

Filling Directions:
Dice vegetables into tiny cubes.
Mix brown gravy mix and water.
Sauté vegetables in small pan that has been sprayed with olive oil cooking spray. Add meat substitute. Add gravy and water mixture. Add a dash of Worcestershire. Add a pinch of fresh or dried thyme - I used fresh. Add salt and pepper to taste. Reduce heat and let simmer - you may need to add a bit of water, because you want some gravy. Pour into small casserole dish and set aside.

Potato Ingredients:
1 potato MR
1 Tbsp dry instant potatoes (I used Idahoan Butter and Herb) (+
1 Tbsp LIQUID  Butter Buds (+5)
4 Tbsp hot water  
Salt and pepper to taste  
Sprinkle of dried or fresh thyme

**Potato Directions:**  
Mix MR and instant potatoes, then whisk in Butter Buds and hot water - this will be a bit lumpy, but keep it the consistency of a thick cake batter. Add salt and pepper to taste. Spoon potatoes onto filling and spread out - I purposely did not spread the potatoes out smooth because I wanted them to look like real "mashed potatoes." Sprinkle with dried or fresh thyme.  
Bake 10-12 minutes at 350 degrees.

**Tomato Galette (1)**  
Meal Replacement: 160 calories  
Additives: 55 calories  
Calories per serving: 215

**Crust Ingredients:**  
1 potato MR  
2 tsp flour (+)  
Salt to taste  
1 Tbsp LIQUID Butter Buds (+5)  
1 Tbsp cold water

**Crust Directions:**  
Mix dry ingredients. Stir in Butter Buds and slowly add cold water till dough forms a ball.  
Knead a few times on a floured board. Roll dough out to a 6-inch round. Place dough onto a baking sheet covered with parchment paper that has been sprayed with olive oil cooking spray.  
Spray top of dough with olive oil cooking spray.

**Topping Ingredients:**  
Sliced tomatoes - I used 1 ½ oz  
2 Tbsp fat-free mozzarella (+)  
Salt to taste  
Sprinkle of dried oregano

**Topping Instructions:**  
Sprinkle fat-free mozzarella in center of dough (approximately 2 inches from the edge).  
Place sliced tomatoes on top of the mozzarella. Fold up edges. Sprinkle with salt. Sprinkle with dried oregano. Spray with olive oil cooking spray.  
Bake at 350 for 15 minutes.

**Tuna Cakes (1)**  
Meal Replacement: 160 calories  
Additives: calories  
Calories per serving:

1 can StarKist tuna (+)
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1 potato MR
¼ minced onion
1 egg white (+15)
Fresh cilantro
Salt

Fold ingredients with spoon. Make three patties. Pan fry with Pam.

**Sauce Recipe:**
2 tsp spicy mustard
Cayenne
Garlic salt
1 triangle Laughing Cow cheese—Garlic/Herb (+
4 tsp Balsamic vinegar (+5)

Mash cheese with fork and blend spices. Adjust thickness with water. Drizzle over tuna cakes.

**Enchiladas (1)**
Meal Replacement: 160 calories
Additives: 55 calories
Calories per serving: 215

1 potato MR
¼ cup fat-free cheddar cheese (+
¼ cup enchilada sauce (+
1 tsp taco seasoning
1 - 2 Tbsp green chilies
Cumin to taste

Mix ingredients together. Pour into pie plate sprayed with Pam®. Bake at 375° for 15 minutes.
Optional: Top with salsa or fat-free sour cream. (Add calories)

**Veggie Potato Bake (1)**
Meal Replacement: 160 calories
Additives: 65 calories
Calories per serving: 225

1 potato MR
1 Tbsp cornmeal (+35)
   1 Tbsp egg whites (+15)
   1 Tbsp Butter Buds (+15)
1/8 tsp baking powder
   1/8 tsp baking soda
Spices like garlic powder, Italian seasoning, salt & pepper to taste
¼ cup water

Blend the above ingredients. Then add no more than 1/3 cup minced vegetables (whatever is on hand… sweet peppers, scallions, spinach, broccoli, tomatoes, jalapeno, fresh basil)

As desired, add small amounts (teaspoon) of additives like bacon bits, no fat cheese or low fat grated cheese, or no fat sour cream. Stir thoroughly.
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Spread the mixture into a shallow ovenproof dish sprayed with Pam. Bake at 350 degrees for 12-15 minutes, until golden brown on top. Texture is like foccacia bread. This was my dinner tonight. It included red and yellow peppers, spinach, scallions, fresh basil, no fat Swiss cheese, and a tsp of bacon bits. Enjoy!

Baked Potato (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:
1 potato MR
1 Tbsp instant potato (+18)
1 tsp butter extract
½ tsp parsley flakes
½ tsp onion, minced

Mix dry ingredients well. Add ¼ cup + 1 Tbsp HOT water. Bake 6 minutes at 375°.

Before serving top with:
1 Tbsp Fat-Free Cheddar Cheese (+
1 Tbsp Fat-Free Sour Cream (+20)
1 Tbsp Bac-Os® (+20)

Hush Puppies (1)
Meal Replacement: 160 calories
Additives: calories
Calories per serving:
1 potato MR
1 oz water
2 tsp oil (+

Mix together and pan fry in oil. Dip in mustard. If eating vegetables, add jalapenos or peppers.

Corn Dog Bites (2)
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving:
2 potato MR
5 Tbsp corn muffin mix (+
Dash of onion salt (try onion powder instead)
Dash of garlic salt (try garlic powder instead)
2 Oscar Meyer® 98% Fat-free Hot Dogs OR Ball Park All White Turkey Meat Hot Dogs (45 calories each) (+
Water

Set oven to 400 degrees. Spray mini-muffin tin with non-stick spray. Chop hot dogs and set aside. Mix Potato MR and corn muffin mix together in a bowl; add hot dogs and water to make a thick, lumpy batter. Spoon into mini muffin tins. Put into oven for 15-18 muffins or until golden brown. Makes 1 dozen.
Mozzarella Cheese Bites or Corn Dog bites:
http://www.youtube.com/user/HNTweightloss - p/u/0/zvsh8jk6TdA

Mini Cheese Bites (2)
Meal Replacement: 160 calories
Additives:
Calories per serving:

2 potato MR  
5 Tbsp corn muffin mix (+)  
Dash of onion salt (try onion powder instead to cut salt)  
Dash of garlic salt (try garlic powder instead to cut salt)  
2 part-skim mozzarella cheese sticks (+)  
Water

Set oven to 325 degrees. Spray mini-muffin tin with non-stick spray. Chop cheese sticks and set aside. Mix Potato MR and corn muffin mix together in a bowl; add cheese slices and water to make a thick, lumpy batter. Spoon into mini muffin tins. Put into oven for 15-18 muffins or until golden brown. Makes 1 dozen. **A twist from the mini corn dog bites!

Veggie Pizza (2)
Meal Replacement: 160 calories
Additives:
Calories per serving:

Crust
2 potato MR  
2 Tbsp self-rising flour (+50)  
2 Tbsp fat-free sour cream (+40)  
½ tsp baking powder  
4 Tbsp water

Mix ingredients together to bread dough consistency. Stretch/roll dough to desired size on Pam sprayed cookie sheet. Bake at 350 degrees for 20 minutes or until lightly browned. Let cool (refrigerate if necessary).

Sauce and Toppings
½ cup fat free sour cream (+)  
1 Tbsp Miracle Whip® Light or Miracle Whip® Free (+)  
1 1/3 Tbsp Hidden Valley® Ranch Dip Mix (+40)  
Misc vegetables chopped (Broccoli, Cauliflower, Tomatoes, Peppers, Carrots, Cucumbers, & Green Onions are good possibilities)  
Fat free cheddar cheese (+)

Mix sour cream, mayo, and ranch dip mix together. Spread sour cream mixture on the baked dough from above, leaving about 1/8 to ¼ inch edge all around. Sprinkle on veggies to cover in desired thickness. Sprinkle cheese on top to desired coverage. Makes 2 servings.
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Baked Beef Burritos (4)
Meal Replacement: 160 calories
Additives:
Calories per serving:

2/3 cup Boca Crumbles
1/2 cup chopped green pepper (+
1/2 cup chopped onion (+
1/2 package Taco Seasoning (+
4 HEALTH ONE Tortillas (recipe below)

1 Tbsp fat-free refried beans (+
Enchilada sauce (+
Salsa (+
Fat-Free cheese (+

Sauté vegetables together until done. Warm tortillas between damp paper towels to make pliable. Spread each tortilla with refried beans and place veggies on top. Roll up and place seam side down in casserole. Pour over a little enchilada sauce and salsa over the burritos. Sprinkle with cheese and bake 10-12 minutes at 350° until all is heated through and cheese is melted.

Tortillas (2)
Meal Replacement: 320 calories, 80 per tortilla
Additives:
Calories per serving:

2 potato MR
2 Tbsp flour (+50)
¾ tsp baking powder
¼ tsp salt
1 tsp vegetable oil (+
¼ cup lukewarm milk (+

Stir together meal replacements, flour, and baking powder. Mix salt, oil, and milk and heat to lukewarm. Stir into flour mixture until dough forms a ball. Place dough on a floured pastry cloth and knead until dough is no longer sticky (6-8 times). Cover dough and allow to rest for 15 minutes. Divide into 4 balls. Roll each ball into a circle until very thin. Place circles on a dry, preheated skillet or grill one at a time. Grill until bubbles appear all over, and then turn over. Will take only 20-30 seconds on each side. Store flat with wax paper or parchment between each tortilla. To serve, warm tortillas between damp paper towels in the microwave.

Breakfast Burrito: Scramble Egg Beaters® with a little green pepper and onion. Sprinkle with fat-free cheese and wrap in tortilla.

Fajitas: Sauté green, red, and yellow pepper strips, diced onion, diced tomato, and Boca® steak strips in fajita seasoning and ¼ c lime juice until veggies are tender. Wrap in tortillas.

Soft Tacos: Season Boca® crumbles with taco seasoning and wrap with desired toppings in tortilla.
Greek Spinach Pie (2)
Meal Replacement: 160 calories
Additives:
Calories per serving:

2 potato MR
3 cloves garlic
1/3 cup fat-free ricotta (+)
¾ cup water
1 package frozen drained chopped spinach (+)
½ cup onion, chopped (+)
3 Tbsp fresh dill, minced

2 tsp crumbled Feta cheese (+)
1/3 cup fat-free sour cream (+)
¼ cup cucumber, chopped (+)

Mix potato MR, garlic, ricotta and water in blender. Add spinach, onion, and dill. Pulse in blender four times to mix. Pour into non-stick pan. Bake in oven at 450° for 20-30 minutes until firm. Top with sour cream mixed with feta cheese and cucumber.

Noodles (2)
Meal Replacement: 320 calories, 160 per serving
Additives: 30, 15 per serving
Calories per serving: 175

2 egg whites (+30)
2 potato MR
Flour

Place pastry cloth, canvas, or thick plastic tablecloth on a hard surface. Sprinkle with flour. Combine egg whites and MR to form dough. Place dough in the center of the cloth. Sprinkle flour on top of noodle mixture. Flour rolling pin and roll out the noodle mixture until thin. Add flour to prevent sticking. Allow the noodles to dry, then cut.

Mock McGriddle (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 vanilla MR
1/8 tsp baking powder
½ tsp Splenda® brown sugar
½ tsp maple extract
1/3 cup skim milk (+)
1 Morning Star® Veggie Sausage Patty (+)
Sugar-free syrup (+)

Heat oven to 350 degrees. Mix together top 5 ingredients; make two round circles. Let it cook for a few minutes to allow the bottom to brown, then put the pan in the oven. Bake 10-12 min, Cook sausage. Drizzle syrup on top. Make sandwich.
Savory Recipes
Using Health One Meal Replacement

Savory Cornbread (4)
Meal Replacement: 640 calories, 160 per serving
Additives:
Calories per serving:

4 potato MR
4 Tbsp flour (+100, +25 per serving)
2 ¼ tsp Baker’s Active Dry Yeast
2 Tbsp Splenda®
1 Tbsp butter extract
2 Tbsp nonfat sour cream (+40, +10 per serving)
2 tsp grated Romano cheese (+
1 tsp coarse salt
1 cup warm water

Mix the yeast and Splenda® together in warm water until fully dissolved. Stir together
ingredients, except the cheese, together and blend into the yeast mixture. Add water if needed to
workable consistency. Pour mixture into a pan sprayed with Pam®. Let sit 1 - 2 hours to allow
yeast to rise. Sprinkle the top with cheese and salt just prior to baking. Bake at 325° for 12 minutes
then let sit in oven for an additional 10 minutes to finish. May brown the top under a broiler, if
desired, for extra crispiness.
**For sweeter cornbread, use 2 potato MR & 2 vanilla MR.

Corn Muffin (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 potato MR
1 Tbsp Jiffy Corn Muffin mix (+
1 Tbsp taco seasoning
Water

Mix the dry ingredients, add enough water to make a thick batter, pour into a Pam sprayed bowl
and microwave for 60 - 90 seconds or until done in the center. Top with salsa or sour
cream.....add the calories for the amount used.

Potato Cornbread (1)
Meal Replacement: 160 calories
Additives:
Calories per serving: 160

1 potato MR
1/8 tsp baking powder
1/8 tsp baking soda
1 tsp Mrs. Dash herb & onion seasoning
4 Tbsp water

Mix all ingredients together, pour into a Pam sprayed baking dish. Bake at 325 degrees for 17
minutes.

(Version updated 12/11/13)
**Potato Dumplings (2)**
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving:

- 2 potato MR
- 3 Tbsp flour (+75, +38 per serving)
- ½ tsp baking soda
- 1 tsp Butter Buds (+5)
- ¼ cup water
- 8 oz can of chicken broth (+)

Mix all ingredients together with enough water to make consistency of dumplings. Chill in refrigerator for 15 minutes. Bring chicken broth and ½ cup water to rolling boil. Drop dumplings into liquid and cook for 15 minutes; watching closely. Stir on occasion.

**Variation:** Add garlic and onion powder and some Italian herbs for a different flavor.

**Chicken Noodle Casserole (2)**
Meal Replacement: 160 calories
Additives:
Calories per serving:

- 2 servings of HEALTH ONE noodles (see recipe earlier)
- Cook noodles in boiling water. Drain.
- **Stir in:**
  - 1 soy chicken breast patty, diced (+)
  - ½ cup frozen mixed veggies (+)
  - ½ cup low-fat cream of chicken soup (+)
  - ½ cup water
  - ½ tsp garlic powder
  - 1 tsp dried minced onion
  - ¼ cup fat-free shredded cheddar cheese (+)
- Pour into Pam sprayed casserole dish and bake at 350° for approximately 20 minutes or until bubbly.

**Baking Tip:**
Baking mixes such as Martha White Muffin Mixes, Bisquick Complete, Jiffy Mixes, etc. are great to add to the HOMR because they already have the baking soda and baking powder in them. That makes for a no hassle texture when it comes to muffins, cakes or cookies! We recommend no more than 1 Tbsp and in fact most do not need that much.

**Asparagus Spear Wraps (1)**
Meal Replacement: 160 calories
Additives:
Calories per serving:

- 1 potato MR
- 1 Tbsp Jiffy Pizza Mix (+)
- 1/2 tsp basil
2 - 3 Tbsp hot water  
1 Tbsp flour (+25)  
1 tsp Parmesan cheese, grated (+)  
Olive oil cooking spray  
Asparagus spears, uncooked (+)

Mix potato MR and Jiffy Pizza Crust mix. Add hot water a little at a time, stirring in between to make certain that the dough does not get too wet (you may need a little less or a little more water – just add it slowly). The dough needs to be moist, but firm. Cover dough and let set for 5 minutes - this allows the yeast in the mix to activate.

Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic. Divide the dough into 4 pieces and roll into ropes. Twist the ropes around the asparagus and place on a baking pan that has been sprayed with olive oil cooking spray.

Spray olive oil cooking spray over the asparagus and dough. Sprinkle Parmesan cheese over asparagus spears.

Bake at 350 degrees for 15 minutes - watching so that it doesn’t burn.

**Chicken Empanada (1)**

Meal Replacement: 160 calories  
Additives: 60 calories

**Crust Ingredients:**

1 potato MR  
1 Tbsp Jiffy Pizza Mix (+)  
¼ tsp garlic salt  
½ tsp taco seasoning  
2 - 3 Tbsp hot water  
1 Tbsp flour (you won't actually use this much - it is for kneading and rolling out the dough) (+13 is estimate)  
Olive oil cooking spray

**Crust Directions:**

Mix dry ingredients. Slowly stir in hot water (you may need a little more or a little less). Cover dough and let set for 5 minutes – this allows the yeast in the mix to activate.

Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic.

Press or roll the dough to make a circle - approximately 6 inches. Make certain to have flour underneath so that it doesn’t stick.

Spray olive cooking oil spray onto a baking sheet. You can use parchment paper for easier clean up. Slide the dough onto the baking sheet.

**Filling Ingredients:**

¼ cup Quorn Chik’n Tenders (you may use another brand or real chicken. (Adjust calories, Quorn Chik’n Tenders are 20 calories for 1/4 cup.)  
1 ½ tsp taco seasoning (+11)  
1 Tbsp fat free cheddar cheese (+)
Filling Instructions:
Thaw the Chik'n Tenders. Cut the Chik'n Tenders into smaller pieces. Stir in the Taco Seasoning to coat the Chik'n Tenders. Stir in the fat free cheddar cheese. Mix filling ingredients. Place the filling on ½ of the dough round - leaving room to seal the dough around the edge. Take a drop or two of water and with your finger run it around the edge of the dough. Carefully fold the dough over the top of the filling - if it tears a bit, just press it together again. Crimp edges. If you use a fork, press gently.
Bake at 350 degrees for 15 minutes.

Hummus (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:
1 potato MR
¼ cup chick peas, cooked thoroughly in a saucepan on the stove in the water from the can (+
2 Tbsp lemon juice (1/2 lemon, juiced) (+
1/8 to 1/4 cup water, to desired consistency
2 - 3 drops, sesame oil (International aisle of large grocery stores)

Blend all ingredients until smooth and refrigerate. Great with veggies or chips!

Greek Pesto Pizza (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

Pizza Dough Ingredients:
1 potato MR
1 Tbsp Jiffy Pizza mix (+
1 tsp Land O’ Lakes Parmesan and Herb
3 Tbsp hot water
1 Tbsp flour (+25) (not really all used)
Olive oil cooking spray

Mix dry ingredients. Slowly stir in hot water (you may need a little more or a little less). Cover dough and let set for 5 minutes – this allows the yeast in the mix to activate. Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic. Spread the dough to about ¼ inch thick on the cutting board. Make certain to have flour underneath so that it doesn't stick. Spray olive cooking oil spray onto a baking sheet. I use parchment paper for easier clean up. Slide the dough onto the baking sheet. Spray the top of the dough with olive oil cooking spray.

Topping Ingredients:
½ tsp dried pesto mix (this mix will be found where seasoning packets - like gravy - are located in the grocery store) (+
1 tsp water
6 sliced grape tomatoes (+
1 canned artichoke heart - sliced thin (make certain that it has been packed in water - NOT marinated) (+
4 sliced rings baby sweet pepper (if you are using a large bell pepper, just use one sliced ring and
chop it up)
2 fresh basil leaves, torn
Optional: 1/8 cup of thawed Quorn Chik’N Tenders (meatless and soy free) (+
1 Tbsp fat-free feta cheese (+
Mix dried pesto mix with 1 teaspoon of water - it will thicken as it sits. Using a pastry brush, spread pesto over pizza dough. Place toppings on pizza crust. Bake at 350 degrees for 15 minutes.
Spray olive oil cooking spray over the asparagus and dough. Sprinkle Parmesan cheese over asparagus spears. Bake at 350 degrees for 15 minutes - watching so that it doesn’t burn.

Potato HEALTH ONE Bread Sandwich
Meal Replacement: 160 calories
Additives: 35 calories
Calories per serving: 195
1 potato MR
2 Tbsp potato flakes (+35)
Onion powder
Garlic powder
Butter extract
Mix all ingredients together and add water to make a thick consistency. Divide it in half and put in waffle maker. This makes two instant pieces of “bread.” Add veggies or meat to make a sandwich, top with mustard or any other condiments of your choice. Condiments have calories, so add them, please.

Rye Bread (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:
1 potato MR
1 Tbsp rye flour
1 tsp caraway seeds
1/8 tsp baking soda
1/8 tsp baking powder
1/3 cup low fat buttermilk (+
Preheat oven to 350 degrees. Spray a single serve casserole dish with cooking spray. Mix all ingredients together and pour into the casserole dish. Bake 15-20 minutes or until a toothpick comes out clean.

Chicken Nuggets (1)
Meal Replacement: 160 calories
Additives:
Calories per serving: 160
1 potato MR
1 tsp lemon pepper spice
Savory Recipes
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½ tsp paprika
1 Tbsp flour
Garlic chicken broth (+

Add enough broth to make a cookie dough like consistency. Spray a skillet with Pam. Put nugget sized dollops in the skillet. Crisp both sides.

**Add cooked and shredded chicken (+) to the mixture for more texture and chicken flavor. Dip in 1 tsp BBQ sauce, if desired**

Try Walden Farms Zero Calorie BBQ Sauce.

Baked Spaghetti (2)
Meal Replacement: 160 calories
Additives:
Calories per serving: 160

Noodle ingredients:
2 potato MR
2 Tbsp self-rising flour (+50, +25 per serving)
2 egg whites (+30, +15 per serving)

Mix together & roll out on pastry cloth with flour on it. Roll very thin and allow to dry for 2-3 hours. Cut into noodles. Cook noodles in boiling water until tender.

Mix with:
¾ cup spaghetti sauce (+
½ Tbsp chopped green pepper (+
½ Tbsp chopped onion (+
¼ cup fat-free mozzarella cheese (+

Place in Pam® sprayed small baking dish. Sprinkle mozzarella cheese over top. Bake until cheese melts and is lightly browned, about 20 minutes at 350°.

Beef Patty (1)
Meal Replacement: 160 calories
Additives:
Calories per serving: 160

1 potato MR
1 tsp chopped/minced onion (or dried)
1/8 tsp garlic powder
1 ¾ tsp brown gravy mix (+10)
1/8 tsp fresh ground black pepper
1/8 tsp Smoker® (BBQ/Marinade Section) (+
2 Tbsp water

Mix all ingredients together. Flatten to desired thickness on a well sprayed cookie sheet. Top with more Smoker® and ground pepper, if desired. Bake in oven 7 to 8 minutes at 350°. You can also dip it in A-1® sauce or melt mozzarella on top. Add the calories of additional items.

**Option: could add Boca Burger or other crumbles to the mixture to incorporate additional flavor.
Ranch Waffles (1)
Meal Replacement: 160 calories
Additives: 5 calories
Calories per serving: 165

1 potato MR
½ tsp Ranch seasoning (+5)
Salt and pepper to taste
about ¼ cup water

Combine dry ingredients. Add water slowly to form thick batter. Let batter rest for ~3-5 minutes. Heat waffle iron. Spray with non-stick spray. Place half of batter into each waffle well and cook until golden brown. (Depending on waffle iron, it could take between 30-3 minutes).

Dill Waffles (2)
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving: 160

2 potato MR
2 tsp dill seed
2 tsp garlic powder
2 tsp onion powder
¼ cup water

Mix all ingredients together to a batter like consistency. Spray waffle iron with garlic flavored non-stick cooking spray.

Taco Surprise Waffles (1)
Meal Replacement: 160 calories
Additives: 7 calories
Calories per serving: 167

1 potato MR
1 tsp taco seasoning (+7)
3 Tbsp water

Mix until consistency of waffle batter. Bake in waffle maker. Can add garlic powder, onion powder and more taco seasoning. Dip in taco sauce or top with salsa. (+
Garlic Herb Potato Pancakes (2)
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving: 160

2 potato MR
½ cup water
½ tsp garlic-herb powder

Mix well with spoon. Pour mixture into sandwich maker sprayed with non-stick cooking spray.
Cook 3 - 4 minutes OR
Pour into a Pam sprayed pie plate or cake pan and bake at 350 for 15 minutes.

Beefy Potato Patties (1)
Meal Replacement: 320 calories, 160 per serving
Additives: 8
Calories per serving: 168

1 potato MR
1 tsp brown gravy mix (+8)
1 tsp dried onion
¼ cup water

Mix into pancake-like batter, pour into preheated pan sprayed with non-stick cooking spray.
Lightly brown each side.
Can be topped with 1 Tbsp sour cream (+20) and ½ Tbsp bacon bits (+10) or 2 Tbsp salsa (25).

Rosemary Biscuit (1)
Meal Replacement:
Additive:
Calories per serving:

Ingredients:
1 potato MR
1 ½ tsp baking powder
½ tsp Land O’ Lakes Parmesan Herb Seasoning
Pinch of salt
1 Tbsp LIQUID Butter Buds (+5)
1 Tbsp water - you may need a little more
A sprig of rosemary
Olive oil cooking spray

Instructions:
Mix dry ingredients. Snip a few of the rosemary leaves into tiny pieces and mix into the dry ingredients. Add Butter Buds and Water - this should be a thick, yet moist dough.
Let dough rest for a minute to allow the baking powder to activate - it will make the dough fluffy.
Spoon dough into a 3-inch ramekin that has been sprayed with olive oil cooking spray.
Snip a few of the rosemary leaves into tiny pieces and drop on top of biscuit. Bake at 350 degrees for 15 minutes.

**Shepherd’s Pie (1)**

Meal Replacement:
Additive:
Calories per serving:

**Filling Ingredients:**
1 Tbsp diced onion (+
1 Tbsp diced celery (+
1 Tbsp diced carrot (+
1 medium-large mushroom diced (+
2 Tbsp meat substitute (+
2 tsp dry brown gravy mix (+16)
2 Tbsp water
1 dash Worcestershire sauce
Pinch of fresh or dried thyme
Salt and pepper to taste
Olive oil cooking spray

**Filling Directions:**
Dice vegetables into tiny cubes.
Mix gravy mix and water.
Sauté vegetables in small pan that has been sprayed with olive oil cooking spray. Add meat substitute. Add gravy and water mixture, add Worcestershire, add a pinch of fresh or dried thyme, and salt and pepper to taste.
Reduce heat and let simmer - you may need to add a bit of water, because you want some gravy.
Pour into small casserole dish and set aside.

**Potato Ingredients:**
1 potato MR
1 Tbsp instant potatoes flakes (I used Idahoan Butter and Herb) (+18)
1 Tbsp LIQUID Butter Buds (+5)
4 Tbsp hot water
Salt and pepper to taste
Sprinkle of dried or fresh thyme

**Potato Directions:**
Mix MR and instant potatoes. Whisk in Butter Buds and hot water - this will be a bit lumpy, but keep it the consistency of a thick cake batter, add salt and pepper to taste.
Spoon potatoes onto filling and spread out - I purposely did not spread the potatoes out smooth because I wanted them to look like real "mashed potatoes." Sprinkle with dried or fresh thyme.
Bake 10-12 minutes at 350 degrees.
Pizza Margherita (1)
Meal Replacement: 160 calories
Additive:
Calories per serving:

Ingredients:
1 potato MR
1 Tbsp Jiffy Pizza Mix (+
1 tsp Land O' Lakes Parmesan and Herb
3 Tbsp hot water
Sliced Roma tomatoes (I used about 1 ¾ oz.) (+
2 - 3 fresh basil leaves (depending on size)
1 Tbsp fat free mozzarella (+
Pam olive oil spray
1 Tbsp flour (this is just to keep the dough from sticking)

Instructions:
Mix dry ingredients. Slowly stir in hot water (you may need a little more or a little less). Cover dough and let set for 5 minutes – this allows the yeast in the mix to activate.
Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic.
Spread the dough to about 1/4 inch thick on the cutting board. Make certain to have flour underneath so that it doesn’t stick.
Spray Pam olive oil spray onto a baking sheet. Use parchment paper for easier clean up.
Slide the dough onto the baking sheet. Spray the top of the dough with Pam olive oil spray.
Place basil leaves and tomatoes on top of crust. Sprinkle grated mozzarella over pizza.
Bake at 350 degrees for 15-20 minutes.

Garlic Bread (2)
Meal Replacement: 320 calories, 160 per serving
Additive:
Calories per serving: 160

1 vanilla MR
1 potato MR
1/4 tsp Essence food seasoning
1/2 tsp Mrs. Dash Garlic & Herb
Water to texture of bread dough

Mix and put in at least a 2-quart glass/plastic dish and microwave about 2 minutes.
Greek Spanakopita Roll (1)
Meal Replacement: 160 calories
Additive:
Calories per serving:

**Crust Ingredients:**
1 potato MR
1 Tbsp Jiffy pizza mix (+
1 tsp oregano
Sprinkle of garlic powder
Salt and pepper to taste
2 - 3 Tbsp hot water
1 Tbsp flour (+25)

**Crust Instructions:**
Mix potato MR and pizza crust mix. Add a little hot water at a time stirring in between to make sure dough doesn’t get too wet. The dough needs to be moist but firm. Cover dough and let set 5 minutes, this allows the yeast in the mix to activate.
Sprinkle flour onto a cutting board or other smooth surface, Knead the dough a few times in the flour. The gluten in the flour helps the dough become more elastic. Roll the dough in a rectangle, about 8 x 5 inches, use plenty of flour so the dough doesn’t stick.

**Filling Ingredients:**
1 cup fresh spinach (+
1 Tbsp chopped onion (+
1 - 2 finely chopped basil leaves
1 Tbsp lemon juice (+
Sprinkle of garlic powder
Salt and pepper to taste
Olive oil cooking spray
1 Tbsp fat free Feta cheese (+

**Filling Instructions:**
Spray pan with olive oil cooking spray. Sauté onion and basil over medium heat. Add spinach and lemon juice, cook just until the spinach is wilted. Set aside. (You may want to use less lemon juice if you aren’t a big fan of lemon juice.)

**Building the roll:**
Spray olive oil cooking spray on dough, spread spinach mixture over the dough, then sprinkle Feta cheese over the spinach mixture. Roll up gently and fold in ends.
Place on baking sheet sprayed with olive oil spray…use parchment paper on the baking sheet. Sprinkle with a few flakes of oregano.
Bake 18-20 minutes at 350 degrees. Keep your eye on it and adjust time, if needed.
**Oregano Basic Focaccia Bread (2)**
Meal Replacement: 302 calories, 160 per serving
Additive:
Calories per serving:

**Ingredients:**
2 potato MR
1 tsp dried oregano
1 tsp dried basil
2 Tbsp Jiffy Pizza Mix (+
½ tsp salt
1 Tbsp Parmesan (+
4 Tbsp hot water
1 Tbsp flour (+25)
Olive oil cooking spray
Spring of oregano and basil

**Instructions:**
Mix dry ingredients (including Parmesan). Add water a little at a time, stirring in between to make certain that the dough does not get too wet (you may need a little less or a little more water – just add it slowly). The dough needs to be moist, but firm. Cover dough and let set for 5 minutes – this allows the yeast in the mix to activate.

Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic.

Place dough on baking sheet with parchment paper that has been sprayed with olive oil cooking spray. Flatten the dough so that the top is rounded - kind of like an outer slice of a sphere.

Make shallow indentations over the top of the dough. Generously spray with olive oil cooking Spray. Sprinkle with oregano and basil.

Bake at 350 for 15 minutes. This is very dense bread.

**Tacos (2)**
Meal Replacement: 320 calories, 80 per tortilla (unfilled)
Additive:
Calories per serving:

**Tortilla Ingredients:**
2 potato MR
¾ tsp baking powder
¼ tsp salt
1 tsp vegetable oil (+
¼ cup lukewarm milk

**Tortilla Instructions:**
Mix dry ingredients and set aside.
Mix salt, oil and milk and heat to lukewarm. Stir into dry ingredients until dough forms a ball.
Place dough on a floured board and knead until dough is no longer sticky (6-8times).
Cover dough and allow to rest for 15 minutes. Divide into 4 balls. Roll each ball into a circle until very thin. Place circles on a dry, preheated skillet or grill, one at a time. Grill until bubbles appear all over and then turn over. This will take only 20-30 second on each side.
Store flat with parchment paper between each tortilla. To serve, warm tortillas between damp paper towels in the microwave.

**Taco Filling Ingredients (1 serving):**

- ¼ cup meat substitute crumbles (+)
- ½ tsp taco seasoning (+4)
- 1 Tbsp water
- 1 Tbsp diced onion (+)
- ¼ cup shredded lettuce (+)
- 2 Tbsp diced tomatoes (+)
- 1 Tbsp fat free shredded cheddar cheese (+)

**Taco Filling Instructions:**
Sauté diced onions (if you prefer them raw, set them aside to use with other fresh vegetables). Add meat crumbles, taco seasoning, and water-simmer. Place filling ingredients into the tortilla.

**Potato Au Gratin (1)**
Meal Replacement: 160 calories
Additive:
Calories per serving:

**Ingredients:**
- 1 potato MR
- 1 Tbsp potato flakes (+18)
- 3 Tbsp water
- 2 - 3 rings onion, about 1/8” thick (rings, not slices)
- 1 Tbsp mozzarella cheese (+)
- 1 Tbsp fat free sour cream (+20)
- Salt and pepper
- Sprinkle of paprika
- Pam

**Instructions:**
Spray ramekin or baking dish with Pam. Place ½ of potato mixture into a ramekin and press toward the edges. Break the onion rings into piece and place ½ of them on top of the potato. Sprinkle ½ of the cheese on top. Repeat the potato and onion layer. Spread sour cream over the top and then sprinkle on the remaining cheese. Sprinkle with paprika.
Bake at 350 degrees for 20 minutes.

**Turkey Cheese Puffs (1)**
Meal Replacement: 160 calories
Additives:
Calories per serving:

- 1 potato MR
- 1 Tbsp Egg Beaters (+8)
- 3 Tbsp water

- 2 slices turkey lunch meat (+)
- 1 slice fat free cheese (+)
- Pam
Preheat oven to 400 degrees. Spray 10 cups of a mini muffin pan with cooking spray. Take one slice of meat, top it with the cheese (as evenly as possible), and then the other slice of meat. Cut this into ten slices.

Mix the first three ingredients to form a batter and spoon into the muffin cups until about half full. Roll up turkey/cheese slices, placing one in the center of each muffin cup. Spray the tops of each with a touch of cooking spray. Bake at 10-12 minutes or until well done.

**Variation:** Make an Italian version with turkey pepperoni and spaghetti sauce—check calories.

### Potato Soup Souffle (1)
Meal Replacement: 160 calories  
Additives: 15  
Calories per serving: 175

4 oz water  
1 egg white (+15)  
2 potato MR  
Pam cooking spray  
Bac-O’s, optional (+)

Preheat oven to 450 degrees. Beat the water and egg white together until well mixed. Add the potato MR and beat well. Bac-Os can be added now. Spray a small pan with cooking spray. Pour the mixture into the pan and bake for 15 minutes.

### Potato Soup Souffle Italiano (2)
Meal Replacement: 160 calories  
Additives:  
Calories per serving:

½ cup pasta sauce (+)  
3 - 4 oz water  
1 egg white (+15)  
2 potato MR  
Pam cooking spray  
Bac-O’s, optional (+)

Preheat oven to 450 degrees. Mix pasta sauce and water and beat with egg white until well mixed. Add the potato MR and beat well. Bac-Os can be added now. Spray a small pan with cooking spray and pour mixture into pan. Bake for 15 minutes.
Baked Potatoes (2)
Meal Replacement: 160 calories
Additives:
Calories per serving:

2 potato MR
½ cup water
¼ cup potato flakes (+70)
½ Tbsp dried onion (+
1 Tbsp imitation bacon bits (+
1 tsp butter extract

Mix together well. Spread into a circle on a well sprayed pan. Mixture should be about ¾ inch thick. Bake at 350 degrees for 15-20 minutes. Makes two servings.

Topping:
1 tsp Ragu Double Cheddar Pasta Sauce (+
½ Tbsp light sour cream. (+

Jalapeno Cheese Balls (3)
Meal Replacement: calories
Additives:
Calories per serving:

3 potato MR
1/8 cup fat free ricotta cheese (+
2 Tbsp chopped jalapenos (+
1/3 cup fat free sour cream (+
1/8 cup water

Stir all ingredients together. Drop on a cookie sheet Bake at 325 degrees for 15-17 minutes. Recipe makes about 21 cheese balls for 3 servings.

Garlic Cheese Biscuits A (3)
Meal Replacement: 160 calories
Additives:
Calories per serving:

3 potato MR
1/8 cup ricotta cheese (+
3 Tbsp fat free sour cream (+60, +20 per serving)
1 tsp crushed garlic
1 Tbsp Molly McCheese (+
1 tsp Molly McButter
1/8 to ¼ cup water (consistency should be similar to cookie dough)

Mix all ingredients. Drop by teaspoonful on cookie sheet sprayed with cooking spray. Bake at 325 degrees for 15-17 minutes. Good dipped in salsa or spaghetti sauce.
Garlic Cheese Biscuits B (3)
Meal Replacement: 160 calories
Additives:
Calories per serving:

2 potato MR
1 ½ Tbsp Molly McCheese (+)
1 ½ tsp minced garlic
2 tsp dried minced onion
3 Tbsp low fat sour cream (+)
½ cup water
½ tsp garlic powder
1 - 2 tsp cornmeal (+)

Stir all ingredients together. Pour into muffin tins and Bake at 350 degrees for 15-20 minutes, or until golden. Good dipped in salsa or spaghetti sauce.

Variation: Try making in a frying pan sprayed with non-stick cooking spray on medium heat. Pour biscuit batter into pan, spread thin, like a pancake. Cook for several minutes on each side.

Sausage Biscuits and Gravy (2)
Meal Replacement: 160 calories
Additives:
Calories per serving:

**Biscuit:**
1 potato MR
1 tsp herb and garlic seasoning
1 Tbsp Aunt Jemima Corn Bread Mix (+)
2 - 4 Tbsp water (enough to clump into a ball for biscuit shape)

**Gravy:**
2 potato MR
2 pinches sausage seasoning
2 Tbsp sour cream (+40)

Bake at 350 degrees until done. Two MR will make 3 biscuits.
(This doesn’t make sense to me…there is 1 MR in the biscuit and 2 in the gravy, so how does the previous sentence make sense?? Make the recipe your own, do what works for you.)

Pizza (1)
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 potato MR
1 tsp herb and garlic seasoning
2 Tbsp water

Mix into dough and press out onto a pan sprayed with non-stick cooking spray. Bake at 350 degrees for 10 minutes. Then cover with
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2 Tbsp spaghetti sauce (+
1 tsp Parmesan cheese (+
Bake 5-7 minutes more.

**Variation:** Make dough with 1 Tbsp cornmeal and 3 Tbsp water.

**Roncheros (2)**
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving:

2 potato MR
1 tsp chicken taco seasoning (+
2 tsp self-rising cornmeal (+70, +35 per serving)
½ cup water

Mix all ingredients together. Place foil over a cookie sheet. Spray foil with non-stick cooking spray. Spread batter thin and evenly across the foil. Bake at 350 degrees for 15-20 minutes or until golden and crisp. Cut the baked product into squares.

**Toppings:**
Fat free sour cream (+
Fat free cheddar cheese (+
Salsa (+

Spread squares lightly with cheddar cheese. Broil for 2-3 minutes until cheese melts. Remove from the oven and top with salsa.

**Vanilla Cornbread (1)** {Less sweet than the cornbread on the Sweet list}
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 potato MR
2 Tbsp corn bread mix (+
¼ tsp baking soda
Water to make a stiff batter

Spray a small dish, bake at 325 degrees for 15 minutes.

**Cornbread (1)**
Meal Replacement: 160 calories
Additives:
Calories per serving:

1 potato MR
2 Tbsp corn bread mix (+
1/8 tsp baking powder
Water to make a batter

Pour the batter into a small bowl sprayed with cooking spray. Bake at 325 for 15 minutes.
Would be great with a bowl of soup.