



Pecan Catfish

- 1 lb catfish filets (thinner rather than thick) (You can also use another type of fish such as Basa, Tilapia or Halibut if you prefer.)
- Vegetable oil spray (PAM)
- 2 Tbsps olive oil
- 1 Tbsp cajun seasoning (you can use any spicy seasoning or a little cayenne - but not a Tbsp of cayenne)
- 2 tsps lemon juice (or fresh lime juice)
- 1/3 cup finely chopped pecans (or almonds)
- 3 Tbsps grated Parmesan cheese - fresh is better than in the shaker can
- 1 Tbsp dry bread crumbs - (Such as seasoned Italian bread crumbs)
- 1 Tbsp chopped parsley or cilantro

Preheat the oven to 425 degrees. Spray a glass baking dish with PAM. Put the catfish in the dish.

Combine the oil, cajun seasoning, lemon juice, and parsley in a small bowl. Spoon half the mixture over the fish.

Add pecans, bread crumbs and Parmesan cheese to the remaining mixture in the bowl and mix well. Spread over the fish evenly.

Bake 10 to 15 minutes (depending on the thickness of the filets) or until the fish flakes with a fork.

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Modified & Easy Chicken Cacciatore

- 1 whole boneless, skinless chicken breast (2 halves) This will make 4 pieces of chicken after filleting the halves
- PAM non-stick cooking spray
- Seasonings: salt, pepper, garlic salt, cayenne, cilantro, whatever you like—just a light sprinkle of each—garlic salt and pepper is enough for flavor without much spice
- 1 can Hunt's seasoned stewed tomatoes (check to be sure no high fructose corn syrup)
- Parmesan and Feta cheeses

Preheat oven to 350.

Fillet the chicken breasts. First cut them in half (separate the two breast halves) and cut off any fat. Then hold the thick end in your left hand between your thumb and first finger. Use a sharp, long knife and start slicing at the top (the thickest part) and work your way down. When you're finished with each half, you'll have four thin pieces of chicken.

Lay the filleted chicken flat in a glass baking dish.

Lightly rub chicken breasts with olive oil.

Sprinkle seasonings over chicken and rub in.

Cook chicken for 20 minutes. Then remove from oven and pour the stewed tomatoes on top. Put the chicken back in the oven for another 15 to 20 minutes.

Serve with grated parmesan and feta cheese.

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Spicy Dipping Sauce

- Small jar of light or no-fat Mayonnaise (no partially hydrogenated oils or trans fat, no high fructose corn syrup)
- 1 bunch of Cilantro
- 5 Serrano peppers (fewer or more depending on how hot you like it)

Wash and pat dry the Cilantro and peppers.

Cut the long part of the Cilantro stems off.

Cut the tops off the peppers and then cut them in half. Leave the seeds in.

Chop the Cilantro in a food grinder or processor.

Chop the peppers in the grinder or processor.

Mix them with the Mayo in a big bowl.

Put it all back in the Mayo jar to store in the refrigerator.

This dipping sauce is good with raw or cooked vegetables, on wraps, chicken breasts and fish. It will keep in the refrigerator for about 7 days.

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Chicken with Spicy Dipping Sauce

- 1 whole boneless, skinless chicken breast (2 halves) This will make 4 servings of chicken
- PAM non-stick cooking spray

Seasonings: salt, pepper, garlic salt, cayenne, cilantro—just a light sprinkle of each. As with all LoneStar recipes, experiment and add seasonings you like.

- 1 can chopped green chile pepper

- 4 slices of Provolone cheese

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Preheat oven to 350.

Fillet the chicken breasts. First cut them in half (separate the two breast halves) and cut off any fat. Then hold the thick end in your left hand between your thumb and first finger. Use a sharp, long knife and start slicing at the top (the thickest part) and work your way down. When you're finished with each half, you'll have four thin pieces of chicken.

Lay the filleted chicken flat in a glass baking dish.

Lightly rub chicken breasts with olive oil or spray lightly with PAM.

Sprinkle seasonings over chicken and rub in.

Cook chicken for 20 minutes. Then remove from oven and spread chile peppers over the top. Put the chicken back in the oven for another 15 to 20 minutes.

Top with Provolone cheese and put under broiler until just bubbly.

Serve with Spicy dipping sauce and fresh or frozen vegetables. Dipping sauce is also good with vegetables.

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Spinach & Artichoke Casserole

1/2 cup chopped green onions, tops included
1/2 cup Smart Balance or other healthy margarine
(2) 10-ounce packages frozen chopped spinach, cooked and drained
(2) 8-ounce cans artichoke hearts, drained
1 pint no fat sour cream
Dash of cayenne or chipotle for seasoning
Salt and pepper to taste (add cilantro, basil, dill to taste if desired)
1/2 cup grated Parmesan cheese

Preheat the oven to 350 degrees. Chop artichoke hearts to small bite size pieces. Saute onions in butter or margarine. Fold in spinach, artichoke hearts and sour cream. Season to taste. Pour in to a 2-quart baking dish and sprinkle with cheese. Bake 20-30 minutes.

Serves 4 to 6

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Pan Sautéed Tilapia

4 Tilapia filets
Minced or finely chopped garlic
1 Tbsp Cilantro (fresh is best)
1 Tbsp Basil (fresh if available)
Seasonings: Chipotle pepper, dill, pepper

Put about a tablespoon of olive oil in a nonstick fry pan. Heat the oil and add garlic (less than a teaspoon), chipotle pepper, dill, cilantro, basil (and other seasonings you like). Add the tilapia, and cook each side for about 4 minutes. It should be flaky when you put a fork in the middle.

Try this dish with steamed broccoli (you can do this quickly in the microwave), squash, asparagus, or steamed spinach.

Serves 4

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Roast Chicken Breasts with Spinach—Cheese Stuffing

Package of frozen chopped spinach, thawed and uncooked (or fresh chopped spinach)
2 whole boneless, skinless chicken breasts (4 halves)
2 oz blue, gorgonzola or feta cheese
2 oz reduced fat cream cheese
1/2 cup finely chopped green onions
4 1/2 tps Dijon mustard
1 tsp basil
Pepper and paprika to taste

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After spinach thaws (set it in the refrigerator the day before and it will thaw) squeeze out excess liquid.

Preheat the oven to 350.

Fillet chicken breasts (four breast halves) so you have 8 thin pieces.

In a mixing bowl combine cheese, reduced fat cream cheese, chopped green onions, Dijon mustard, and seasonings.

Combine with spinach and divide evenly over the filleted chicken breasts.

Roll the breasts up around the mixture. Place in glass baking dish and lightly brush tops with olive oil. Salt and pepper to taste.

Bake at 350 for about 40 minutes, depending on thickness of chicken breasts. Serve with fresh vegetables and a small dinner salad.

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Quick Breakfast Ideas

Breakfast is an important meal and should be quick and easy to prepare.

Hardboil several eggs over the weekend for quick breakfasts during the week.
Add slices of fruit.

Try 3 Tbsps grapenuts (no sugar) over low fat, no fat or plain yogurt with banana and/or berries.

Make a smoothie with plain yogurt, fresh orange juice (no high fructose corn syrup), a handful of frozen fresh cranberries, a chopped peach, a banana—whatever fruits you like best. You can drink it in the car on your way to work.

If you crave toast, use a whole grain, whole wheat bread (where you can see the grain), and try it with just margarine or cream cheese. For a really different taste, lightly spread cream cheese on toast and top with chives or dill. You'll be surprised at the taste!

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Poached Italian Seafood

- 4 fish fillets or fish steaks such as halibut or salmon steaks.
- Olive oil
- 1 tsp minced garlic
- 1 small onion finely diced
- 1/2 cup white wine (or chicken broth)
- 1 can seasoned, diced tomatoes with herbs (no partially hydrogenated or high fructose corn syrup)—or chopped fresh tomatoes with seasoning
- Grated Parmesan cheese
- 2 tsps fresh chopped basil

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Heat one tablespoon of olive oil in a large skillet with lid.
Add minced garlic and diced onion and sauté about 30 seconds.
Add ½ cup white wine (or chicken broth). Bring to a slow boil.
Add fish, cover skillet with lid.
Reduce heat to medium and simmer for about 6 minutes.
Add diced tomatoes and simmer about 2 more minutes or until fish flakes easily when tested with a fork.
Sprinkle with fresh basil just before serving if desired. Try a little grated parmesan cheese on top.
Serve with fresh green beans, asparagus or steamed spinach.

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Tomato Soup

This recipe is a season to taste, with added vegetables and seasonings you like sort of thing. Go for what you like, but aim for taste “bombs,” well-seasoned, low-salt, with a little bite.

- 6 – 8 whole tomatoes depending on size. (Fresh is best but if canned, look for those with no high fructose corn syrup and lowest in sodium)
- 1 small onion, minced
- 3 Tbsp finely chopped basil
- 2 tsps minced garlic
- 1 Tbsp finely chopped cilantro
- 3 Tbsp olive oil
- Dash of red wine (optional)
- 2 cups low-sodium chicken broth –or water.
- 3/4 to 1 cup fresh or frozen corn
- 1 can white or Cannelinni beans
- Dash of Tabasco if desired

Combine tomatoes, broth, onion, garlic, wine and olive oil and blend in blender to get a smooth, but not totally liquid consistency. You want some texture and you don't have to blend very long. Pour mixture into a cooking pot and bring to a low boil. Add basil, pepper, cilantro. Let simmer for about 35 minutes. Once the soup starts simmering, add the corn and the can of rinsed beans, no liquid. Continue cooking for another 1/2 hour. Serve with some sprinkled parmesan cheese over the top. Try a small dollop of no-fat sour cream.

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Olive Baked Chicken

- 2 whole boneless, skinless chicken breasts (4 halves)
- 1/4 cup red wine vinegar
- 1/4 cup dijon mustard and just a “squirt” of honey mustard
- 2 Tbsp chopped jalapenos
- 4 Tbsp chopped green olives (with pimentos)
- Seasonings: salt, pepper, garlic salt, cilantro, oregano, basil—just a light sprinkle of each, and other seasonings you especially like with chicken.
- 1/4 cup extra virgin olive oil (or canola oil)

Preheat oven to 350.
Halve the chicken breasts and cut off fat. When you're finished with each half, you'll have four pieces of chicken.
Combine all liquid ingredients and whisk smooth. Stir in olives, jalapenos and seasonings.
Lay the chicken flat in a glass baking dish and pour mixture over chicken, coating thoroughly.
Refrigerate for several hours or overnight.
Bake in preheated oven at 350 for 45 minutes.

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Pan Sautéed Tilapia Over Black Bean Salsa

This is a variation on the basic pan sauteed Tilapia recipe. You'll find other ways to modify it to create even more new tastes and flavors.

Black Bean Salsa

- 4 Tilapia filets
- Minced or finely chopped garlic
- 1 Tbsp Cilantro (fresh is best)
- 1 Tbsp Basil (fresh if available)
- Seasonings: Chipotle pepper, dill, pepper, Cumino
- Open a can of black beans (check for no partially hydrogenated oil or high fructose corn syrup) and rinse several times. Add 1/2 cup fresh or frozen corn. Chop a small tomato, small onion, and mix beans, tomato, onion and corn with juice from one lime. Heat in microwave about 45 seconds.

Put about a tablespoon of olive oil in a nonstick fry pan.
Heat the oil and add garlic (less than a teaspoon), chipotle pepper, dill, cilantro, basil (and any other seasonings you like).
Add the tilapia, and cook each side for about 4 minutes. It should be flaky when you put a fork in the middle.

Serve the black bean salsa on the plate and place the tilapia on the salsa. Top the tilapia with tarter sauce. (**For a quick tarter sauce**, mix 1 teaspoon sweet relish—try to find one with no high fructose corn syrup—and strain out the relish juice, 3 tablespoons light mayo without high fructose corn syrup, 1 teaspoon dill weed and a sprinkle of celery seed. For a real bite, add 1 tsp horseradish.)

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Tomato Sauce over Vegetable “Pasta”

If you’re a gardener with an organic garden, all the better since that assures fresh veggies. But if you get yours from the grocery, here’s what you need to look for:

The equivalent of 5 large red, meaty tomatoes.

The equivalent of 2 large yellow squash or zucchini (if they’re small, just add a few more).

Julienne the squash or zucchini to thin sticks

Chop the tomatoes into chunks and put them in the blender or food processor. Blend or process until you get an Italian marinera spaghetti sauce consistency—there should be some chunks of tomato, not totally smooth.

Add chopped basil, oregano, onion, mushroom, 2 tablespoons olive oil, chopped garlic, black pepper, and a dash of red wine /optional. (Here again, season to your personal taste).

Cook the tomato sauce for about ½ hour and then simmer another ½ hour.

Place the julienned squash or zucchini in a microwave safe dish and season with 1-teaspoon olive oil and pepper. Microwave for 3 minutes total, at one-minute intervals.

Serve the spaghetti sauce over the “squash or zucchini pasta” sprinkled with Parmesan cheese, and a little feta or goat cheese.

The good thing about this and other LoneStart recipes is that everything is adjustable to your taste and preference (as long as it doesn’t include sugar, partially hydrogenated oil products or refined carbs. The small amount of fat from the olive oil is OK). If you don’t like a certain seasoning, substitute one you do like. It’s fun to experiment.

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Cool Summer Treats

Instead of reaching for the ice cream, try these easy ways to cool off.

Use an ice tray (remember those) and freeze some lemon juice and lime juice. Then pour water, ice tea, or even fruit juice over the cubes (be sure the fruit juice has no added sugar and no high fructose corn syrup).

Pour fresh fruit juice over shaved ice for your own sno cone.

Frozen fruit is always a treat—try red and green seedless grapes and berries.

Puree cantaloupe, watermelon or other fruits in the blender. Add a few strawberries or cranberries if available. Back to the ice trays—freeze until almost solid and insert a toothpick in each. Then finish freezing. These are delicious. Serving size is 2 (ice tray) cubes.

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Salmon with Mustard Dill Sauce

Mustard Dill Sauce

Mix 1/2 cup grainy brown mustard, 1/4 cup low-fat plain yogurt, 2 tablespoons light mayonnaise, and 1/8 cup minced fresh dill.

Mix all ingredients in a bowl. Can be refrigerated for up to 3 days.

1 to 1-1/2 pounds salmon filets, skin attached

1 lemon (or lime) cut in four pieces

1 tablespoon chopped or minced garlic

2 tablespoons olive oil

Seasonings to taste: pepper, cilantro, oregano, basil, chipotle pepper—just a light sprinkle of each.

Squeeze lemon juice from two of the lemon pieces over the flesh side of the salmon, season to taste, and set aside.

In skillet, drizzle 2 tablespoons olive oil, and juice from other two pieces of lemon / lime. Add chopped or minced garlic.

Heat to just sizzling and place salmon in skillet, flesh-side down for three to four minutes (you should see the edges turning white). Use a spatula to flip and cook for seven to ten minutes more, until flesh turns white and flakes with fork. Remove from skillet, leaving the skin behind.

Top each with 2 to 3 tablespoons of sauce. Garnish with fresh dill and extra lemon if desired.

This is great with coleslaw, sweet potatoes, fresh green beans or summer squash.

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Butternut Squash Soup

This recipe is a season to taste and add in the vegetables and seasoning you like sort of thing.

2 good -size butternut squash (about 3 cups)

3 Tbsp finely chopped basil

2 tsps minced garlic

1 Tbsp finely chopped cilantro

Dash of white wine (or sherry, or neither)

2 boxes low-sodium, 99% fat free chicken or vegetable broth

1 box frozen spinach

Cut butternuts into manageable pieces, remove seeds, and bake or microwave until soft enough to scoop out the “meat.” (Use a glass baking dish with a little water at the bottom. If you microwave, cover with saran.) When soft, mash or blend in blender until an almost smooth consistency. You want some texture and you don’t have to blend very long. Pour mixture into a cooking pot, add broth, and bring to a low boil. Add spinach, basil, pepper, cilantro and other seasonings. Let simmer for about 45 minutes, stirring occasionally. Serve with a “dollop” of no-fat sour cream.

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Calabacitas (Mexican Squash)

2 pounds yellow squash, trimmed and cubed into small bite size pieces
1 tablespoon butter or margarine (without partially hydrogenated oil)
1 small onion chopped
3 medium tomatoes, chopped (or if canned, use stewed, no high fructose corn syrup, drain liquid)
1/3 cup grated sharp or extra sharp cheddar cheese
2 cups fresh or frozen corn (kernels)
4-oz can chopped green chilies
Seasonings: To taste/ pepper, garlic salt, 1 tsp cilantro, 1 tsp cumin/ cumino. Try a dash of chipotle pepper for some spice

Boil squash until tender, about 15 minutes. Drain well and set aside. In large saucepan, saute onions and tomatoes in butter/ margarine until sort of mushy. Add squash, corn, seasonings and mix well. Pour into casserole and sprinkle cheese over top. Bake in 350 oven about 20 minutes or until cheese melts.
LoneStar Tip: By substituting sharp or extra sharp cheddar in a recipe, you can generally use half as much for the same flavor.

Tip: If you have leftovers, place a large spoonful in a low carb whole wheat tortilla with a tablespoon of non-fat sour cream. Roll and top with a little salsa. Heat in microwave about 20-25 seconds till warm. Instant enchilada!

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Chicken Marsala

4 Boneless, skinless chicken breasts, filleted so you have eight thin pieces
3 cups sliced mushrooms
2 tablespoons chopped green onions
2 tablespoons water
1/4 cup dry Marsala wine (or substitute 1/4 cup white grape juice and 1 teaspoon brandy)
1 teaspoon cornstarch

Fillet chicken breasts. Spray nonstick skillet with Pam nonstick olive oil cooking spray. Season to taste but easy on the salt. Pepper, a little dill, basil and rosemary are good choices. Heat over medium heat until hot and add chicken. Cook 2 to 3 minutes on each side. Transfer to platter and keep warm in 200 degree oven.

Add mushrooms, onion, water and any additional seasonings to skillet. Cook 3 minutes or until most of the liquid has evaporated. Combine wine or substitute mixture and cornstarch in small bowl, add to skillet. Heat, stirring constantly, until thickened and spoon over chicken.

Tip: This is a great recipe with the Calabacitas, or steamed broccoli or asparagus, and a small dinner salad with a light vinaigrette dressing.

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Skillet Special

1 pound super lean ground beef (or better, ground turkey breast)
2 cups (or one jar without liquid) sliced mushrooms
One small onion, chopped
1 teaspoon Worcestershire sauce or alternative
1 teaspoon dried oregano, 1 teaspoon ground nutmeg, 1 teaspoon chopped, bottled garlic
1/2 teaspoon salt or Mrs. Dash and pepper to taste
1 package frozen chopped spinach, thawed
1 can red kidney beans, Cannellini beans, or black beans, rinsed and drained
1 cup frozen corn (optional)
1/3 cup grated Parmesan cheese

Spray large skillet with nonstick cooking spray. Add ground beef (or turkey), mushrooms, garlic and onion. Cook over medium-high heat 6 to 8 minutes or until onion is tender, breaking meat apart with wooden spatula or spoon. Cook until meat is no longer pink. Add Worcestershire, oregano, nutmeg and salt. Pepper to taste. Drain spinach but do not squeeze dry. Stir in to meat mixture. Add corn if desired. Reduce heat to medium and stir until heated through. Stir in cheese. Serving suggestions: Top with salsa and about 1 Tablespoon no fat sour cream. Add a small dinner salad with vinaigrette dressing.

Tip: If you have leftovers (big if) wrap in a whole wheat, low-carb tortilla with a sprinkle of extra sharp cheddar cheese for an almost instant lunch the next day. Microwave for about 15 seconds.

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Oven-fried Zucchini Sticks

This is a recipe even your kids will love. It's easy, healthy and makes for a light dinner. **Tip:** The yield is 8 servings, with 2 "sticks" per serving. It's low-calorie (40 calories per serving), less than 1 g saturated fat, low-carb and low cholesterol.

1/4 cup Italian breadcrumbs
1 Tablespoon grated parmesan cheese
Pinch of garlic powder
2 medium zucchini
1 Teaspoon olive oil and 3 Tablespoons water
Olive oil-flavored cooking spray

1 cup favorite lowfat spaghetti sauce (no partially hydrogenated oil or high fructose corn syrup)
Preheat oven to 475 degrees. Combine breadcrumbs, Parmesan cheese, and garlic powder in a shallow dish and set aside. Cut each zucchini lengthwise into 4 pieces; cut each piece in half crosswise. Place pieces in a zip-top plastic bag. Add oil and water and shake. Dredge zucchini in breadcrumb mixture and place on baking sheet coated with cooking spray. Bake for 10 minutes or until brown and tender. Serve with warm spaghetti sauce.

Tip: Sautéed or steamed spinach really complements this dish. Serve with a small dinner salad with a light vinaigrette dressing.

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