



# September 2022 ... Celebrating Labor Day...and all our labors of love!!

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

### S' Mores Bread Pudding (Oven)

Marshmallows and chocolate chips in our bread pudding with bourbon, topped with graham cracker crust and chocolate sauce!  
Diet Points: 45 Gluten free! Calories: 485, Total Fat: 20g, Sat. Fat: 11g, Trans Fat: 0.0g, Cholesterol 43mg, Sodium: 339mg, Total Carbohydrates: 53g, Dietary Fiber: 3g, Sugars: 229g, Protein: 3g

## \*\*Beef\*\*

### Balsamic Onion Bacon Wrapped Beef Medallions \*Lighter, with California blend (Stovetop and oven)...with green beans and penne

Fabulous balsamic onion jam simmers on the stove while the bacon wrapped beef medallions cook!  
Diet Points: 16 Gluten free! Calories: 532, Total Fat: 24.5g, Sat. Fat: 8.7g, Trans Fat: 0.0g, Cholesterol 167mg, Sodium: 777mg, Total Carbohydrates: 20.9g, Dietary Fiber: 0.8g, Sugars: 18.3g, Protein: 53.6g

### Beef Tenderloin with Havana Tomato Sauce \*Lighter, with green beans (Grill or broil) ...with corn and rice

Seared with thyme and topped with a warm Havana tomato sauce with garlic, balsamic vinegar, marsala wine and ancho chili.  
Diet Points: 11 Gluten free! Calories: 442 Total Fat: 25.7g, Sat. Fat: 7.0g, Trans Fat: 0.0g, Cholesterol 139mg, Sodium: 92mg, Potassium: 669mg, Total Carbohydrates: 3.4g, Dietary Fiber: 0.9g, Sugars: 1.0g, Protein: 44.4g

### Chimichanga Casserole (Oven)

Ground beef with onions, red bell pepper, a little jalapeno (opt), cream cheese, fajita seasoning, tortillas, and Monterrey Jack.  
Diet Points: 15 Gluten free with corn tortillas! Calories: 417, Total Fat: 24.2, Sat. Fat: 14.0g, Trans Fat: 0.0g, Cholesterol 61mg, Sodium: 970mg, Potassium: 159mg, Total Carbohydrates: 33.4g, Dietary Fiber: 4.2g, Sugars: 2.5g, Protein: 19.2g

### Crockpot Cowboy Casserole (Crockpot or stovetop)

Ground beef, corn, kidney beans, red potatoes, tomatoes, onion, and a hint of mesquite... with cheese on top!  
Diet Points: 20 Gluten free! Calories: 653 Total Fat: 17.4g, Sat. Fat: 10.2, Trans Fat: 0.0g, Cholesterol 36mg, Sodium: 1268mg, Potassium: 2111mg, Total Carbohydrates: 96.8g, Dietary Fiber: 15.8g, Sugars: 8.5g, Protein: 33.6g

### Spinach and Beef Macaroni and Cheese (Crockpot or Oven)

A great macaroni and cheese with spinach and ground beef that you can do in the crockpot or the oven!!  
Diet Points: 34 Gluten free with GF pasta! Calories: 880, Total Fat: 59.4, Sat. Fat: 34.3g, Trans Fat: 0.0g, Cholesterol 219mg, Sodium: 1358mg, Potassium: 639mg, Total Carbohydrates: 53.9g, Dietary Fiber: 5g, Sugars: 7.4g, Protein: 33.4g

## \*\*Chicken\*\*

### Baked Cheddar Chicken Tenders (Oven) ... with vegetable medley and penne

Dredge tenders in milk, cheddar cheese, and seasoned Ritz crackers...serve with our special cream sauce!  
Diet Points: 20 Gluten free with gf panko! Calories: 573 Total Fat: 33.5g, Sat. Fat: 20.9g, Trans Fat: 0.0g, Cholesterol 56mg, Sodium: 925.5mg, Total Carbohydrates: 29.1g, Dietary Fiber: 0g, Sugars: 4.7g, Protein: 43g

### Crockpot Italian Artichoke Chicken \*Lighter with carrots (Crockpot or oven)...with corn and penne

Chicken thighs simmering all day in your crockpot in an Italian tomato sauce with mushrooms, red bell peppers, and artichokes!  
Diet Points: 7 Gluten free! Calories: 282, Total Fat: 10.1g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 127mg, Sodium: 1018mg, Total Carbohydrates: 12.4g, Dietary Fiber: 4.1g, Sugars: 4.6g, Protein: 31.6g

### Greek Pasta Chicken Casserole (Oven)

Greek flavors of basil, oregano, red onion, mozzarella, feta, and black olives (opt.) with chicken, tomato sauce, and penne pasta!  
Diet Points: 12 Gluten free with rice! Calories: 419, Total Fat: 12.2, Sat. Fat: 6.1g, Trans Fat: 0.0g, Cholesterol 125mg, Sodium: 1888g, Potassium: 744mg, Total Carbohydrates: 44.8g, Dietary Fiber: 3.6g, Sugars: 8.6g, Protein: 34.3g

### Lime Chicken with Black Bean Coconut Rice \*Lighter (less coconut milk and panke) (Stovetop)

Lime on the chicken really complements the coconut rice with black beans, roasted red peppers, and cilantro.  
Diet Points: 14 (includes rice and beans) (\*12) Gluten free! Calories: 468(\*410), Total Fat: 12.2g(\*7.3), Sat. Fat: 8.7g(\*4.5), Trans Fat: 0.0g, Cholesterol 82mg(\*82), Sodium: 686mg(\*662), Total Carbohydrates: 53.0g(\*49.7), Dietary Fiber: 4.7g(\*4.2), Sugars: 9.1(\*8.2)g, Protein: 38.1g(\*37.2)

### Pesto Stuffed Bacon Wrapped Chicken with Sweet Onion Rice \*Lighter, (no rice) with squash (Oven) with vegetable medley

Bacon wrapped chicken breasts stuffed with pesto...with baked rice with onions and Swiss cheese!  
Diet Points: 21 (\*8) Gluten free! Calories: 695 (\*371), Total Fat: 44.8g (\*20.7)g, Sat. Fat: 19 (\*4.2)g, Trans Fat: 0.0g, Cholesterol 210.8 (\*129)mg, Sodium: 711.1 (\*655)mg, Potassium: 177.1 (\*107)mg, Total Carbohydrates: 22 (\*1.3)g, Dietary Fiber: 0.7 (\*0.3)g, Sugars: 2.7 (\*1.0)g, Protein: 58.2 (\*50.4)g  
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 \$1.75/meal for 1 serving meals; \$5.25/meal for 2-3 serving meals; \$8.50/meal for 4-6 serving meals; \$11.00/meal for 6-8 serving meals  
Nutritional information calculated on CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.

## *Roasted Red Pepper and Sun Dried Tomato Creamy Chicken* (Stovetop) ...serve over fettucini

Chicken breasts simmer in chicken broth, red wine, Italian seasoning, and sun dried tomatoes...add cream and roasted red peppers

Diet Points: 12 (includes fettucini) Gluten free with rice! Calories: 426, Total Fat: 14.9g, Sat. Fat: 6.9g, Trans Fat: 0.0g, Cholesterol 104mg, Sodium: 241mg, Potassium: 286mg, Total Carbohydrates: 36.7g, Dietary Fiber: 2.3g, Sugars: 1.4g, Protein: 35.0g

## *Triple Sec Brined Orange Chicken* \*Lighter, with Capri blend (Stovetop, oven, or grill)...with egg noodles and vegetable medley

Chicken breasts brined in triple sec, orange juice, lemon zest, Kosher salt, and brown sugar!

Diet Points: 6 Gluten free! Calories: 238, Total Fat: 1.6, Sat. Fat: 0.0g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 609g, Potassium: 53mg, Total Carbohydrates: 5.5g, Dietary Fiber: 0.2g, Sugars: 20.8g, Protein: 40.6g

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

### *Chipotle Lime Carnita Tostados* (Crockpot)

Pork simmers in lime juice, chipotle, cumin, onion, garlic, and chicken broth. Serve on toasted corn tortillas with refried beans and salsa!

Diet Points: 12 GF! Calories: 427 Total Fat: 13.7g, Sat. Fat: 4.3g, Trans Fat: 5.1g, Cholesterol 73.2mg, Sodium: 1323mg, Potassium 862.6mg Total Carbohydrates: 40.1g, Dietary Fiber: 8.0g, Sugars: 4.8g, Protein: 35.3g

### *Crockpot Balsamic Cherry Pork Roast with Herbed Orzo* (Crockpot, stovetop, or oven)

Pork roast simmers in balsamic vinegar, cherries, onion, and basil....serve with herbed orzo! ...with vegetable medley

Diet Points: 14 Gluten free with rice! Calories: 504 (includes orzo), Total Fat: 18.9g, Sat. Fat: 7.9g, Trans Fat: 0, Cholesterol 118mg, Sodium: 1165mg, Potassium: 54mg, Total Carbohydrates: 37.8g, Dietary Fiber: 1.9g, Sugars: 2.8g, Protein: 40.9g

### *Coffee Spiced Rubbed Pork Tenderloin* (Oven or Grill) ...with peas and rice

Pork tenderloin rubbed with coffee, brown sugar, chili powder, cinnamon, cumin, Kosher salt, pepper, garlic powder. So delicious!

Diet Points: 4 Gluten free! Calories: 215 Total Fat: 5.85g, Sat. Fat: 1.9g, Trans Fat: 0.0g, Cholesterol 86mg, Sodium: 81mg, Total Carbohydrates: 5.0g, Dietary Fiber: 0.3g, Sugars: 3.6g, Protein: 33.6g

### *Pepperoncini Pork with Creamy Bleu Cheese* \*Lighter (less butter, bleu cheese), no pasta (Stovetop)

Pepperoncini is separate (optional) and adds a little kick to this wonderfully creamy bleu cheese sauce over pork and penne pasta.

Diet Points: 13 (\*8) Gluten free with rice for pasta! Calories: 449 (\*272) Total Fat: 16.1g (\*15.5), Sat. Fat: 8.0g (\*7.9), Trans Fat: 0.0g, Cholesterol 77mg (\*76), Sodium: 766mg (\*766), Total Carbohydrates: 44.1g (\*7), Dietary Fiber: 1.9g (\*0), Sugars: 4.0g (\*2.4), Protein: 32g (\*25.5)

### *Pork Chops with Lemon and Caper Sauce* \*Lighter (less breading and cheese) and California blend (Stovetop) ...with corn and penne

Tasty breaded pork chops lightly sautéed and served with a lemony wine sauce!

Diet Points: 9 (\*6) Gluten free with gluten free breadcrumbs! Calories: 334(\*252), Total Fat: 10.8g (\*6.7), Sat. Fat: 5.7g (\*3.0), Trans Fat: 0.0g(\*0.0), Cholesterol 95mg(\*82), Sodium: 698mg(\*508), Total Carbohydrates: 17.5g(\*12.6), Dietary Fiber: 0.8g(\*0.6), Sugars: 0.7g(\*0.6), Protein: 40g(\*33.4)

### *Pork Roast with Bourbon Mushroom Sauce* \*Lighter, with green beans (Crockpot, stovetop, or oven) ...with green beans and egg noodles

Pork roast rubbed with paprika, basil with a sauce of mushrooms, onions, garlic, bourbon, white wine, chicken broth, and cream!

Diet Points: 14 Gluten free with rice! Calories: 504 (includes orzo), Total Fat: 18.9g, Sat. Fat: 7.9g, Trans Fat: 0, Cholesterol 118mg, Sodium: 1165mg, Potassium: 54mg, Total Carbohydrates: 37.8g, Dietary Fiber: 1.9g, Sugars: 2.8g, Protein: 40.9g

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

### *Fenimore Gin Shrimp* (Stovetop)...with rice and corn

Shrimp and corn...light, fresh, with a little cilantro and splashed with gin

Diet Points: 12 (includes rice) Gluten free! Calories: 415 Total Fat: 10.3g, Sat. Fat: 5.6g, Trans Fat: 0.0g, Cholesterol 259mg, Sodium: 334mg, Total Carbohydrates: 41.6g, Potassium: 415mg, Dietary Fiber: 2.2g, Sugars: 2.5g, Protein: 30.2g

### *Firecracker Shrimp* \*Lighter no rice (Stovetop).. with Jasmine rice and California blend

Toss lightly fried shrimp in just the right amount of our sweet spicy sauce of sweet chili sauce, orange juice, soy sauce, sriracha, and garlic!

Diet Points: 12 can be Gluten free! Calories: 385 Total Fat: 2.9g, Sat. Fat: 0.2g, Polyunsaturated Fat: 0.7g, Monounsaturated Fat: 0.6g, Cholesterol 220mg, Sodium: 1380mg, Total Carbohydrates: 55.1g, Potassium: 196.7mg, Dietary Fiber: 1.8g, Sugars: 28.1g, Protein: 34.5g

### *Fish Tacos with Chipotle Dressing* \*Lighter (less sauce, corn tortillas), with California blend (Grill, stovetop)...with vegetable medley

Quick and easy fish tacos....great spices and chipotle sauce to serve on top!

Diet Points: 11 (includes flour tortillas) (\*10 includes corn tortillas) Gluten free! Calories: 428 (\*296), Total Fat: 19.7g (\*10.6), Sat. Fat: 2.4g (\*1.7), Trans Fat: 0.0g, Cholesterol 66mg (\*61), Sodium: 877mg (\*319), Total Carbohydrates: 34.1g (\*26.9), Dietary Fiber: 14.3g (\*3.3), Sugars: 2.7g (\*1.8), Protein: 27.8g (\*24.4)

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

### *Swiss Burgers and Hash Browned Potatoes* \*Lighter, with California blend instead of potatoes (Stovetop, oven)

Beef or turkey burgers topped with a tomato onion sauce and Swiss cheese! Serve with roasted potatoes

Diet Points: 11 (includes potatoes) Gluten free!

TURKEY Calories: 384, Total Fat: 16.2, Sat. Fat: 7.6g, Trans Fat: 0.0g, Cholesterol 107mg, Sodium: 609g, Potassium: 850mg, Total Carbohydrates: 26.1g, Dietary Fiber: 3.6g, Sugars: 2.3g, Protein: 34.2g  
BEEF Calories: 434, Total Fat: 15.2, Sat. Fat: 7.7g, Trans Fat: 0.0g, Cholesterol 128mg, Sodium: 598g, Potassium: 957mg, Total Carbohydrates: 26.5g, Dietary Fiber: 3.7g, Sugars: 2.6g, Protein: 46.5g

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

### *Potato Crust Veggie Quiche* (Oven)

Our veggie quiche has a shredded potato crust topped with spinach, mushrooms, onions, and cheese. Bake to a golden brown!

Diet Points: 5 Gluten free! Calories: 147, Total Fat: 5.6g, Sat. Fat: 2.7g, Trans Fat: 0.0g, Cholesterol 13mg, Sodium: 256g, Total Carbohydrates: 15.2g, Dietary Fiber: 2.0g, Sugars: 3.2g, Protein: 9.2g