Submitted by Maryanne Ponte
JR. CLERK
PRAB BUILDING
Mary Ann’s Pizza

-Large Boboli pizza crust (THIN crust)
-With pastry brush, pain on a little bit of olive oil, not a lot, enough to lightly dampen crust
-Pizza sauce (I use CLASSICO; use enough to spread on crust, not a lot)
-Broccoli florets (cut florets, not to cover pizza but add here and there)
-Onion (to your liking)
-Tomato slices (to your liking)
-Mushrooms (cut into thin slices; to your liking)
-Cheese (buy low-fat-low moisture cheese and sprinkle enough to cover)
Bake at 450 for 10 minutes. Sometimes I bake at 425 for 12 minutes.
Depends on your oven. Crust comes out crunchy.

HAMBURG PIZZA
-Cook hamburger (about half to three quarters of a pound) in pan sprayed with Olive oil spray, drain and cool.
-Put on top of your sauce then add onion, tomato, mushrooms and cheese (or whatever ingredients you like)
-Put in oven. Bake the same as above at 450 degrees for 10 minutes or 425 for 12 minutes or so.

Change ingredients to your liking as long as it is fat free or low fat. Veggies can be added as much as you like.
Each slice about 100 calories. Two slices ONLY for supper with a salad.
YUMMY!! AND YOU ARE FULL!!

If cooking a big pizza is too much temptation for you, buy the small personal pizza crust. You can eat the whole thing with a salad. AND YOU ARE FULL!!

This is good for you and it’s very healthy. I have lost 16 lbs so far and I have this at least twice a week. Two slices of the BIG pizza or a small personal pizza (and you can have the whole thing) with a garden salad. Low fat or zero fat salad dressing. I like Ken’s lite honey mustard. Dip your fork into the dressing first then the salad. It keeps you from using too much dressing.
HAPPY EATS!!!
2 ingredient muffins

One can of Pumpkin (not Pumpkin Pie filling, regular canned pumpkin)
One box of sugar free chocolate cake

Mix both together well

Bake according to cake mix directions

(the kids think they're eating chocolate cake for breakfast!!)

Jennifer Mello, LPN
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PRAB
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Submitted by:
Chris Fernandes MA, LMHC, CSAC
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Chick Pea Salad


Ingredients:
2 cans chickpeas, rinsed and drained
1 small red onion finely chopped
1 small red bell pepper, finely chopped
A few stems and leaves of Parsley chopped
1 clove garlic, minced or grated then grinded into a paste with salt
1/2 teaspoon crushed red pepper flakes
2 tablespoons rosemary, finely chopped, a few sprigs
3 tablespoons red wine vinegar
3 tablespoons extra-virgin olive oil (optional)
Salt and freshly ground black pepper

Directions:
Combine chick peas with onions, peppers, parsley, garlic, red pepper flakes and rosemary in a medium bowl. Dress salad with vinegar and oil (optional), salt and pepper. Chill in the refrigerator before serving.
100% Whole Grain Strawberry Oat Bars
(vegan, dairy-free options)

Ingredients

- 1 1/2 cups (150 grams) rolled oats
- 3/4 cup (94 grams) white whole wheat flour or all-purpose flour
- 1/2 cup (100 grams) brown sugar or raw sugar
- 2 teaspoons lemon zest
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup (169 grams) unsalted butter, cold OR 2/3 cup (150 grams) room temperature (should be like softened butter) coconut oil for a vegan/dairy-free version
- 2 1/2 cups strawberries (about 12-15 medium strawberries - 353 grams without the stems), chopped into 1/4" chunks
- 7 tablespoons (125 grams) strawberry jam
- 1/2 teaspoon vanilla extract

Directions

1. Preheat the oven to 375°F (190°C) and line an 8"x8" baking pan with parchment paper.
2. In a large mixing bowl, mix together the oats, flour, sugar, zest, baking powder and salt.

3. Cut in the butter or coconut oil using a pastry blender, two knives or your fingers, and mix until the dough comes together. The dough should not be very crumbly, but should stick together.

4. Gently press two thirds of it onto the bottom of the prepared baking pan.

5. Bake for 10-13 minutes or until the edges just start to turn brown.

6. Meanwhile, prepare the filling. In a medium bowl, mix together the sliced strawberries, jam and vanilla.

7. Spread this mixture over the baked crust and then evenly sprinkle the remaining oat mixture over the strawberry filling.

8. Bake for another 25-30 minutes or until the top has lightly browned and the filling is bubbly.

9. Let the bars cool completely and then refrigerate for 2 hours before cutting.

10. Store any leftovers in the refrigerator for up to 4 days. These can also be frozen.

https://www.texanerin.com/strawberry-oat-bars/
MEDITERRANEAN CHICKEN

5 OZ RAW BONELESS CHICKEN CUBED INTO 1/4 INCH THICKNESS
1/8 TSP OREGANO
1/8 TSP EACH SALT & BLACK PEPPER
1/2 CUP CHOPPED ZUCCHINI
1/2 CUP CHOPPED RED ONION
1/2 CUP CHERRY TOMATOES, HALVED
1 TBSP. SLICED BLACK OLIVES
1 TBSP. CHOPPED FRESH BASIL
1 1/2 TSP. LEMON JUICE
3 TBSPS. CRUMBLED FETA CHEESE

PREHEAT OVEN TO 375 DEGREES. LAY A LARGE PIECE OF HEAVY DUTY FOIL ON A COOKIE SHEET AND SPRAY W/ NONSTICK SPRAY.
SEASON CHICKEN W/ OREGANO, SALT, PEPPER AND PLACE IN MIDDLE OF FOIL. TOP W/ VEGGIES, OLIVES, AND BASIL. DRIZZLE W/ LEMON JUICE AND SPRINKLE WITH CHEESE. COVER WITH ANOTHER LARGE PIECE OF FOIL. FOLD TOGETHER AND SEAL ALL FOUR EDGES, FORMING A WELL-SEALED PACKET.
BAKE FOR 25 MINUTES UNTIL CHICKEN IS COOKED THROUGH AND VEGGIES ARE TENDER. CUT PACKET AND RELEASE STEAM BEFORE OPENING ENTIRELY.
MAKES 1 SERV. 304 CALORIES, 9.5 TOTAL FAT, 15 CARBS, 3 G FIBER, 7.5 G SUGAR, 37.5 G PROTEIN
Skinny Baked Shrimp Scampi with Spaghetti Squash

Preparation: 40 mins  Cook Time: 30 mins  Serves: 6

Skinny Baked Shrimp Scampi with Spaghetti Squash

Ingredients

1 Medium spaghetti squash
1 1/2 lbs shrimp, peeled, deveined and tails still on

For the Marinade

2 Tbsp Kerrygold unsalted butter, melted
Zest of one large lemon
2 Tbsp fresh lemon juice
4 cloves garlic, minced
1/4 C shallot, diced
1/2 c fresh Italian parsley, diced, divided
1 tsp sea salt
1/2 tsp fresh ground black pepper
3/4 cup organic chicken broth
1 Tbsp white wine vinegar
1 cup Kerrygold cheese, divided (1/2 cup Skellig, 1/2 cup reduced fat Dubliner)

Instructions

Make the Squash

1. Preheat oven to 400 Deg F.
2. Cut the squash in half lengthwise, scoop out seeds, place cut side down in a baking dish and fill halfway up the sides of the squash with water. Bake 30-40 min or until the tops of the squash indent when you press on them. Remove from the oven, immediately remove the squash from the pan and separate out the squash with a fork and place in a bowl. Mix in 3/4 cup of the cheese. Spread the squash mixture in an even layer in a 9x13 baking pan and set aside.

Make the marinade:

1. Place the shrimp in a large bowl.
2. In a medium bowl whisk together the melted butter, lemon zest and juice, garlic, shallots, all but 2 Tbsp of the parsley, salt, pepper, chicken broth and vinegar. Pour the marinade over the shrimp and let sit for 20 min.
Assemble

1. Spread the shrimp mixture over the top of the squash, and pour any remaining marinade over the pan. Bake at 400 deg. for 20 min or until the shrimp start to turn pink. Sprinkle the remaining cheese over the top and bake for another 5-10 min. Checking after 5 min to make sure all the shrimp is baked. Remove from the oven and sprinkle the remaining parsley over the top. Serve immediately.
Submitted by Brenda Folger
Teacher
Normandin Middle School

Spaghetti Squash Lasagna

Ingredients;
- Spaghetti squash (medium size)
- 1 cup spaghetti or pizza sauce
- ½ cup Parmesan cheese
- 1 cup feta cheese

Toppings may vary;
- 1 medium pepper – cut into match stick pieces (any color desired)
- ½ large vadalia onion – sliced very thinly
- ½ cup sliced mushrooms (optional)
- Olives sliced to garnish
- Basil (fresh or dried)
- Olive oil
- red pepper flakes

Step 1
Preheat oven 350
Cut spaghetti squash lengthwise and remove seeds. Place the squash face up (makes it easier to shred squash with a fork) in a baking dish and bake one hour. Cool.

Step 2
Heat oven to 425
Shred squash out with a fork. Season to taste with olive oil, salt, pepper flakes, basil.
Press into baking dish to serve as the pizza crust. Cover with sauce, top with parmesan then feta cheese. Top with onions, peppers, mushrooms, and olives. Note: if using meat topping layer meat over the cheeses then add toppings. More basil and pepper flakes if desired.
Bake in hot oven on bottom rack 10 minutes, transfer to top rack bake 40–45 minutes until lightly browned.
Title: Vegetarian Nut Loaf

Serves:

Favorite recipe from: Aunt Ceci

Ingredients:
- 1 can (19 oz. vegetarian)
- 2 onions - diced small cut
- 1 green pepper - diced small cut
- 4 garlic cloves - diced very small
- 3 eggs - beat lightly
- 2 cups Ritz cracker crumbs
- 1 cup milk
- 1 cup shredded cheese (American or cheddar)
- 1 cup finely chopped walnuts
- 1/2 cup vegetable oil
- 1 tsp. cinnamon

Method: Mix all ingredients until thoroughly mixed. Pour into well-greased pyrex casserole dish. Bake 1 hour at 350°F

Notes:

Submitted by Adlybeir Ferveira
Confidential Secretary
P.R.A.B. Building
Submitted by Mary Gomes
Office Representative
Prab Building

Unstuffed Cabbage Rolls

Ingredients – Serves 6-8

1 – 1 ½ pounds ground turkey
1 tablespoon oil
1 clove garlic (or more if you love garlic like me)
1 small cabbage, chopped
2 cans (14.5oz) diced tomato – low sodium or no salt added (I prefer to use the seasoned w/ garlic or basil/oregano for added flavor. If you use low salt/no salt I would add additional seasonings)
1 can (8oz) tomato sauce – low sodium or no salt added
½ cup water
1 teaspoon black pepper
1 teaspoon sea salt

Instructions

In a large skillet (I prefer a large stock pot), heat olive oil over medium heat. Add the ground turkey & onion & cook, stirring, until ground turkey is no longer pink & onion is tender. Add garlic and continue cooking for 1 minute. Add the tomatoes, tomato sauce, water, cabbage, salt & pepper and bring to a boil. Cover and simmer for 20-30 minutes or until cabbage is tender. The longer you simmer the more flavors develop from the garlic & tomatoes.

You can choose to eat as is or serve w/ side of brown rice.

Link to recipe is below:

Submitted by Paula Correia  
Paraprofessional / Winslow School  
Lemon and Herb Spaghetti Squash with Roasted Shrimp

Serves: 4

**Ingredients**

- 2 small to medium spaghetti squash
- 12 oz. large shrimp, peeled and deveined (about 20 shrimp)
- 1 Tbsp olive oil
- 2 Tbsp butter (grass fed)
- Salt and cracked pepper, to taste
- 3 cloves garlic, minced
- 1 lemon, juiced
- 1 tsp. lemon zest
- ½ cup dry white wine
- 1 tsp. Dijon mustard
- ¼ tsp. red pepper flakes
- ¼ cup plain Greek yogurt
- 2 Tbsp fresh parsley, chopped

**Instructions**

1. To make the spaghetti squash, preheat oven to 350 degrees F and cut squash right down the middle. Scoop out all the seeds and place cut side down on a baking sheet lightly sprayed with oil so they don’t stick. Bake the squash in the oven for 45 minutes until tender.
2. Meanwhile in a large skillet, melt oil and butter over medium high heat, add shrimp and season with salt and pepper, sautéing for about 2 minutes. Add garlic and sauté an additional 2 minutes until shrimp is cooked through; remove from heat and set aside (you don’t want to overcook the shrimp)
3. Add lemon juice, lemon zest, white wine, Dijon mustard and red pepper flakes and bring to a boil. Reduce heat and allow sauce to simmer until the spaghetti squash has finished baking.
4. Remove the skillet from heat and take squash out of the oven. Scrape out all the strands of spaghetti using a fork, throw spaghetti squash into a colander and place in the sink, pressing gently with a paper towel to allow any excess water to drain out.
5. Whisk yogurt in with the sauce until creamy and smooth then stir in chopped parsley. Toss with spaghetti squash and shrimp, serve and enjoy!

**Nutritional Information**

Serving Size: 2 cups spaghetti squash + 5 shrimp • Calories: 235 • Fat: 10.4 g • Saturated Fat: 4.2 g • Carbs: 25.7 g • Fiber: 4.3 g • Protein: 9.7 g • Sugars: 9.6 g • WW Points+: 6 • Smart Points: 9

Creamy Sun-Dried Tomato and Parmesan Beyond Meat® Chicken Zoodles
Serves 6
- 1 tablespoon butter
- 1 9oz package of Beyond Meat Lightly Seasoned Chicken Strips (these are vegan!) or 1.5 pounds skinless chicken thigh fillets, cut into strips if real meat is preferred; although I do eat meat dishes, and cannot taste the difference with this brand of meat substitute in this dish!
- 4 ounces fresh semi-dried tomato strips in oil, chopped
- 4 cloves garlic, peeled and crushed
- 1 1/4 cup thickened cream, reduced fat or full fat (or half and half)
- 1 cup shaved Parmesan cheese
- Salt to taste
- Dried basil seasoning
- Red chilli flakes to taste
- 2 large Zucchini (or summer squash), made into Zoodles (use a vegetable grater if you don’t have a Zoodle grater)

Directions
1. Heat the butter in a pan/skillet over medium high heat. Add the chicken strips and sprinkle with salt. Pan fry until the chicken is golden browned on all sides and cooked through. If using the Beyond Meat chicken substitute, prepare according to package instructions.
2. Add both semi-dried and sun-dried tomatoes with 1 tablespoon of the oil from the jar (optional but adds extra flavor), and add the garlic; sauté until fragrant. (While the chicken is browning, prepare your Zoodles with a Zoodle maker OR with a normal vegetable peeler.)
3. Lower heat, add the cream and the Parmesan cheese; simmer while stirring until the cheese has melted through. Sprinkle over salt, basil and red chilli flakes to your taste.
4. Stir through the Zoodles and continue to simmer until the Zoodles have softened to your liking (about 5-8 minutes) and serve.

Nutrition Facts*
Servings 6
Amount Per Serving
calories 291
% Daily Value *
Total Fat 19 g 29 %
Saturated Fat 10 g 51 %
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g
Cholesterol 22 mg 7 %
Sodium 633 mg 26 %
Potassium 107 mg 3 %
Total Carbohydrate 11 g 4 %
Dietary Fiber 2 g 8 %
Sugars 5 g
Protein 22 g 45 %
Vitamin A 7 %
Vitamin C 14 %
Calcium 25 %
Iron 15 %