



June 2023... Celebrating dads everywhere....and grilling season is finally here!!

## \*\*Bread Pudding\*\*

### Strawberries and Cream Bread Pudding (Oven)

This month's bread pudding is almost like strawberry shortcake... with Bailey's Strawberries and Cream!!

Based on 6 servings Diet Points: 12 Calories: 287, Total Fat: 13g, Sat. Fat: 7g, Cholesterol 41mg, Sodium: 111mg, Total Carbohydrates: 26g, Dietary Fiber: 0g, Sugars: 17g, Protein: 2g

## \*\*Beef\*\*

### Bacon Cheeseburger Pie (Oven)

Just like a bacon cheeseburger as a casserole!

Diet Points: 18 Gluten free with gf flour! Calories: 545.2, Total Fat: 30.2g, Sat. Fat: 17.4g, Cholesterol 99mg, Sodium: 2349mg, Total Carbohydrates: 29.4g, Dietary Fiber: 5.0g, Sugars: 5.6g, Protein: 40.0g

### Brown Sugared Flank Steak \*Lighter (less marinade)...with green beans (Oven, broil, or grill)...with corn and egg noodles

This flank steak is in a marinade of brown sugar, homemade soy sauce, red wine, honey, and ginger....so good!!!

Diet Points: 13 (10\*) Gluten free! Calories: 438 (\*376), Total Fat: 19.6g(\*17.3), Sat. Fat: 6.2g(\*5.9), Trans Fat: 0.0g, Cholesterol 83mg(\*83), Sodium: 111mg(\*98mg), Potassium: 594mg(\*553) Total Carbohydrates: 21.5g(\*10.7), Dietary Fiber: 0.6g(\*0.5), Sugars: 18.7g(\*9.4), Protein: 42.6g(\*42.4)

### Gyro Pitas (Stovetop)

Strips of lean flank steak with spinach, tomatoes, red onions, and black olives in a pita. Top with feta and tzatziki sauce!

Diet Points: 10 (includes pita) Gluten free with rice sub for pita Calories: 362, Total Fat: 14.4g, Sat. Fat: 6.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 468mg, Total Carbohydrates: 19.7g, Dietary Fiber: 1.8g, Sugars: 2.0g, Protein: 36.5g

### Spinach Beef Pasta Casserole (Oven)

Beef, macaroni, bacon, and spinach with onion and tomatoes, topped with Parmesan...great casserole!

Diet Points: 9 GF with rice! Calories: 304, Total Fat: 10.6g, Sat. Fat: 4.7g, Cholesterol 18mg, Sodium: 880mg, Total Carbohydrates: 32.1g, Dietary Fiber: 4.7g, Sugars: 5.2g, Protein: 21.8g

## \*\*Chicken\*\*

### Best Grilled Chicken with Mushroom Pilaf \*Lighter (less olive oil, no mushroom pilaf), with green beans. (Grill, bake, stovetop) ...with corn

Great marinade for grilled chicken (or broiled or baked) with homemade mushroom, rice, and orzo pilaf topped with pine nuts

Diet Points: 11 (includes pilaf)(\*4), Gluten free with rice sub! Calories: 449(\*255), Total Fat: 23.1g(\*11.3), Sat. Fat: 6.6g(\*1.4), Trans Fat: 0.0g(\*0), Cholesterol 125mg(\*105), Sodium: 266mg(\*182), Potassium: 137 mg(\*33); Total Carbohydrates: 22.1g(\*2.0), Fiber: 1.3g(\*0.2), Sugars: 2.7g(\*1.4), Protein: 46.0g (\*42.2)

### Crockpot Quinoa Burrito Bowl (Crockpot)

How fun! All in one crockpot meal with chicken thighs, quinoa (or choose rice!), tomatoes, black beans, onion, spices, and cheese!

Diet Points: 22 GF! Cal: 718, Total Fat: 31.7g, Sat. Fat: 14.8g, Chol: 170mg, Sodium: 944mg, Total Carbs: 60.9g, Dietary Fiber: 9.9g, Sugars: 7.6g, Protein: 46.9g

### Dijon & Tarragon Chicken \*Lighter ...with California blend (Oven or grill) ...with peas and rice

Dijon, tarragon, white wine, and a little honey make these chicken breasts wonderful!

Diet Points: 6 Gluten Free! Cal: 245, Total Fat: 8.2g, Sat. Fat: 1.3g, Chol: 80mg, Sodium: 340g, Total Carbs: 7.5g, Dietary Fiber: .4g, Sugars: 6.0 g, Protein: 28.9g

### Greek Pasta Salad (Stovetop)

So easy.... just boil the rotini pasta and add the diced chicken, Kalamata olives, tomatoes, feta cheese, olive oil, red wine vinegar, garlic, oregano, artichokes, Kosher salt, pepper, sugar, balsamic vinegar.

Diet Points: 15 Calories: 489, Total Fat: 21.7g, Sat. Fat: 5.7g Cholesterol 39mg, Sodium: 647mg, Total Carbs: 53.9g, Dietary Fiber: 6.0g, Sugars: 6.3g, Protein: 22.9g

### Honey Glazed Pecan Chicken (Stovetop) ... with vegetable medley and egg noodles

breasts with sprinkled with garlic powder and a pinch of cayenne, glazed with honey and pecans!

Diet Points: 13 GF! Cal: 370, Total Fat: 18.2g, Sat. Fat: 6.1g, Chol: 107.4mg, Sodium: 629.9g, Total Carbs: 24.9g, Dietary Fiber: 1.1g, Sugars: 23.4g, Protein: 31.8g

### Lemon Curry Chicken and Asparagus Casserole (Oven)

A slight curry flavor with lemon and ginger make this chicken and asparagus casserole taste like summer!

Diet Points: 9 GF! Cal: 320, Total Fat: 16.4g, Sat. Fat: 4.1g, Chol: 41mg, Sodium: 678g, Total Carbs: 22.1g, Dietary Fiber: 3.7g, Sugars: 5.1g, Protein: 24.0g

### Mediterranean Chicken Thighs \*Lighter...with carrots (Crockpot, oven, or stovetop)...with carrots and egg noodles

Simmering all day in tomatoes and wine, with capers and Kalamata olives, these chicken thighs are tender and delicious!

Diet Points: 6 GF! Cal: 220 Total Fat: 11.0g, Sat. Fat: 2.8g, Chol 110mg, Sodium: 554mg, Total Carbs: 6.4g, Dietary Fiber: 1.7g, Sugars: 3.3g, Protein: 23.5g

## **\*\*Pork\*\***

### **Balsamic Brown Sugar Pork Roast** \*Lighter with California blend (Crockpot or Oven) ...with corn and rice

Pork roast rubbed with sage, garlic, salt, and pepper simmers in the crockpot all day topped with balsamic brown sugar glaze.  
Diet Points: 10 GF! Cal: 300, Total Fat: 10.7g, Sat. Fat: 4.3g, Chol: 73.2mg, Sodium: 745mg, Total Carbs: 28.5g, Dietary Fiber: 0.1g, Sugars: 17.9g, Protein: 28.5g

### **Bourbon Pork Tenderloin** \*Lighter, with green beans (Oven) ...with peas and rice

Pork tenderloin in a marinade of bourbon, Worcestershire, our homemade soy sauce, brown sugar, and spices..  
Diet Points: 8 GF! Cal: 341, Total Fat: 10.1g, Sat. Fat: 2.2g, Chol: 110mg, Sodium: 862mg, Total Carbs: 9.0g, Dietary Fiber: 0.8g, Sugars: 5.8g, Protein: 41.0g

### **Creole Pork** (Stovetop)...with rice

Creole seasoned pork, tomatoes, corn, okra, bell peppers, green onions, jalapeno, onion, garlic, paprika, thyme, and chicken broth.  
Diet Points: 13 GF! Cal: 463, Total Fat: 12.1g, Sat. Fat: 4.5g, Chol: 73.2mg, Sodium: 1408.1mg, Total Carbs: 56.4g, Dietary Fiber: 7.2g, Sugars: 9.4g, Protein: 37.2g

### **Provolone Pork Chops with Tarragon Vinaigrette** \*Lighter (less cheese), no penne (Grill, Broil, Stovetop)...with penne and green beans

Provolone stuffed pork chops, brushed and served with white balsamic vinegar tarragon vinaigrette and tomatoes!  
Diet Points: 29 GF! Cal: 614, Total Fat: 7.8g, Sat. Fat: 4.8g, Chol: 99.3mg, Sodium: 1143g, Total Carbs: 7.8g, Dietary Fiber: 0.8g, Sugars: 4.3g, Protein: 38.5g

### **Spiced Orange Marmalade Pork Roast** \*Lighter with green beans (Crockpot or Oven) ...with vegetable medley and penne

Our special orange marmalade spiced with thyme, sage, cumin, cinnamon, and garlic powder top lean pork roast.  
Diet Points: 9 GF! Cal: 284, Total Fat: 10.8g, Sat. Fat: 4.3g, Chol: 73.2mg, Sodium: 664.9mg, Total Carbs: 19.3g, Dietary Fiber: 0.5g, Sugars: 16.1g, Protein: 28.5g

### **Spicy Pineapple Pork Chops** (Grill or Stovetop)

Spicy sauce is separate so you can add desired amount! Grill pineapple slices and pork chops or cook on stovetop!  
Diet Points: 7 Gluten free! Calories: 194, Total Fat: 5g, Sat. Fat: 1g, Cholesterol 0mg, Sodium: 23mg, Total Carbohydrates: 28g, Dietary Fiber: 4.7g, Sugars: 21g, Protein: 15g

## **\*\*Seafood\*\***

### **Citrus Cumin Tilapia** \*Lighter...with California blend (Oven)...with vegetable medley and rice

A great citrus marinade for tilapia combined with the smoky flavor of cumin.  
Diet Points: 6 Gluten free! Calories: 192, Total Fat: 6.2, Sat. Fat: 1.3, Trans Fat: 0.0g, Cholesterol 69mg, Sodium: 248mg, Potassium: 110mg, Total Carbohydrates: 8.2g, Dietary Fiber: 0.3g, Sugars: 6.5g, Protein: 26.8g

### **Shrimp Po' Boy** (Stovetop)

It's so easy! Just dredge the shrimp in our cornmeal, flour, and Cajun seasoning (not too much!) and lightly fry on the stovetop. Serve with our homemade remoulade ... creole mustard, mayonnaise, garlic, horseradish, paprika, and Cajun seasoning.

Diet Points: 23 (includes bun) Gluten free! Calories: 842, Total Fat: 33.4g, Sat. Fat: 5.2g, Trans Fat: 0.0g, Cholesterol 293.5mg, Sodium: 2703.7mg, Potassium: 164.6mg, Total Carbohydrates: 83.9g, Dietary Fiber: 5.7g, Sugars: 8.7g, Protein: 52g

## **\*\*Turkey or Beef\*\***

### **Jalapeno Popper Meatloaf** (Oven, broil, grill) ...with sweet potato fries

Meatloaf stuffed with cream cheese, bacon, and a little jalapeno (\*optional)!  
TURKEY - Diet Points: 12 Gluten free! Calories: 419, Total Fat: 22.8g, Sat. Fat: 7.2g, Trans Fat: 0.0g, Cholesterol 150mg, Sodium: 753mg, Potassium: 439mg, Total Carbohydrates: 19.5g, Dietary Fiber: 2.9g, Sugars: 3.1g, Protein: 39.7g  
BEEF - Diet Points: 11 Gluten free! Calories: 408, Total Fat: 17.4g, Sat. Fat: 7.8g, Trans Fat: 0.0g, Cholesterol 135mg, Sodium: 706mg, Potassium: 589mg, Total Carbohydrates: 19.5g, Dietary Fiber: 2.9g, Sugars: 3.1g, Protein: 43.1g

## **\*\*Vegetarian\*\***

### **Vegetable and Pesto Lasagna** (Oven)

Layers of squash, zucchini, tomatoes, noodles, and mozzarella with a ricotta, spinach, and pesto filling!  
Diet Points: 18 Cal: 527, Total Fat: 28.0g, Sat. Fat: 13.8g, Chol: 71mg, Sodium: 1443mg, Total Carbs: 35.4g, Dietary Fiber: 7.0g, Sugars: 13.1g, Protein: 36.2g

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)  
SPRINGER MOUNTAIN CHICKEN/BRAVEHEART BEEF SUB - ADD \$0.50/meal for 1 serving meals; \$1.50/meal for 2-3 serving meals; \$2.50/meal for 4-6 serving meals; \$3.00/ for 6-8 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 sparkpeople.com. Unless otherwise noted, nutritional information is for entrée only.

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