



weight loss[®]
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2015 EASTER MENU



EASTER MENU GUIDELINES

Please note that the recipes provided here are extracted from the Healthier Alternatives Holiday Menu and therefore the macronutrient balance may not be exactly proportioned for the phase you are currently observing. The following are guidelines that will help you to ensure that your holiday dinner is U-Approved and roughly balanced.

- * Enjoy an appetizer of your choice, keeping the portion at 200 calories or less. Choose from: **Caprese Sweet Bites**, **Simply Delicious Spinach Dip**, **Zesty Springtime Shrimp** or **Deviled Eggs with Black Bean Dip**. We recommend that you consider your appetizer your mid-afternoon snack and enjoy it a couple of hours prior to dinner, while you are entertaining or mingling.
- * Enjoy one serving of one of the following higher-carbohydrate side dishes: **Light and Spicy Scalloped Sweet Potatoes** or **Orange-Glazed Carrots**.
- * Enjoy one serving of one of the following lower-carbohydrate and lower-calorie side dishes: **Crunchy Nutty Kale Salad** or **Sautéed Broccolini and Mushrooms**.
- * Alternatively, to lower your calorie intake, have two servings of the lower-carbohydrate and lower-calorie side dishes, leaving out the higher-carbohydrate options.
- * Enjoy one serving of one of the following entrées: **Spicy Easter Lamb Chops**, **Herb Roasted Chicken**, **Apricot Glazed Pork Tenderloin**, or **Lemony Sesame Halibut**.
- * Enjoy dessert as a low-calorie snack a couple of hours after your meal to allow for optimal digestion. Carefully select your dessert(s) from these options to ensure that you consume 200 calories or less: **Old-Fashioned Fruit Crumble**, **Strawberry Cheesecake Bites**, **Dark Chocola Strawberries**, and/or **Peachy Parfait**.
- * If you are currently in the Accelerator Reduce or Maintenance phases of the program and are on track with your weight loss, you may feel free to enjoy one six-ounce glass of wine. To ensure that you are not consuming too many calories, please consider the wine a replacement for one of your dessert, appetizer or side-dish servings.
- * It is always best to increase your exercise during the holidays. Why not go for an extra-long springtime walk with family and friends to help burn off any extra calories you may have consumed, especially after the big meal?

CAPRESE SWEET BITES

Makes 8 servings
Approximately 50 calories per serving

INGREDIENTS

1 pint	Grape tomatoes, halved
10 - 14	Fresh, small bocconcini cheese balls, cut into thirds
32	Wooden skewers
3 tbsp	Extra virgin olive oil
1½ tbsp	Balsamic vinegar
¼ tsp	Kosher salt
¼ tsp	Pepper
6	Thinly sliced fresh basil leaves
	Kosher salt and pepper to taste

INSTRUCTIONS

Thread 1 tomato half, 1 piece of cheese and another tomato half onto each skewer. Place skewers in a shallow serving dish. Whisk together oil, vinegar, salt, and pepper. Drizzle oil mixture over skewers; sprinkle with basil, salt and pepper to taste.



SIMPLY DELICIOUS SPINACH DIP

1 serving (¼ cup of dip and 5 brown rice crackers and/or vegetables of choice)
Approximately 150 calories per serving

INGREDIENTS

5 oz	Frozen chopped spinach, thawed
2 tbsp	Pecan pieces, toasted lightly (in oven or on stove)
4 oz	Sliced mushrooms
2 tbsp	Minced onion
1 clove	Garlic, minced, pressed or smashed
¼ cup	Low-fat cheese of choice, grated
½ cup	Allégro 4% milk fat ricotta cheese
1 tbsp	Dry white wine
¼ tsp	Black pepper
½ tsp	Olive oil
	Salt, to taste
	Nutmeg, to taste

INSTRUCTIONS

Preheat oven to 350 °F. Chop pecans in a food processor. Squeeze excess liquid from the spinach then combine spinach with the pecans. In a skillet, cook onion in a drizzle of oil until it begins to soften. Add mushrooms and cook over medium heat until browned. Deglaze the pan with white wine. Add garlic and seasonings and cook for 1 minute. Add the contents of the pan and the cheeses to the food processor and process. If the mixture is too thick, add water or wine sparingly until correct texture is reached. Pour the mixture into a small casserole dish and bake for 15 minutes or until the top browns.



DEVILED EGGS WITH BLACK BEAN DIP

Makes 1 serving (3 eggs)
Approximately 200 calories

INGREDIENTS

¼ cup	Canned black beans, drained and rinsed
½ tsp	Ground cumin
½ tsp	Coriander seed, ground
½ tsp	Minced garlic
1 tbsp	Chopped, raw spring onion
½ tbsp	Extra-virgin olive oil
3 tbsp	Water
1 tbsp	Lemon juice
½ cup	Chopped cucumbers, with peel
2	Celery stalks
2	Broccoli florets
4	Sweet green pepper strips
3	Large egg whites

INSTRUCTIONS

In a food processor, add black beans, cumin, coriander seed, garlic, green onions, olive oil, water and lemon juice and puree (add additional water to thin out the dip, if needed). Hard boil 3 eggs. Once cooked, peel and slice in half (lengthwise) removing the yolks. Using a pastry bag, fill each hardboiled egg white with the bean dip and slice cucumbers, celery, broccoli and green peppers and serve alongside the dip.

ZESTY SPRINGTIME SHRIMP

Makes roughly 12 servings
Approximately 75 calories each (4 - 5 shrimp)

INGREDIENTS

3 lbs	Pre-frozen shrimp (thawed)
2	Small red onions, sliced
½ cup	Olive oil
½ cup	Red wine vinegar
2 tbsp	Raw sugar or 1 tbsp of stevia
2 tsp	Grated lemon rind
2 tbsp	Fresh lemon juice
2 tsp	Dijon mustard
1 tsp	White Wine Worcestershire sauce
1 tbsp	Hot sauce
½ tsp	Salt
½ cup	Chopped fresh basil
2	Garlic cloves, pressed

INSTRUCTIONS

Thaw shrimp as desired. Drain and rinse with cold water. Layer shrimp and onion slices in an airtight container. Whisk together oil and next 10 ingredients; pour over shrimp mixture. Cover and refrigerate 24 hours, stirring occasionally.





LOWER-CARB SIDE DISHES

CRUNCHY KALE SALAD

Makes about 6 servings, ¾ cup each
Approximately 50 calories each

INGREDIENTS:

- 2 tbsp Honey, divided
- ½ cup Macadamia nuts
- 2 bunches Kale, thick stems removed, leaves washed and thinly sliced
- 2 tbsp White wine vinegar
- 1½ tbsp Almond butter

INSTRUCTIONS:

Preheat oven to 350°F. In a medium bowl, toss 1 tbsp honey and nuts with 1 teaspoon water. Bake on a parchment-paper-lined baking sheet, tossing two or three times, until golden brown, 10 to 12 minutes. Cool and roughly chop. Arrange kale in a large, deep skillet. In a medium bowl, whisk together vinegar, almond butter, remaining honey and 2 tablespoons water. Drizzle over kale, cover and cook over medium heat, tossing occasionally, until wilted and just tender, about 5 minutes. Scatter nuts over the top and serve.



SAUTÉED BROCCOLINI AND MUSHROOMS

Makes 2 servings
Approximately 50 calories each

INGREDIENTS

- 1 tsp Olive oil
- 8 oz Fresh mushroom caps, stemmed and sliced into ¼-inch-wide strips
- 8 stalks Broccolini, ends trimmed
- 1½ tsp Fresh thyme, chopped
- Zest from half a lemon, finely grated
- Sea salt and freshly ground black pepper to taste

INSTRUCTIONS

Heat oil in a large heavy skillet over medium heat. Add mushrooms and cook, stirring often, for 2 to 3 minutes. Season with sea salt and pepper and continue to cook until mushrooms are tender. With a slotted spoon, transfer to a plate and keep warm. Add broccolini, thyme and lemon zest to skillet and cook, stirring often, until broccolini is tender. Return mushrooms to skillet and toss to combine. Season with additional sea salt and pepper if desired.



HIGHER-CARB SIDE DISHES

LIGHT AND SPICY SCALLOPED SWEET POTATOES

Makes 6 servings, 1/2 cup each
Approximately 100 calories per serving

INGREDIENTS:

- 1 1/2 Large sweet potatoes (approximately 5" long)
- 1/2 Large white onion
- 1 1/2 cloves Garlic
- 1/2 tsp Ground coriander
- 1/2 tbsp Ground cumin
- 1/4 tsp Black pepper
- 1/3 cup Skim milk or unsweetened plain almond milk
- 1/4 cup Low-fat cheddar cheese, grated
- 1 tsp Hot sauce (or to taste)
- Non-stick cooking spray

INSTRUCTIONS:

Preheat oven to 400°F. Slice the sweet potatoes and onions as thinly as possible. Chop the garlic. Spray a small casserole dish with non-stick cooking spray. Layer half of the sweet potatoes on the bottom, sprinkling them with 1/3 of the spices. Next, add a layer of the onions and garlic, followed by 1/3 of the spices. Finally, add the remaining sweet potatoes followed by the remaining spices. Top with the milk, sprinkle with hot sauce to taste, and finish with the cheese. Bake, covered, for 20 minutes. Remove casserole cover and bake for a final 10 minutes or until the potatoes are tender and the cheese begins to brown.



ORANGE-GLAZED CARROTS

Makes 6 servings, 1/2 cup each
Approximately 100 calories per serving

INGREDIENTS

- 1 lb Fresh carrots, sliced
- 1 tbsp Butter
- 2 tbsp Orange juice concentrate, thawed
- 2 tsp Honey or agave syrup
- 2 tsp Fresh parsley, minced

INSTRUCTIONS

Pour 1 inch of water into a saucepan and add carrots. Bring to a boil then reduce heat. Cover and simmer for 7 to 9 minutes or until carrots are tender-crisp. Drain. Melt butter in a large skillet. Stir in orange juice concentrate and honey or agave syrup. Add carrots and parsley and stir to coat. Cook, stirring frequently, for 1 to 2 minutes or until the glaze is thickened.

SPICY EASTER LAMB CHOPS

Makes 4 servings
Approximately 200 calories per serving

INGREDIENTS

1 tsp	Curry powder
1 pinch	Cayenne (optional)
½ tsp	Dried or fresh oregano
½ tsp	Dried or fresh rosemary, minced
½ tsp	Salt
½ tsp	Freshly ground black pepper
2 tsp	Olive oil, divided
4	Lamb chops (3 to 4 oz each)

INSTRUCTIONS

In a small bowl, make a paste with curry, cayenne, oregano, rosemary, salt, pepper and 1 teaspoon olive oil. Rub spice paste over lamb chops. Transfer chops to a baking dish, cover and marinate overnight. When ready to cook, heat remaining oil in a large heavy skillet over medium heat. Place chops in the skillet in one layer. Brown for approximately 4 minutes on each side. Continue turning every 2 to 3 minutes until a meat thermometer inserted in the centre of each chop registers 120 °F to 125 °F. Transfer chops to a cutting board and let stand for 10 minutes before serving.



HERB ROASTED CHICKEN

Makes 6 servings
Approximately 200 calories each

INGREDIENTS

1	Whole chicken (approximately 4 lbs)
2 tsp	Olive oil
1	Small onion, quartered
1 stalk	Celery, cut into quarters
1 tbsp	Fresh thyme, chopped
1 tbsp	Fresh sage, chopped
1 tbsp	Fresh rosemary, chopped
¼ cup	Fat-free, low-sodium chicken broth
	Freshly ground black pepper

INSTRUCTIONS

Preheat oven to 425 °F. Remove giblets from chicken; rinse chicken with cold water and pat dry. Place onion and celery quarters inside the cavity. Place chicken, breast side up, on a rack in a shallow roasting pan and rub oil over chicken. Sprinkle liberally with herbs and add freshly ground pepper. Roast uncovered for about 1 hour and 20 minutes, basting frequently with juices and fat-free chicken broth, until a meat thermometer inserted into the thickest part of the thigh reads between 165 °F and 180 °F. Remove chicken from oven and allow to cool for 10 minutes before serving.



LEMONY SESAME HALIBUT

Makes 2 servings
Approximately 200 calories each

INGREDIENTS

2 tsp	Lemon juice
2 tsp	Extra-virgin olive oil
½ tsp	Garlic, minced
8 oz	Halibut, cut into 2 portions
1 tbsp	Sesame seeds, toasted
1 tsp	Dried thyme leaves
1/8 tsp	Kosher salt
	Freshly ground pepper, to taste
	Lemon wedges

INSTRUCTIONS

Preheat oven to 450 °F. Line a baking sheet with foil. Mix lemon juice, oil, garlic and pepper in a shallow glass dish. Add fish and turn to coat. Cover and marinate in the fridge for 15 minutes. Meanwhile, combine sesame seeds and thyme in a small bowl. Sprinkle the fish with salt and coat evenly with the seed mixture, covering the sides as well as the top. Transfer the fish to the prepared baking sheet and roast until just cooked through (approximately 10 to 14 minutes). Serve with lemon wedges.

APRICOT GLAZED PORK TENDERLOIN

Makes 1 serving

INGREDIENTS

2 tbsp	Apricot jam
1½ tbsp	Honey mustard
¼ tsp	Dried thyme
115 gm	Pork, tenderloin

INSTRUCTIONS

Preheat oven to 375 °F. In a small bowl, combine the apricot jam, honey mustard, and dried thyme. Spread mixture over pork and place in roasting pan. Cook in oven for 15 to 20 minutes, or until cooked to desired doneness.

* Please Note: Cooking time may vary if the portion size of the recipe is changed.



PEACHY PARFAIT

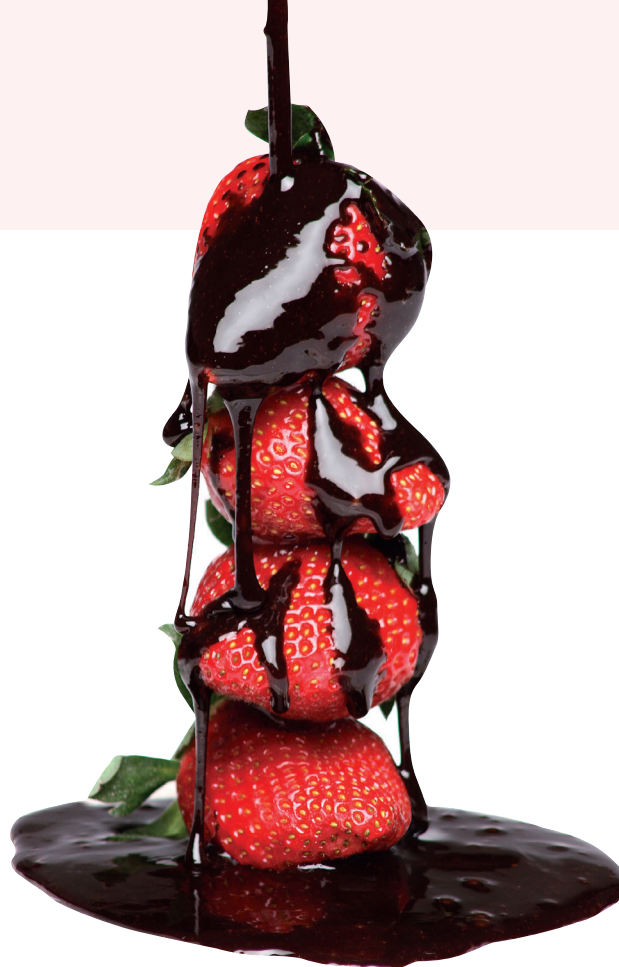
Makes 1 serving
Approximately 200 calories

INGREDIENTS

3 oz	Low-fat plain yogurt
2 oz	Cottage cheese (2% fat)
¼ tsp	Vanilla extract (or more, if desired)
½ tsp	Honey
1	Small peach, sliced
1 tbsp	Chopped almonds

INSTRUCTIONS

Combine yogurt, cottage cheese, vanilla and honey into a blender and blend until smooth. In a dish, place sliced peaches on the bottom. Top with yogurt and cheese mixture. Sprinkle with nuts. Chill in refrigerator for a minimum of 20 minutes.



DARK CHOCOLA STRAWBERRIES

Makes 2 servings
Approximately 200 calories each

INGREDIENTS

4	Medium strawberries
1½ oz	Dark chocolate (70% cocoa or higher)
8 oz	Greek yogurt (0% milk fat)
½ sachet	Stevia
1 tsp	Unsweetened cocoa powder

INSTRUCTIONS

Line a small baking sheet with parchment or waxed paper. Clean the strawberries and dry them well with paper towels. Melt the chocolate in a glass bowl over a double boiler (or bain-marie), stirring constantly until chocolate is smooth and completely melted. Be careful: the chocolate may burn if cooked too long or left unattended. Remove from heat. Hold a strawberry by its green top and dip it into the melted chocolate to cover the bottom half. Remove the strawberry from the chocolate, let the excess chocolate run off and set the berry on one of the lined baking sheets. Repeat this for each of the strawberries. Place berries in refrigerator to cool. Mix yogurt with stevia and cocoa powder and enjoy alongside strawberries once they have hardened.



DESSERTS



STRAWBERRY CHEESECAKE BITES

Makes 1 serving
Approximately 200 calories

INGREDIENTS

- 21 gm Protein powder
- 1 tsp Lemon juice (or more, if you prefer)
- 2 tbsp Philadelphia light cream cheese (or the closest alternative)
- 1 tsp water
- 2 Plain, honey or cinnamon graham crackers
- 1 Medium strawberry

INSTRUCTIONS

In a bowl mix protein powder, lemon juice, and cream cheese. Add up to 1 tsp of water drop by drop until desired consistency achieved. Spread on top of the graham cracker and top with a strawberry half.

OLD-FASHIONED FRUIT CRUMBLE

Makes 4 servings
Approximately 200 calories per serving

INGREDIENTS

- 2½ cups Fresh or frozen fruit, such as blueberries, peaches or plums
- 1 tbsp Honey
- 3 tbsp Whole-wheat flour, divided
- 1 tbsp Orange juice
- ½ cup Rolled oats
- ¼ cup Chopped almonds, or pecans
- 2 tbsp Brown sugar
- ¼ tbsp Ground cinnamon
- 2 tbsp Coconut oil or melted butter

INSTRUCTIONS

Preheat oven to 400 °F. Combine fruit with honey, 1 tablespoon of flour and orange juice. Divide among four 6-ounce ovenproof ramekins. Combine oats, nuts, brown sugar, the remaining 2 tablespoons of flour and cinnamon. Drizzle with oil and stir to combine. Sprinkle over fruit mixture. Place the ramekins on a baking sheet. Bake until fruit is bubbling and topping is golden, about 20 to 25 minutes. Let stand for 10 minutes before serving.

