



**Compass**

Guiding you along the way.

**Tasty low-fat recipes  
for you to enjoy.**



# Just **a taste** of what's to come.

Enjoy eating while staying on track with your low-fat eating plan. Here are some of our favorite low-fat recipes for you to try.

As you become more familiar with low-fat eating, you can adjust recipes to suit your own taste and create your own favorites.

This is just a sample of low-fat recipes and you'll receive more tasty ideas from us in the days ahead. We hope you enjoy.

# Pizza Quick® Lunch

*Keep these ingredients on hand and satisfy your pizza craving. Serve with a big bowl of soup.*

Total Fat

6g

per serving

## Ingredients

Boboli® 8-inch mini-pizza crust

¼ cup Pizza Quick® sauce

1 green pepper, thinly sliced

1 cup fresh mushrooms, sliced

2 red onion slices

2 tbsp. freshly grated

Parmesan cheese

## Directions

Preheat oven to 400°F.

Spread sauce on pizza crust.

Top with remaining ingredients  
(add other veggies, if desired).

Bake pizza for 8 minutes and enjoy.

**Serves 2**



## Nutritional Info

**Serving Size:**

½ pizza

**Calories:** 272

**Fat:** 6 g

**Saturated Fat:** 2 g

**Cholesterol:** 4 mg

**Carbohydrates:** 44 g

**Protein:** 10 g

**Sodium:** 657 mg

# Crock-Pot Beef Roast & Veggies

*Quick, easy, and delicious—this is perfect any time of the year.*

Total Fat

8g

per serving

## Ingredients

1 beef top round, lean only with  
visible fat removed  
1 cup green beans  
2½ cups carrots, chopped  
½ cup beef broth  
1 cup white rice  
3 tbsp. balsamic vinegar  
2 tbsp. mesquite seasonings, dry

## Directions

Combine all ingredients except  
rice in crock pot.

Cook on low for 8-10 hours until beef shreds  
easily with a fork.

Cook rice when crock pot is almost finished,  
per recipe directions.

Serve crock pot ingredients over bed of rice.

**Serves 4**

## Nutritional Info

### Serving Size:

¼ recipe

**Calories:** 435

**Fat:** 8 g

**Saturated Fat:** 5 g

**Cholesterol:** 103 mg

**Carbohydrates:** 52 g

**Protein:** 39 g

**Sodium:** 660 mg  
(to lower sodium, use  
reduced-sodium beef  
broth)

# Chopped Vegetable Frittata

*Great for a late, lazy breakfast, brunch, or even dinner.*

Total Fat

4g

per serving

## Ingredients

8 oz. carton egg substitute  
2 green onions, minced  
1 tomato, chopped  
½ red pepper, chopped  
1 green pepper, chopped  
1-2 cups mushrooms, sliced  
1 cup red potato, cooked and sliced  
½ cucumber, peeled and sliced  
4 oz. can green chiles  
½ tsp. garlic powder  
¼ tsp. white pepper  
salt to taste, if desired

## Directions

Prepare a sauté pan with nonstick cooking spray.

Sauté all vegetables until crisp tender.

Pour egg substitute over the vegetables and cook, covered, over low to medium heat until egg is fully cooked and puffy.

**Serves 2**



## Nutritional Info

### Serving Size:

½ recipe

**Calories:** 224

**Fat:** 4 g

**Saturated Fat:** 0 g

**Cholesterol:** 0 mg

**Carbohydrates:** 30 g

**Protein:** 18 g

**Sodium:** 408 mg



# Pulled Chicken in a Crock Pot

*Don't tell anyone how easy this recipe is!*



## Ingredients

4-6 boneless, skinless chicken breasts  
8-12 oz. of your favorite  
barbeque sauce

## Directions

In a crock pot prepared with nonstick cooking spray, place chicken with sauce and cover. Cook on low for 6 hours or on high for 3 hours. Before serving, pull chicken breasts apart with a fork for an easy pulled chicken meal.

*Serving suggestions:*

Serve with a side dish and salad or serve on a whole-wheat bun with a salad.

**Serves 4**

Total Fat

**3g**

per serving

## Nutritional Info

### Serving Size:

1 breast,  
4 tbsp. sauce

**Calories:** 191

**Fat:** 3 g

**Saturated Fat:** 1 g

**Cholesterol:** 68 mg

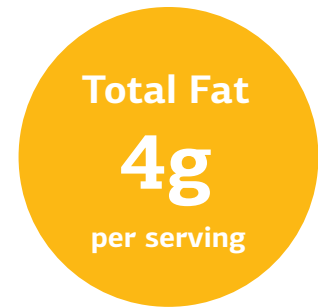
**Carbohydrates:** 14 g

**Protein:** 27 g

**Sodium:** 757 mg  
(to lower sodium, use a lower sodium barbeque sauce)

# Oven-Fried Chicken with Skinny French Fries

*Delicious and easy to make—one of our favorites.*



## Ingredients

1-1½ lbs. boneless, skinless chicken breast  
⅓ cup fat-free ranch dressing  
1 pkg. Shake 'N Bake® (or ¾ cups seasoned Panko bread crumbs)  
4 White Rose potatoes  
Paprika and other seasonings, as desired

## Directions

*Chicken:* Preheat oven to 400°F. Pour ranch dressing into a large plastic bag. Add chicken and blend. Dip chicken in the coating mixture and bake on a nonstick aluminum foil-covered baking sheet. Bake for 25-30 minutes, turning once. (Note: May replace chicken with pork tenderloin or white fish like cod.)

*Skinny fries:* Preheat oven to 425°F. Cut potatoes into thick cut “French fry” size. Spray a foil-lined baking sheet with nonstick cooking spray. Spread French fries on pan and add seasoning. Bake for about 30 minutes, turning frequently.

**Serves 4**

## Nutritional Info

**Serving Size:**  
1 chicken breast with  
1 large potato

**Calories:** 348  
**Fat:** 4 g  
**Saturated Fat:** 1.5 g

**Cholesterol:** 68 mg  
**Carbohydrates:** 43 g

**Protein:** 31 g  
**Sodium:** 607 mg

# Chicken Picante

*This easy marinade is an exciting solution to boring chicken.*

## Ingredients

4 boneless, skinless chicken breasts  
¾ cup salsa  
2 tbsp. Dijon mustard (more if you like it spicy!)  
Juice from 2 fresh limes



## Directions

Preheat oven to 350°F.  
Place chicken in a baking dish prepared with nonstick spray or in a pan lined with nonstick aluminum foil.  
In a small bowl, mix salsa, mustard, and lime juice and pour over chicken.  
Place in the refrigerator for 1 hour or more.  
Cover and bake for 35-40 minutes.  
Serve with brown rice (there will be plenty of sauce to flavor the rice).

**Serves 4**

Total Fat

**4g**

per serving

## Nutritional Info

### Serving Size:

1 chicken breast

**Calories:** 172

**Fat:** 4 g

**Saturated Fat:** 1 g

**Cholesterol:** 85 mg

**Carbohydrates:** 3 g

**Protein:** 31 g

**Sodium:** 420 mg



# Shrimp Casserole

*Also known as Shrimp Etouffée, this is an easy, almost no-fat version of a Cajun favorite. Spice it up or down to your taste.*



## Ingredients

1 cup onion, chopped  
1 cup celery, chopped  
1 cup green bell pepper, chopped  
1 tsp. garlic powder  
3 tbsp. tomato paste  
1 can of low-fat cream of chicken soup  
1 bag (12 oz.) frozen cooked shrimp, medium size  
1 tsp. Cajun seasoning  
½ tsp. hot pepper sauce, like Tobasco®

## Directions

In a 2-quart microwave safe dish, spray with nonstick spray.  
Add the onion, celery, green pepper and garlic. Spray the top of vegetables with nonstick spray.  
Heat in microwave 8 minutes.  
Take out and stir, then add the tomato paste, can of soup, shrimp, Cajun seasoning and hot pepper sauce.  
Put back in microwave and cook another 5 minutes until mixture thickens.  
*Optional:* Serve over plain white or brown rice, which is almost fat-free per ½-1 cup cooked.

**Serves 4**

## Nutritional Info

**Serving Size:**

¼ recipe

**Calories:** 150

**Fat:** 2.5 g

**Saturated Fat:** 1 g

**Cholesterol:** 118 mg

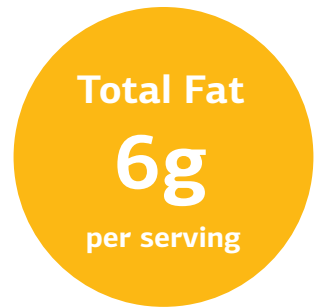
**Carbohydrates:** 14 g

**Protein:** 18 g

**Sodium:** 567 mg

# Italian Chicken Soup

*This is a tasty, low-fat but hearty soup that my family loves. Goes well with crusty French bread.*



## Ingredients

1 small onion, chopped  
1 green bell pepper, diced  
3 cloves garlic  
1 tbsp. dried basil  
¼ tsp. crushed red pepper (optional)  
1 cup chopped raw carrots  
1 large zucchini, diced  
1 can garbanzo beans, drained  
1 can diced tomatoes  
3 cans low-sodium, fat-free chicken broth  
1 package Buitoni® Light Four Cheese Ravioli  
1½ cups diced cooked chicken breast  
reduced-fat Parmesan cheese  
nonstick cooking spray

## Directions

Spray large sauce pan with nonstick cooking spray.  
Add onion, bell pepper, garlic, basil and red pepper and sauté, over medium heat, until tender, about 10 minutes.  
Add broth. Cover pot and simmer 10 minutes. Add carrots and zucchini.  
Cover and simmer until carrot is almost tender, about 5 minutes.  
Increase heat to high and bring soup to a boil. Add ravioli and boil until tender, about 5 minutes.  
Add chicken, beans and tomatoes and cook until heated through, about 1 minute.  
Ladle soup into bowls, sprinkle with a little Parmesan cheese and enjoy.

**Serves 6**

## Nutritional Info

### Serving Size:

⅓ recipe

**Calories:** 303

**Fat:** 6 g

**Saturated Fat:** 3.7 g

**Cholesterol:** 51 mg

**Carbohydrates:** 39 g

**Protein:** 24 g

**Sodium:** 543 mg

# Simple Four-Ingredient Chili

*This is a one-skillet meal with just four ingredients, but you can always add additional items like chopped onions, diced green or red peppers, a small can of chiles, or even a handful of frozen corn.*

Total Fat

5g

per serving

## Ingredients

1 lb. ground meat (at least 95% fat-free beef, turkey, chicken or pork)

15 oz. can of chili beans (most contain 1g or fewer grams of fat per serving)

15 oz. can no-added-salt diced tomatoes

1-2 tbsp. chili powder or other hot sauce, if desired

## Directions

Brown meat in a nonstick skillet until cooked through.

Add chili beans, tomatoes and spicy seasoning, if desired.

Heat and serve with crunchy baked chips and/or nonfat or low-fat shredded cheese on top.

**Serves 4**



## Nutritional Info

**Serving Size:**

¼ recipe

**Calories:** 284

**Fat:** 5 g

**Saturated Fat:** 2 g

**Cholesterol:** 60 mg

**Carbohydrates:** 27 g

**Protein:** 30 g

**Sodium:** 579 mg

# Chicken Caesar Salad

*A healthy version of a high-fat favorite. Add bright red cherry tomatoes for a delicious twist.*

## Ingredients

8 cups prewashed and torn romaine lettuce  
1 lb. precooked and sliced boneless, skinless chicken breasts  
1 cup fat-free croutons  
1 oz. fat-free shredded Parmesan cheese  
½ cup fat-free creamy Caesar dressing  
½ tsp. freshly ground black pepper  
1 fresh lemon

Total Fat

4g

per serving

## Directions

Place lettuce and croutons into a large bowl and add dressing, tossing well to coat.

Squeeze lemon into lettuce mixture and add cheese; toss again.

Divide mixture on to 4 serving plates.

Place thinly sliced or diced cooked chicken and divide equally atop each serving.

**Serves 4**

## Nutritional Info

### Serving Size:

¼ recipe

**Calories:** 214

**Fat:** 4 g

**Saturated Fat:** 2 g

**Cholesterol:** 92 mg

**Carbohydrates:** 22 g

**Protein:** 19 g

**Sodium:** 484 mg  
(depends on sodium content of cooked chicken)

# Mac and Cheese

*Easy to make and wonderful comfort food. Serve with a salad and No Pudge® brownies for dessert.*

Total Fat

6g

per serving

## Ingredients

15 oz. elbow macaroni

2 cans reduced-fat cheddar cheese soup

8 oz. shredded low-fat cheddar cheese

## Directions

Cook macaroni according to package directions until *al dente*.

Drain and place in 13"x9" glass baking dish.

Mix in cheddar cheese soup.

Mix in shredded cheese.

Cover tightly with foil and bake at 350°F for approximately 1 hour, or until bubbly.

**Serves 8**



## Nutritional Info

**Serving Size:**

1/8 recipe

**Calories:** 273

**Fat:** 6 g

**Saturated Fat:** 4 g

**Cholesterol:** 6 mg

**Carbohydrates:** 40 g

**Protein:** 14 g

**Sodium:** 515 mg

# Fish Made Simple

*Enjoy the subtle flavor of fish with this simple preparation.*

## Ingredients

12-16 oz. lean fish like sole, haddock, cod, tilapia, mahi mahi, or halibut.

2 egg whites or ½ cup egg substitute

½ cup Italian-style bread crumbs

1 fresh lemon

## Directions

Preheat oven to 425°F.

Wash and dry fish filets.

Put egg into bowl and dip fish.

Put crumbs into another bowl and use to coat fish.

Place coated filets on nonstick aluminum foil on a baking sheet (for easier clean up).

Top with thinly sliced lemon.

Bake for 20 minutes (depends on thickness) or until fish flakes.

Serve with fresh lemon.

**Serves 2**

Total Fat

**3g**

per serving



## Nutritional Info

### Serving Size:

½ recipe to include  
6 oz. raw fish (4-5 oz.  
cooked) and 2 tbsp.  
breadcrumbs.

**Calories:** 223

**Fat:** 3 g

**Saturated Fat:** 0 g

**Cholesterol:** 83 mg

**Carbohydrates:** 10 g

**Protein:** 37 g

**Sodium:** 395 mg



**Questions about low-fat eating?**

Call us at Compass: 1-855-898-2743  
from 8:00 a.m. to 7:00 p.m., EST.



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