

April...celebrating Spring!



Bread Pudding

Bananas Foster Bread Pudding (Oven)

Spring is here! Try this bread pudding with bananas, cinnamon chips, brown sugar, rum, vanilla, eggs, cream, butter, cinnamon!

Based on 6 servings Diet Points: 14 Calories: 299, Total Fat: 9g, Sat. Fat: 6g, Trans Fat: 0g, Cholesterol 15mg, Sodium: 83mg, Total Carbohydrates: 31g, Dietary Fiber: 1g, Sugars: 28g, Protein: 3g

Beef

New Menu Item Chimichurri Marinated Beef Tenderloin Fajitas with Roasted Red Peppers, Green Peppers, Onions with Rice (Stovetop)

Beef Tenderloin Strips marinated in Chimichurri Sauce (includes garlic) to sear on Stove, Oven Roasted Red and Green Peppers with Onions, Flour Tortillas. Calories: 702, Fat: 59g, Saturated fat: 16g, Carbohydrates: 8g, Sugar: 2g, Fiber: 3g, Protein: 36g, Sodium: 622mg, Cholesterol: 145 mg

Mac Southwestern Casserole (Oven)

Beef and macaroni with kidney beans, tomatoes, onion, green chilies, cumin, chili powder, and Monterrey Jack!

Diet Points: 16 Calories: 427, Total Fat: 15.9g, Sat. Fat: 8.5g, Trans Fat: 0.0g, Cholesterol 50mg, Sodium: 1507mg, Total Carbohydrates: 47.6g, Dietary Fiber: 7.3g, Sugars: 6.7g, Protein: 18.3g

Creamy Bleu Cheese Flank Steak *Lighter (less sauce)...with green beans (Oven/Grill, Stovetop)with green beans and penne

Our tender flank steak is topped with a creamy bleu cheese and wine sauce

Diet Points: 13 (*11) Gluten free with rice! Calories: 378(*340), Total Fat: 18.9g(*16.5), Sat. Fat: 7.1g(*6.7), Trans Fat: 0.0g, Cholesterol 87mg(*85), Sodium: 228mg(*218), Total Carbohydrates: 6.0g(*3.5), Dietary Fiber: 0.6g(*0.0), Sugars: 2.9g(*1.3), Protein: 42.4g(*41.3)

Beef Tips in Mushroom Sauce *Lighter (no rice), with green beans (Crockpot, InstantPot, Stovetop, or Oven) ...with rice and medley

Beef tips in mushroom cream sauce, onion flakes, parsley, onion powder, turmeric, celery seed, salt, sugar, pepper, lemon lime.

Diet Points: 19 Gluten free! Calories: 524, Total Fat: 24.9g, Sat. Fat: 16.9g, Trans Fat: 0.0g, Cholesterol 76mg, Sodium: 1236.5mg, Total Carbohydrates: 38.9g, Dietary Fiber: 1.1g, Sugars: 13.5g, Protein: 33.5g

Orange Ginger Beef (Crockpot, Instant Pot, or Stovetop) ...with California blend and rice noodles

Flank steak strips, red bell peppers, onions, sherry, orange juice, ginger, and soy sauce. Serve over rice noodles

Diet Points: 11(includes rice noodles) Calories: 425, Total Fat: 11.3g, Sat. Fat: 4.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 316mg, Potassium: 783mg, Total Carbohydrates: 32.1g, Dietary Fiber: 3.1g, Sugars: 5.3g, Protein: 38.7g

Chicken

Buffalo "Fried" Chicken *Lighter ...with California blend (Stovetop) ...with vegetable medley and egg noodles

It's almost unbelievable how this tastes like fried chicken...and with a hint of buffalo sauce it's even better!

Diet Points: 5 Gluten free with GF panko instead of crackers. Calories: 289 Total Fat: 3.5g, Sat. Fat: 0.3g, Trans Fat: 0.5g, Cholesterol 82mg, Sodium: 1077mg, Total Carbohydrates: 27.6g, Dietary Fiber: 1.1g, Sugars: 0.4g, Protein: 35.9g

Chicken Tikka Masala (Oven and stovetop)

Chicken in a creamy sauce full of flavor packed with spices...ginger, turmeric, garam masala, coriander, cumin...yogurt, tomatoes, cardamom and onion, dried ancho chiles....with jasmine rice.

Diet Points: 18 Gluten free! Calories: 652 Total Fat: 15.8g, Sat. Fat: 6.3g, Trans Fat: 0.0g, Cholesterol 137mg, Sodium: 1230mg, Potassium: 768mg, Total Carbohydrates: 72.5g, Dietary Fiber: 6.4g, Sugars: 15.6g, Protein: 51.0g

Crockpot Cheesy Barbecue Chicken with Cornbread (Crockpot, InstantPot, and Oven)

Chicken thighs simmer all day in bbq, cream sauce, cheddar cheese, and corn. Bake the cornbread and serve with chicken on top!

Diet Points: 20 (*13) (includes cornbread) Can be gluten free! Calories: 749, Total Fat: 35g, Sat. Fat: 15g, Trans Fat: 1.0g, Cholesterol 201mg, Sodium: 1630mg, Total Carbohydrates: 59g, Dietary Fiber: 2g, Sugars: 6g, Protein: 52g

Insanely Good Chicken (Crockpot, InstantPot, Stovetop, or Oven) ..with corn and egg noodles

Chicken thighs in cream sauce, sherry, cream cheese, green onions, butter, garlic powder, onion powder, parsley, basil, thyme, oregano, and celery seed

Diet Points: 25 Gluten free! Calories: 573, Total Fat: 36, Sat. Fat: 23g, Trans Fat: 0.0g, Cholesterol 118mg, Sodium: 1158g, Potassium: 70mg; Total Carbohydrates: 43g, Dietary Fiber: .8g, Sugars: 4.9g, Protein: 27.7g

Kahlua Chicken with Mushroom Spinach Risotto *Lighter (less sauce, less risotto) (Oven, Stovetop)

Chicken baked in Kahlua, coffee, and honey and served with a homemade mushroom spinach risotto.

Diet Points: 15(includes risotto) (*10) Gluten free with gf soy sauce Calories: 547(*387), Total Fat: 6.1g(*5.9), Sat. Fat: 2.6g(*2.5), Trans Fat: 0.0g, Cholesterol 100mg(*100), Sodium: 705mg(*678), Total Carbohydrates: 66.3g(*37.1), Dietary Fiber: 1.4g(*0.9), Sugars: 14.2g(*10.3), Protein: 40.5g(*37.5)

Tamale Pie Casserole (Oven)

Bake the cornbread, corn, and cheese crust and top with enchilada sauce, chicken, and cheese!

Diet Points: 14 Gluten free with GF flour Calories: 498 Total Fat: 22g, Sat. Fat: 7.8g, Trans Fat: 0g, Cholesterol 120mg, Sodium: 1064mg, Total Carbohydrates: 32.5g, Dietary Fiber: 2.0g, Sugars: 7.8g, Protein: 40.9g

WHOLE WHEAT PASTA/BROWN RICE SUB - ADD \$.75/3 meals (2-3), \$1.50/6 meals (2-3) or 3 meals (4-6), \$3.00/12 meals (2-3) or 6 meals (4-6), \$6.00/12 meals (4-6)
GLUTEN FREE MEALS WITH GLUTEN FREE PASTA/BROWN RICE SUB - ADD \$1.50/3 meals (2-3), \$3.00/6 meals (2-3) or 3 meals (4-6), \$6.00/12 meals (2-3) or 6 meals (4-6), \$12.00/12 meals (4-6)
SPRING MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.25/meal for 2-3 serving meals; \$2.00/meal for 4-6 serving meals
SALMON SUBSTITUTE - ADD \$1.85/meal for 1 serving meals; \$5.50/meal for 2-3 serving meals; \$8.25/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals
CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

Three Cheese Creamy Chicken Lasagna (Oven)

Chicken in a great lasagna...onions, green peppers, cream sauce, basil, ricotta, and cheddar, mozzarella, and Parmesan!

Diet Points: 16 Calories: 574 Total Fat: 21.5g, Sat. Fat: 12.38g, Trans Fat: 0.0g, Cholesterol 109mg, Sodium: 776mg, Potassium: 283mg, Total Carbohydrates: 43.5g, Dietary Fiber: 1.7g, Sugars: 2.7g, Protein: 51.1g

****Pork****

*Apple Bourbon Pork Roast *Lighter, no rice* (Crockpot, Oven, Stovetop)

Pork roast and apples in an apple, bourbon, brown sugar sauce...tender and delicious! ...with egg noodles

Diet Points: 9 Gluten free! Calories: 335, Total Fat: 6.7g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 60mg, Sodium: 643mg, Total Carbohydrates: 4.0g, Dietary Fiber: 1.1g, Sugars: 1.4g, Protein: 18.2g

*Apricot Rosemary Pork Tenderloin *Lighter ...with California blend* (Oven or grill)

Our fabulous pork tenderloin rubbed with rosemary and glazed with an apricot sauce!...with peas and rice

Diet Points: 8 Gluten free! Calories: 272, Total Fat: 10.2g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 67mg, Sodium: 856mg, Total Carbohydrates: 21.1g, Dietary Fiber: 0g, Sugars: 11.8g, Protein: 24.5g

Corn Pudding Custard Pork Pot Pie (Stovetop, Oven)

Just sauté pork cubes, onion, and black beans and put in baking dish...top with corn pudding crust and bake !

Diet Points: 15 Gluten free with GF flour! Calories: 585, Total Fat: 17.8g, Sat. Fat: 5.2g, Trans Fat: 0.0g, Cholesterol 91mg, Sodium: 781mg, Potassium: 1374mg, Total Carbohydrates: 59.9g, Dietary Fiber: 8.5g, Sugars: 6.2g, Protein: 48.1g

*Crockpot Korean Barbecue Pork *Lighter ...with California blend* (Oven or grill)

Pork roast with apples, brown sugar, ginger, chili garlic, and our special no soy “soy” sauce!...with peas and rice

Diet Points: 11 Gluten free! Calories: 321, Total Fat: 10.8g, Sat. Fat: 4.3g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 631mg, Total Carbohydrates: 34.6g, Dietary Fiber: 1.5g, Sugars: 24.5g, Protein: 28.6g

Ham and Potato Casserole Can be vegetarian (Oven)

Warm and cheesy....this shredded potato and ham casserole topped with Panko is a favorite!

Diet Points: 10 Gluten free with GF Panko! Calories: 377, Total Fat: 18.4g, Sat. Fat: 11.0g, Trans Fat: 0.0g, Cholesterol 49mg, Sodium: 655mg, Total Carbohydrates: 39.7g, Dietary Fiber: 4.5g, Sugars: 3.0g, Protein: 13.8g

Jamaican Jerk Pork Chops (Stovetop) ...with rice

Add as much or as little spice as you want! Pork chops with Jamaican jerk, apricot preserves, butter, red bell pepper over rice!

Diet Points: 15 (includes rice) Calories: 427, Total Fat: 17g, Sat. Fat: 9g, Trans Fat: 0g, Cholesterol 111mg, Sodium: 1418mg, Potassium: 763mg, Total Carbohydrates: 38g, Dietary Fiber: 2g, Sugars: 19g, Protein: 31g

Pork Chops with Tomato Cream Pasta (Stovetop)

Pork chops sautéed and simmered in a green onion and tomato cream sauce, topped with Parmesan. Serve with linguine.

Diet Points: 10 (includes pasta) Gluten free with rice! Calories: 424, Total Fat: 9.8g, Sat. Fat: 4.2g, Trans Fat: 0.0g, Cholesterol 145mg, Sodium: 411mg, Potassium: 271mg, Total Carbohydrates: 38.1g, Dietary Fiber: 1.3g, Sugars: 2.2g, Protein: 44.2g

****Seafood****

Tilapia with Lentils and Orange Vinaigrette (Oven/Grill, Stovetop) ...with carrots

Baked tilapia served over a bed of lentils drizzled with our amazing orange vinaigrette made with white wine vinegar, honey, Dijon, and orange juice

Diet Points: 15 (includes lentils) Gluten free! Calories: 545, Total Fat: 25.3g, Sat. Fat: 4.3g, Trans Fat: 0.0g, Cholesterol 54mg, Sodium: 576mg, Total Carbohydrates: 43.7g, Dietary Fiber: 20.5g, Sugars: 4.5g, Protein: 35.7g

Shrimp and Pasta in Vodka Cream Sauce (Crockpot and Stovetop)

Vodka cream sauce in the crockpot! Sauté the shrimp, cook the pasta, and serve with Vodka cream sauce.

Diet Points: 20 (includes pasta) Gluten free with rice! Calories: 620, Total Fat: 28.7g, Sat. Fat: 17.2g, Trans Fat: 0.0g, Cholesterol 313mg, Sodium: 680mg, Potassium: 648mg, Total Carbohydrates: 35.9g, Dietary Fiber: 2.3g, Sugars: 4.9g, Protein: 41.3g

****Ground Turkey or Ground Beef****

*Muffin Pan Meatloaves *Lighter (less breadcrumbs and olive oil), with California blend* (Oven)...with sweet potato fries!

Meatloaf in muffin pans! We add spinach, breadcrumbs, Parmesan, and spices and top with a ketchup and Worcestershire glaze.

TURKEY Diet Points: 13 Gluten free with gluten free breadcrumbs! Calories: 358, Total Fat: 16.6g, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 95mg, Sodium: 786mg, Total Carbohydrates: 19.0g, Dietary Fiber: 1.2g, Sugars: 5.2g, Protein: 34.2g

BEEF Diet Points: 10 Gluten free with GF breadcrumbs! Calories: 406, Total Fat: 15.6g, Sat. Fat: 6.3g, Trans Fat: 0.0g, Potassium: 599mg, Cholesterol 116mg, Sodium: 759g, Total Carbohydrates: 19.1g, Dietary Fiber: 1.2g, Sugars: 5.1g, Protein: 46.1g

****Vegetarian****

Toasted Brussels Sprouts with Asiago Cheese Pasta (Stovetop, Oven)

Brown Brussels sprouts and toss with small shell pasta, Asiago cheese, and a special white wine and cream cheese sauce.

Diet Points: 19 (includes pasta) Gluten free with rice sub for pasta! Calories: 516, Total Fat: 30.2g, Sat. Fat: 13.8g, Trans Fat: 0.0g, Cholesterol 58mg, Sodium: 393mg, Total Carbohydrates: 43.4g, Dietary Fiber: 7.3g, Sugars: 5.2g, Protein: 16.3g

**New Menu Item* Masoor Dal with Oven Roasted, California Blend Vegetables* (Stovetop, Oven)

Red Lentils cooked with Onion, Garlic, Ginger and Tomatoes with turmeric, coriander, cumin, coconut milk, vegetable broth and cilantro.

Oregano, Thyme, Black Pepper, Salt, Sugar with Garlic Seasoned Broccoli, Cauliflower, Carrots ready to roast in the oven. Calories: 373 Total Fat: 19g, Sodium: 393mg, Total Carbohydrates: 36g, Sugars: 2g, Protein: 17g