



Healthy Firehouse Recipes

Healthy and easy recipes that
will satisfy your (or any) crew





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The Healthy Firehouse Recipes Cookbook is dedicated to all of the firehouse cooks that are trying to change the "culture" of the unhealthy firehouse kitchen. This is a work-in-progress, please email me ([Click Here to email Aaron](#)) with your healthy (and popular) firehouse recipes so we can add them.

A special thanks from Aaron Zamzow and Fire Rescue Fitness...

Please accept this "bonus" Healthy Firehouse Recipe Cookbook as a thanks for purchasing one of my Fire Rescue Fitness Workout Programs. This has been a work in progress for the last 6 years (just like my own cooking has). When I first became a firefighter I must admit (and my crew would tell you) that I was a sub-par cook. I had three recipes and would rotate them. So, for all those firehouse cooks that are cooking healthy (or trying to) I give you these 30+ healthy recipes. As stated above, this is a work in progress, if you have healthy (and tasty) recipes that you use with your crew (or family) please email me the recipe ([Click Here to email Aaron](#)) and I can add it to the next version.

Thank you for trusting me with your fitness! Please continue to follow www.FireRescueFitness.com and look for more innovative, efficient and effective workouts (and recipes) for fire rescue athletes.

Stay safe and healthy,

Aaron Zamzow, BS., NASM and ACE Peer Fitness Trainer

[Author, The Ultimate Fire Rescue Athlete, The FRF Foundations Program, Chiefs Workout...](#)

www.FireRescueFitness.com



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Breakfast

Holy Granoly

Prep Time: 15 minutes

Cook Time: 1 hour 30 minutes – 1 hour 45 minutes

Ready In: 1 hour 45 minutes – 2 hours

Servings: 4-6

Here is a great option for a healthy snack. It takes a little time to cook so I recommend cooking a bunch, storing and using for a snack all week long

INGREDIENTS:

- 3 cups oats
- ½ cup unsalted almonds, roasted
- 3 tablespoons whole flaxseeds
- 1 teaspoon ground cinnamon
- 1 cup toasted wheat germ
- 4 scoops vanilla whey protein powder
- 2 tablespoons brown sugar
- 3 tablespoons honey
- 3 tablespoons dried cranberries
- 3 tablespoons dates, chopped
- 2 tablespoons raisins
- 1 cup water

DIRECTIONS:

1. Preheat the oven to 350 °F; lightly coat a large baking pan with cooking spray.
2. In a large bowl, mix together oats, almonds, flaxseeds, cinnamon, wheat germ, protein powder, brown sugar, honey and water.
3. Spread mixture onto the prepared baking pan in an even layer.
4. Bake for about 90 minutes, stirring every 15 minutes, until all the granola is browned and crunchy. If it's not crunchy after 90 minutes, bake for 15 minutes longer, while making sure that it doesn't get too dark.
5. Remove from the oven and allow it to cool completely.
6. Stir in cranberries, dates, and raisins.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of "The SOPs of Eating Lean in the Firehouse"



Firefighter Fit Flapjacks

Prep Time: 5 minutes

Cook Time: 12-15 minutes

Ready In: 17-20 minutes

Servings: 4-6

INGREDIENTS:

- 500ml (2 cups) cottage cheese
- 500ml (2 cups) egg whites
- 500ml (2 cups) oats
- 1-2 tablespoon olive oil
- 1 cup blueberries (optional)
- 1/3 cup real maple syrup (optional)

DIRECTIONS:

1. Place equal parts of each of first 3 ingredients in a blender.
2. Blend for a couple minutes to a pancake batter consistency.
3. Heat ½ tablespoon olive oil in a skillet over a medium-low heat and ladle 1/4 cupfuls of the batter, keeping them spaced apart. Sprinkle some blueberries over batter (if using).
4. Cook flapjacks until bubbles appear and undersides are lightly browned, about 2 minutes; flip and cook for about 1 minute. Repeat until batter is used, adding a little more olive oil if needed. Loosely cover cooked flapjacks with foil to keep warm.
5. Serve immediately with maple syrup (if using).

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of Bram Peters, Toronto Fire Service



Eggs Farina

Prep Time: 6 minutes

Cook Time: 8 minutes

Ready In: 14 minutes

Servings: 4

INGREDIENTS:

- 2 eggs
- 6 egg whites
- 1 cup mixed greens (raw)
- 1/4 cup brown rice farina
- 1/2 bell pepper (any color)
- Pico de Gallo

DIRECTIONS:

1. Cook egg whites and farina separately; mix together and add mixed greens.
2. Cut bell peppers horizontally to create thick rings.
3. Lightly spray a skillet with coconut oil or olive oil and set on medium heat.
4. Place the bell peppers in the skillet and crack the eggs inside the bell pepper.
5. Push down on the bell pepper sides to prevent spillage; let it cook until the egg turns white.
6. Remember to customize amounts and portions according to your diet and caloric requirement.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Complements of Kevin Curry at www.Fitmencook.com



Vegan Power Bowl

Prep Time: 5 minutes

Cook Time: None

Ready In: 5 minutes

Servings: 4

This bowl is loaded with natural sugars, protein, and healthy fats to give you energy to power through the day.

INGREDIENTS:

- 2/3 cooked quinoa
- 1 tablespoon dried cranberries
- 1/8 cup blueberries
- 1 tablespoon walnuts
- 1 tablespoon pepitas (pumpkin seeds)
- 1 tablespoon almonds
- 1 teaspoon Maca powder for energy
- 1/3 -1/2 cup almond milk
- Cinnamon to taste

DIRECTIONS:

1. Cook quinoa using water and allow it to cool at room temperature or store it in the refrigerator for use throughout the week.
2. In a bowl, add quinoa, then the rest of the ingredients including Maca powder. If you would like the quinoa to be warm, then heat it in the microwave for a few seconds before adding the ingredients.
3. Pour almond milk over the quinoa and berry mixture, then sprinkle with a little cinnamon. Stir and enjoy.

Nutrition facts per serving:

| calories 328 | total carbs 43g | protein 11 g | total fat 16g | cholesterol mg | sodium mg |



Snacks/ Sandwich/ Appetizer

Avocado Wraps

Prep Time: 10 minutes

Cook Time: None

Ready In: 10 minutes

Servings: 4-6

This is an easy, healthy snack

INGREDIENTS:

- 1 ripe avocado, peeled, pitted and sliced lengthwise
- 8 deli turkey slices
- Toothpicks

DIRECTIONS:

1. Take a slice of avocado and wrap with a turkey slice.
2. Use toothpicks to keep wrap sealed.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of "The SOPs of Eating Lean in the Firehouse"



Healthy Firehouse Burritos

Prep Time: 5 minutes

Cook Time: 25-30 minutes

Ready In: 30-35 minutes

Servings: 6

This is overall a healthy meal, depending on the cheese that you use.

INGREDIENTS:

- 1 (7.6-ounce) packet Spanish-style rice
- 1 tablespoon olive oil
- 1 pound ground chicken or turkey
- 1 packet (3 tablespoons) low sodium taco seasoning
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (10-ounce) can enchilada sauce (heat of choice)
- 8 whole wheat tortillas
- 1 Mexican blend shredded cheese (or another cheese of choice)

DIRECTIONS:

1. Preheat oven to 350 °F and lightly coat a baking sheet with cooking spray.
2. Cook rice as directed on package instructions and set aside.
3. Heat olive oil in a large skillet over a medium-high heat; add ground chicken and taco seasoning and cook, stirring occasionally, for about 10 minutes, or until browned.
4. Stir in beans, rice and half of the enchilada sauce and cook for 5-7 minutes, or until thoroughly heated.
5. Lay a tortilla on the work surface and add 1/8th of the mixture' sprinkle with 1 tablespoon cheese and roll up. Place burrito on the prepared baking sheet. Repeat with the remaining tortillas.
6. Pour remaining enchilada sauce over burritos and top with remaining cheese. Bake for about 8-10 minutes, until cheese is melted.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of Joey Marcum from Florence Kentucky.



Healthy Sloppy Joes

Prep Time: 5 minutes

Cook Time: 15 minutes

Ready In: 20 minutes

Serves 4

INGREDIENTS:

- 1 tablespoon olive oil
- 1 pound of ground meat (turkey or beef)
- 1 medium onion, chopped
- 1 green pepper, diced
- 1 tablespoon brown sugar
- 2 cloves of garlic
- 1 cup of ketchup (organic)
- 1 tablespoon yellow mustard
- Couple dashes of hot sauce

DIRECTIONS:

1. Heat olive oil in a large skillet and brown the meat over a medium heat, about 8-10 minutes; add onion and pepper and continue to cook, stirring occasionally, for about 5-6 minutes longer.
2. Stir in sugar, garlic, ketchup and mustard. Enjoy!

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of "The SOPs of Eating Lean in the Firehouse"



Philly Cheese Steak Sandwich

Prep Time: 25 minutes

Cook Time: 15

Ready In: 35 minutes

Servings: 4, about 1 cup each

INGREDIENTS:

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, sliced
- 8 ounces mushrooms, sliced
- 1 red or green bell pepper, sliced
- 2 tablespoons minced fresh oregano or 2 teaspoons dried
- 1/2 teaspoon freshly ground pepper
- 1 pound sirloin steak, trimmed and thinly sliced
- 1/2 teaspoon salt
- 1 tablespoon all-purpose flour
- 1/2 cup sliced hot banana peppers, (optional)
- 1/4 cup reduced-sodium chicken broth
- 3 ounces thinly sliced reduced-fat provolone cheese
- 4 whole-wheat buns, split and toasted

DIRECTIONS:

1. Heat oil in a large non-stick skillet over medium-high heat. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes. Add steak and salt and cook, stirring, until the meat is just cooked through, about 4 minutes.
2. Reduce heat to low. Sprinkle the vegetables and meat with flour; stir to coat. Stir in banana peppers (if any) and broth; bring to a simmer. Remove from the heat; lay cheese slices on top of the vegetables and meat; cover and let stand until melted, 1 to 2 minutes.
3. Divide into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each bun and serve immediately.

Tip:

It is easiest to cut meat into thin slices if it is partially frozen. If you have time, freeze it for 20 minutes before slicing.

Nutrition facts per serving:

| calories 440 | total carbs 31g | protein 45g | total fat 15g | cholesterol 74mg | sodium 766mg |

Recipe complements of www.SimpleNursing.com

Compliment of www.FireRescueFitness.com



Superhero Slider Melts

Prep Time: 10 minutes

Cook Time 30 hours

Ready In: 40 minutes

Servings: 2

INGREDIENTS:

- 1 sweet potato, (about 1/2-pound)
- 6 ounces turkey lunch meat
- 1 slice mozzarella cheese
- Small handful of spinach
- 2 Roma tomato slices
- 2 teaspoons BBQ sauce

DIRECTIONS:

1. Set oven to 375° F and lightly coat a baking sheet with olive oil cooking spray
2. Slice the potato into 4 thick pieces to make the buns of the sliders.
3. Cut the slice of mozzarella cheese into 4 pieces.
4. On one sweet potato slice, add spinach, tomato slice, half the turkey meat, 2 mozzarella cheese pieces and 1 teaspoon BBQ sauce
5. Top with another sweet potato slice and jam a wooden kabob skewer all the way through the entire slider, so that it pierces the sweet bun below. Repeat for the other slider.
6. Place the sliders on a baking sheet and bake for 30 minutes or until the sweet potato is cooked to desired firmness/softness.
7. Allow the sliders to cool before serving.

Nutrition facts per serving:

| calories 239 | total carbs 24g | protein 23g | total fat 4g | cholesterol mg | sodium mg |



Sweet Potato Chips

Prep Time: 5 minutes

Cook Time: 1 hour

Ready In: 1 hour 5 minutes

Servings: 3

INGREDIENTS:

- 2 large sweet potatoes (roughly 1 pound)
- Coconut oil spray
- Sea salt, to taste
- Fresh rosemary, finely chopped, to taste
- Garlic powder, to taste

DIRECTIONS:

1. Preheat oven to 300 °F.
2. Slice a sweet potato into thin 1/8-inch thick pieces using a mandolin or sharp knife. Keep in mind that chips that are too thick will take longer to bake and may not become crispy.
3. Line a baking sheet with parchment paper and place the slices on the baking sheet
4. Spray the pieces with coconut oil, sprinkle with sea salt and bake for 20 minutes.

Remove them from the oven and flip the slices over. Bake for another 20 minutes.

5. Remove the chips and check for flimsy or lose slices.
6. Transfer the firm slices on a wire rack to cool and harden and place the flimsy slices back on the baking sheet. Bake for another 10 minutes, being careful not to let the chips burn
7. Continue baking in increments of 8-10 minutes, until the chips have hardened

Allow them to cool on a rack

8. Place the chips in a bowl, spray with coconut oil and sprinkle with fresh ground rosemary and garlic powder.

Nutrition facts per serving:

| calories 430 | total carbs 100g | protein 10g | total fat 0g | cholesterol mg | sodium mg |



Pepper Steak Quesadillas

Prep Time: 10 minutes

Cook Time: 8-10 minutes

Ready In: 18-20 minutes

Servings: 4

INGREDIENTS:

- 8 ounces beef sirloin steak or boneless beef top round steak
- 1 teaspoon lime zest, finely shredded
- 2 cloves garlic, minced
- 1/4 teaspoon ground cumin
- 7 - 8 inch whole wheat tortillas
- non-stick cooking spray
- 1 medium red sweet pepper, seeded and cut into thin bite-size strips
- 1/4 cup thinly sliced green onions
- 1/2 cup chopped peeled jicama
- 2 ounces reduced-fat Monterey Jack cheese, shredded (1/2 cup)
- purchased refrigerated salsa and/or lime
- wedges (optional)

DIRECTIONS:

1. Trim fat from beef; thinly slice beef across the grain into bite-size strips.
2. In a medium bowl, combine steak strips, lime peel, garlic, and cumin. Cover and marinate in the refrigerator for 30 minutes to 4 hours.
3. Preheat oven to 300 degrees F.
4. Lightly coat one side of each tortilla with non-stick cooking spray. Place tortillas, coated sides down, on a tray or clean work surface and set aside.
5. Coat an unheated extra-large non-stick skillet with non-stick cooking spray. Preheat skillet over medium heat. Add steak strips, sweet pepper, and green onions to hot skillet. Cook, stirring occasionally, for 3 to 5 minutes or until steak is browned and pepper is crisp-tender. Remove from heat and stir in jicama.
5. Divide steak and pepper mixture among tortillas, placing the mixture on one half of each tortilla. Sprinkle beef mixture with cheese. Fold tortillas over filling; press down lightly.
6. Coat a clean, unheated extra-large non-stick skillet or griddle with non-stick cooking spray. Preheat skillet or griddle over medium-high heat; reduce heat to medium. Cook quesadillas, half at a time, in hot skillet or griddle about 3 minutes or until tortillas are browned, turning once halfway through cooking.



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7. Place quesadillas on a baking sheet; keep warm in the oven while cooking the remaining quesadillas.
 8. Cut each quesadilla into three wedges. If desired, serve with salsa and/or lime wedges.

Tip

For easier slicing, wrap and freeze steak for 30 to 45 minutes before cutting it.

Nutrition facts per serving:

|calories 267| total carbs 20g| protein 25g|total fat 9g | cholesterol 34mg|sodium 475mg |

Recipe complements of www.SimpleNursing.com



Soups

Low Carb Broccoli Cheese Soup

Prep Time: 5 minutes

Cook Time: 20-25 minutes

Ready In: 25-30 minutes

Servings: 4

INGREDIENTS:

- 4 cups broccoli, chopped
- 1 small onion, diced
- 1½ cups vegetable stock
- 1 teaspoon garlic, minced
- 3 cups shredded sharp cheddar cheese
- ¾ cup heavy cream
- Salt and pepper, to taste

DIRECTIONS:

1. Place stock, onions, broccoli and garlic in a large saucepan over medium heat and bring to a boil. Cover, reduce heat and let simmer for about 10 minutes.
2. Stir in the heavy cream and continue to cook for 3-5 minutes; stir in cheese and cook until smooth, about 1-2 minutes.
3. Season with salt and pepper to taste and serve immediately.

Nutrition facts per serving:

| calories 561 | total carbs 9.88g | net carbs 7.10g | protein 23.85g | total fat 52.30g | fiber 2.78mg |

Recipe complements of Andres Regalado at www.The-Lowcarb-diet.com



Salads

Do-it-yourself Salad Bar

Prep Time: 15 minutes

Cook Time: 15 minutes

Ready In: 30 minutes

Serves 4

INGREDIENTS:

- Steak or chicken (about a pound and a half)
- One large cucumber
- One red pepper
- One cup of raspberries or strawberries
- Package of sunflower seeds
- Small package of mozzarella (lower fat) cheese
- 16-20 ounces of salad 50/50 mix

DIRECTIONS:

1. Slice up the cucumbers, berries, peppers, and place each in a separate bowl. Put the salad in a large mixing bowl.
2. Grill the chicken or steak, I like to use olive oil and Lowry's seasoning, about 7-8 minutes per side.
3. Place all items on a table and let the crew create their own salads.
4. You can serve this with some real potato (lower fat) chips and raspberry vinaigrette dressing (look for a dressing with minimal ingredients).

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of "The SOPs of Eating Lean in the Firehouse"



Grilled Chicken and Peach Spinach Salad with Sherry Vinaigrette

Prep Time: 10 minutes

Cook Time: 8 minutes

Ready In: 18 minutes

Servings: 4

Pairing peaches with chicken is the ultimate summer addition to a spinach salad. The cherry vinaigrette brings out the sweetness of the peaches, while grilling the fruit caramelizes the natural sugars.

INGREDIENTS:

- Sherry vinaigrette, divided
- 2 peaches, halved and pitted
- 4 (4-ounce each) chicken breast cutlets
- 4 cups fresh spinach
- 1/3 cup pine nuts
- 1 (3-ounce) package goat cheese, crumbled

DIRECTIONS:

1. Prepare grill.
2. Prepare cherry vinaigrette; set aside ¼ cup vinaigrette
3. Coat peach halves and chicken with cooking spray; brush chicken with remaining 1 ½ tablespoons vinaigrette.
4. Place peach halves and chicken on grill rack, coated with cooking spray. Grill chicken 3 to 4 minutes on each side. Grill peach halves 1 to 2 minutes on each side; cut each half into 4 wedges.
5. Cut chicken crosswise into thin strips, Place peach wedges, chicken strips, spinach, and pine nuts in a large bowl; drizzle with reserved ¼ cup vinaigrette and toss well.
6. Place 2 cups salad mixture on each of the 4 plates; sprinkle evenly with cheese. (Serving size 2 cups salad and 1 ½ tablespoons cheese)

Nutrition facts per serving:

|calories 320|total carbs 8.6g|protein 32.9g|total fat 17.2g |cholesterol 76mg|sodium 327mg |



Sherry Vinaigrette

INGREDIENTS:

- 2 ½ tablespoons minced shallot (about 1 large)
- 1 tablespoon sherry vinegar
- 1 tablespoon olive oil
- ½ teaspoon ground mustard
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt

DIRECTIONS:

1. For the vinaigrette, combine all ingredients, stirring with a whisk. Yield 4 servings (serving size about 1 tablespoon and 1 teaspoon)

Nutrition facts per serving:

|calories 38| total carbs 1.4g | protein g | total fat 3.4g | cholesterol 0mg | sodium 156mg |



Grilled Romaine Chicken Caesar Salad

Prep Time: 11 minutes

Cook Time: 14 minutes

Ready In: 25 minutes

Servings: 4

Grilling sturdy hearts of romaine imparts smoky flavour to this popular salad green you will love the contrasting textures of the lightly wilted outer leaves and the crisp center. Be sure to keep the core intact to hold the leaves together on the grill.

INGREDIENTS:

- 3 (6-ounce each) skinless, boneless chicken breasts
- 2 tablespoons olive oil
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground black pepper, divided
- 2 romaine hearts, cut in half lengthwise
- Olive oil flavored cooking spray
- 4 (1-ounce) slices French bread baguette (1 –inch thick)
- Caesar Dressing

DIRECTIONS:

1. Prepare grill.
2. Brush chicken with olive oil; sprinkle with cooking spray and sprinkle with remaining salt and pepper.
3. Coat both sides of bread slices generously with cooking spray.
4. Place chicken, romaine, and bread on a grill rack coated with cooking spray. Grill chicken 7-8 minutes on each side or until done. Grill romaine halves 4 to 5 minutes, Grill bread slices 3 minutes on each side or until toasted.
5. Cut chicken diagonally into thin slices; cut grilled bread into large cubes
6. Arrange chicken strips and grilled croutons evenly over the romaine heart half, about 4 ounces chicken, ¼ cup croutons, and 3 tablespoons dressing.
7. Yield: 4 servings (serving size: 1 romaine heart half, about 4 ounces chicken, ¼ cup croutons, and 3 tablespoons dressing).

Nutrition facts per serving:

|calories 320|total carbs 21.1g|protein 37.6g| total fat 9g|cholesterol 84mg|sodium 731mg|



CAESAR DRESSING

Prep Time: 4 minutes

INGREDIENTS:

- ½ cup non-fat buttermilk
- ¼ cup shredded fresh Parmigiano- Regiano cheese
- 2 tablespoons light mayonnaise
- ½ teaspoon freshly ground black pepper
- ½ teaspoon Dijon mustard
- 2 garlic cloves, pressed

DIRECTIONS:

1. Combine all ingredients, stirring with a whisk until smooth.

Yield ¾ cup (serving size 3 tablespoon)

Nutrition facts per serving:

| calories 69 | total carbs 3.1g | protein 4.3g | total fat 4.7g | cholesterol 10mg | sodium 188mg |



Chicken Salad with Red Grapes and Citrus-honey Dressing

Prep Time: 10 minutes

Cook Time: None

Ready In: 10 minutes

Servings: 4

In this unique sweet-savory tossed salad, juicy red grapes offer a surprising contrast to the tangy citrus dressing. You'll need to squeeze about 2 medium lemons to yield ¼ cup lemon juice for the dressing

INGREDIENTS:

- 8 cups mixed baby salad greens
- 2 cups shredded cooked chicken breast (about 8 ounces)
- 1 cup red seedless grapes, halved
- 2/3 cup thin diagonally cut slices celery
- Citrus-Honey dressing

DIRECTIONS:

1. Combine all ingredients in a large bowl; toss gently. Place 2 cups salad on each of 4 plates.

Nutrition facts per serving:

| calories 230 | total carbs 17.8g | protein 19.9g | total fat 9.4g | cholesterol 48mg | sodium 323mg |



Citrus-honey dressing

Prep 5 min

INGREDIENTS:

- ¼ cup fresh lemon juice
- 2 tablespoons fresh orange juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon honey
- 2 teaspoons grated lemon rind
- ½ teaspoon kosher salt
- 1/8 teaspoon coarsely ground black pepper

DIRECTIONS:

1. Combine all ingredients in a small bowl, stirring with a whisk

Yields: ½ cup (serving size 2 tablespoons)

Tip:

To quickly juice lemons to get most juice, bring them to room temperature, and then roll them across the countertop while applying pressure with the palm of your hand.

Nutrition facts per serving:

| calories 87 | total carbs 6.7g | protein 0.2 g | total fat 7g | cholesterol 0mg | sodium 236mg |



Warm Pork Salad with Apples

Prep Time: 6 minutes

Cook Time: 7 minutes

Ready In: 13 minutes

Servings: 6

Pork and apples are simply meant for each other. The pungent dressing marries well with tart Granny Smith Apples.

INGREDIENTS:

- 6 teaspoons olive oil, divided
- 1 (1-pound) pork tenderloin, cut into 12 slices
- 1 ¼ teaspoon ground cumin, divided
- ½ teaspoon salt, divided
- ¼ teaspoon black pepper, divided
- 2 tablespoons cider vinegar
- 2 teaspoons light brown sugar
- 1 (7-ounce) package torn radicchio and butter lettuce (such as Fresh Express Riviera)
- 1 large Granny Smith Apple, cored and thinly sliced

DIRECTIONS:

1. Heat 2 tablespoons oil in a large non-stick skillet over medium-high heat. Sprinkle pork evenly with 1 teaspoon cumin, ¼ teaspoon salt, and 1/8 teaspoon pepper. Add pork to pan; cook 3 minutes on each side or until done.
2. Combine vinegar, brown sugar, remaining 4 tablespoons oil, remaining ¼ teaspoon cumin, remaining ¼ teaspoon salt and remaining 1/8 teaspoon pepper in a small bowl, stirring with a whisk.
3. Place lettuce, apple, and 2 tablespoons dressing in a large bowl, toss gently to coat. Divide salad evenly among 4 plates top each with 3 splices of pork, and drizzle remaining dressing evenly over pork.

Yield 4 servings (serving size 3 slices of pork, 2 cups salad and 1 teaspoon dressing)

Nutrition facts per serving:

|calories 237|total carbs 12g | protein 23.4g | total fat 11g | cholesterol 63mg | sodium 344 mg |



Spinach, tomato, and Fresh Mozzarella Pasta Salad with Italian Dressing

Prep Time: 10 minutes

Cook Time: 10 minutes

Ready In: 20 minutes

Servings: 4

Dressed with simple vinaigrette made from fresh herbs and a good quality extra-virgin olive oil, this salad is as delicious as it is easy to prepare. The dressing will keep in the refrigerator for a couple of days, so consider doubling the recipe to keep some on hand.

INGREDIENTS:

- 2 1/3 cups multigrain rotini pasta (such as Barilla Plus)
- Italian Dressing
- 2 cups grape tomatoes
- 1 (6-ounce) package baby spinach
- 4 ounces fresh mozzarella cheese, cubed

DIRECTIONS:

1. Cook pasta according to package instructions, omitting salt and fat. Rinse with cold water and drain
2. While pasta cooks, prepare Italian dressing. Combine dressing and tomatoes in a large bowl. Add pasta and spinach; toss well and top with cheese. Yield: 4 servings (serving size 1 1/2 cups)

Nutrition facts per serving:

| calories 450 | total carbs 57g | protein 19.9g | total fat 15.9g | cholesterol 22mg | sodium 262mg |



Italian Dressing

Prep 5 min

INGREDIENTS:

- ¼ cup red wine vinegar
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon fresh oregano or fresh basil, chopped
- 2 tbsp extra-virgin olive oil
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 2 garlic cloves, minced

DIRECTIONS:

1. Combine all ingredients, stirring with a whisk. Yield 4 servings (serving size: 2 tablespoons)

Nutrition facts per serving:

| calories 67 | total carbs 0.9g | protein g | total fat 7.1g | cholesterol 0mg | sodium 148mg |



Main Meals

Oh My Chicken Teriyaki Stir Fry

Prep Time: 20 minutes

Cook Time: 35-45 minutes

Ready In: 55-65 minutes

Servings: 4-6

This quick and easy stir-fry uses Omaha Steaks Boneless Chicken Breast. Stir-fry vegetables in Kikkoman Teriyaki Marinade and Glaze until tender-crisp; serve with chicken on a bed of white rice for a healthy meal your family will enjoy.

INGREDIENTS:

- 4 (4-6 ounces each) boneless, skinless chicken breasts
- 3-4 heads cauliflower, trimmed
- 2 (10-ounce) bottles teriyaki sauce
- 1 red onion, thinly sliced
- 1 crown broccoli, stems trimmed and cut into small florets
- 2-3 red, yellow or orange bell peppers, julienned
- 1 head Bok Choy, chopped
- 1 pound sugar snap peas
- 1 large zucchini, julienned
- 1 large eggplant, trimmed, peeled and julienned
- 1 (14-ounces) can baby corn, drained and rinsed
- 1 (14-ounces) can water chestnuts, drained and rinsed
- 1 large handful bean sprouts, chopped
- 1 tablespoon sesame seed oil

DIRECTIONS:

1. Place chicken breasts in a large Ziploc bag or container and pour 1 bottle of teriyaki sauce over it. Let it marinate in the refrigerator for 3-4 hours.
2. Over a large bowl, using a cheese grater, grate cauliflower, and set aside. You may also do this in a food processor.
3. Combine all vegetables in a large bowl and set aside.
4. Remove chicken from marinade and cut into 1" pieces. Discard marinade.
5. Heat oil in a large frying pan on medium heat and add chicken pieces. Cook until no traces of pink are showing, 15-20 minutes.
6. Place shredded cauliflower in a colander and steam over boiling pot for 6-8 min, stirring occasionally.



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7. Place vegetables in large wok or frying pan and stir-fry on medium-low heat for 10-20 minutes, depending how hard or soft desired.
 8. Transfer cauliflower to a large bowl and stir in a bottle of teriyaki sauce.
 9. Combine chicken and veggies together, cook for 2-3 minutes and serve immediately with the cauliflower.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe Complements of Bram Peters, Toronto Fire Service



Lean and Mean Firehouse Lasagna

Prep Time: 15 minutes

Cook Time: 1 hour

Ready In: 1 hour 15 minutes

Servings: 4

INGREDIENTS:

- 1 ½ pound lean ground turkey
- 1 pound sweet potato (thinly sliced)
- 1 egg white, lightly beaten
- ½ cup low fat cottage cheese
- 2 vine tomatoes, chopped
- 1/3 cup mushrooms, chopped
- 1/3 cup red onions, chopped
- 1 tablespoon garlic paste
- 1 (15ounces) can organic tomato sauce (no salt)
- 1 tablespoon Italian seasoning
- ½ cup cilantro, chopped (use as desired)
- Sea salt and freshly ground black pepper, to taste
- ½ cup reduced fat mozzarella

DIRECTIONS:

1. Preheat oven to 375 °F.
2. Slice sweet potato using a mandolin or sharp knife and set aside.
3. Mix cottage cheese with egg white and set aside.
4. Sauté red onions with garlic paste, then add ground turkey, tomatoes, cilantro, mushrooms, tomato sauce, Italian seasoning, about 15 minutes.
5. Build lasagna. Add sweet potato slices, meat sauce, and cottage cheese and then repeat. Top with mozzarella.
6. Cover with aluminium foil and bake for 45 minutes at 375F.

Nutrition facts per serving:

| calories 404 | total carbs 34g | protein 5g | total fat 7g | cholesterol mg | sodium mg |

Complements of Kevin Curry at www.Fitmencook.com



House Stuffed Peppers

Prep Time: 5 minutes

Cook Time: 25

Ready In: 30

Servings: 3

Stuffed bell peppers are most definitely a healthy eating classic (at least in my book). This is one of my favorite meals that is protein packed, easy to customize (even for vegans), easy to prep and family-approved! Boom!

INGREDIENTS:

- 3 bell peppers, any color, cut in half lengthwise and seeded
- 1 tablespoon olive oil
- 1 pound extra lean ground chicken
- ½ bell pepper, diced
- 1 ½ tablespoons or 3oz tomato paste
- 1 ½ cup cooked quinoa
- 1 cup low-sodium chicken broth,
- 3 tablespoons shredded mozzarella
- ½ teaspoon each smoked paprika, garlic powder and sea salt

DIRECTIONS:

1. Preheat oven to 375°F and coat lightly a baking pan with olive oil cooking spray.
2. Heat oil in a large skillet and brown the chicken, about 10 minutes or until no trace of pink remains.
3. Add diced bell pepper and tomato paste and season with smoked paprika, garlic and sea salt. Cook for further 5 minutes. Remove from heat and stir in quinoa.
4. Stuff the pepper halves with the mixture and place in the prepared baking pan; pour chicken broth into the pan.
5. Sprinkle shredded mozzarella on top and bake for about 12-15 minutes.

Tip

For a vegan-friendly version: use Portobello or tempeh, increase amount of quinoa, and use veggie broth & cashew cheese.

Nutrition facts per serving:

| calories 363 | total carbs 28g | protein 41g | total fat 9g | cholesterol mg | sodium mg |

Complements of Kevin Curry at www.Fitmencook.com



Healthy Turkey Loaf

Prep Time: 5 minutes

Cook Time: 25 minutes

Ready In: 30 minutes

Servings: 4

INGREDIENTS:

- 1 pound ground turkey
- 1 egg, lightly beaten
- ¼ cup salsa
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped yellow bell pepper
- ¼ cup chopped onion
- ½ cup dry bread crumbs
- Lemon pepper to taste

DIRECTIONS:

1. Preheat oven to 350°F and coat lightly a loaf pan with olive oil cooking spray.
2. In a large bowl combine the turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended.
3. Press mixture into a loaf pan.
4. Bake in the preheated oven for 25 minutes.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of "The SOPs of Eating Lean in the Firehouse"



Grilled Fish with Asparagus

Prep Time: 10 minutes

Cook Time: 30

Ready In: 40 minutes plus 15 minutes to marinate the fish

Servings: 4

INGREDIENTS:

- 5 medium lemons, divided
- ½ cup sundried tomato dressing
- 4 firm-textured fish fillets (4-ounces each), such as cod, tilapia or salmon
- 1 pound asparagus, trimmed

DIRECTIONS:

1. Squeeze juice from 1 of the lemons; mix with the dressing. Pour half of the dressing mixture into a large re-sealable plastic bag. Add fish fillets and seal bag. Marinate in refrigerator for at least 15 min.
2. Cover and refrigerate remaining dressing mixture for later use.
3. Meanwhile, preheat grill to medium heat. Cut each of the remaining lemons into 4 slices.
4. Remove fish from marinade; discard bag and marinade.
5. Place 8 of the lemon slices on grill grate; top with the fish. Brush with some of the reserved dressing mixture. Cover grill with lid. Grill fish for 5 minutes; turn over.
6. Add remaining 8 lemon slices and the asparagus to grill.
7. Grill an additional 5 minutes, or until fish flakes easily with fork and asparagus is crisp-tender, brushing with the reserved dressing mixture.
8. Remove fish, lemon slices and asparagus from grill. Discard lemon slices under fish. Serve remaining lemon slices with fish and asparagus.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of "The SOPs of Eating Lean in the Firehouse"



Firehouse Station 2 Healthy Chili

Prep Time: 20 minutes

Cook Time: 55 minutes

Ready in: 1 hour 15 minutes

Servings: 4

The folks at Fire Station Number 2 in Madison, Wisconsin know how to whip up a big pot of satisfying chili without all the fat. Ground lean turkey for flavor joins with hot Italian sausage, lots of beans, and plenty of spices.

INGREDIENTS:

- 2 1/2 pounds lean ground turkey
- 1 pound bulk hot Italian sausage
- 2 green bell peppers, diced
- 2 red bell peppers, diced
- 4 (15 ounce) cans diced tomatoes
- 2 (15 ounce) cans chili beans
- 2 (15 ounce) cans red beans in chili sauce
- 1 (15 ounce) can yellow and white corn, drained
- 1 (15 ounce) can black beans
- 2 (4 ounce) cans chopped green chili peppers
- 1/2 cup barbeque sauce
- 1/4 cup ground cumin, or to taste
- 1/4 cup chili powder, or to taste
- 1 tablespoon chopped fresh parsley
- 1 tablespoon red pepper flakes

DIRECTIONS:

1. Brown turkey and Italian sausage in a large skillet over medium heat, cooking and stirring until meat is crumbly and no longer pink, about 10 minutes. Add green and red bell peppers to meat; cook and stir until peppers are soft and excess liquid has evaporated, about 10 more minutes.

2. Mix diced tomatoes, chili beans, red beans in chili sauce, yellow and white corn, black beans, chopped green chillies, barbeque sauce, cumin, chili powder, parsley, and red pepper flakes in a large soup pot. Place over medium heat, bring to a boil, and reduce heat to low. Simmer chili for 20 minutes. Stir turkey mixture into chili and simmer 15 more minutes to blend flavors.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe compliments of Aaron Zamzow via www.AllRecipes.com



Quinoa and Chicken-stuffed Bell Peppers

Prep Time: 10 minutes

Cook Time: 30 minutes

Ready In: 40 minutes

Servings: 3

Stuffed bell peppers are most definitely a healthy eating classic (at least in my book). This is one of my favourite meals that is protein packed, easy to customize (even for vegans), easy to prep, and family-approved! For a vegan-friendly version, use Portobello or tempeh, increase amount of quinoa, and use veggie broth and cashew cheese.

INGREDIENTS:

- 1 pound extra lean ground chicken
- Smoked paprika, garlic, sea salt to season the chicken
- 1 ½ cup cooked gluten-free quinoa
- ½ cup bell peppers, diced
- 1 ½ tablespoons or 3 ounces tomato paste
- 1 cup low sodium chicken broth
- 3 tablespoons shredded mozzarella

DIRECTIONS:

1. Set oven to 350 °F.
2. Season ground chicken to taste and cook in a non-stick skillet until browned, about 8 minutes.
3. When chicken is done cooking, add cooked quinoa, diced bell peppers, tomato paste and chicken broth. Mix and cook for 3 minutes on medium heat
4. Cut the tops off 3 bell peppers and remove the inside
5. Place the mixture of chicken and quinoa in the bell peppers. Top with mozzarella
6. Bake in the oven for about 20 minutes. Smash them!

Tip:

For a vegan-friendly version, use Portobello or tempeh, increase amount of quinoa and use veggie broth and cashew cheese.

Nutrition facts per serving:

| calories 363 | total carbs 28g | protein 41g | total fat 9g | cholesterol mg | sodium mg |



Orange Chicken

Prep Time: 10 minutes

Cook Time: 20 minutes

Ready In: 20 minutes (plus time to marinate)

Servings: 5

Looking for an easy side dish to serve at your next holiday dinner? Try these easy root vegetables with the sweet tang of balsamic vinegar. Use any variety of root veggies you like; virtually anything will work.

INGREDIENTS:

- 2 pounds chicken breast
- 2 tablespoons hot mustard (Asian style)
- 2 tablespoons raw honey
- 1 tablespoon Bragg's Liquid Aminos
- 1 tablespoon garlic powder
- Juice of half orange

DIRECTIONS:

1. In a large bowl, add chicken breast, mustard, garlic, honey, liquid aminos, and juice from the orange.
2. Mix all ingredients and let chicken marinate for at least 20-30 minutes.
3. Set oven to 450 °F.
4. Place marinated chicken in heavy cast-iron skillet and bake for 20 minutes.
5. Remove from oven and garnish with cilantro.

Tips:

Add 1 tablespoon wheat or 1 teaspoon coconut flour to the sauce to thicken it (optional).

For golden color, after baking for 20 minutes, remove chicken from the oven; set oven to high broil. Spoon excess sauce over the chicken and then place back in the oven and bake for 3-5 minutes.

Nutrition facts per serving:

| calories 220 | total carbs 9g | protein 42g | total fat g | cholesterol mg | sodium mg |



Healthy Chicken Vegetable Casserole

Prep Time: 15 minutes

Cook Time: 40 minutes

Ready In: 45 minutes

Servings: 6

INGREDIENTS:

- 12 ounces cooked chicken breasts, diced
- 2 tablespoons all purpose flour
- 2 tablespoons butter, unsalted
- 10 ounces skim milk
- 1 pinch white pepper
- 1 teaspoon Italian seasoning
- 1 tablespoon parmesan cheese, grated
- 7 ounces whole wheat penne pasta
- 2 yellow or orange bell peppers, chopped
- 1 zucchini, chopped
- 2 heads (approx. 12 ounces) broccoli, chopped
- 1/3 cup Monterey jack cheese
- non-stick cooking spray

DIRECTIONS:

1. Prepare the white sauce by placing the butter in a small sauce pot that has been preheated over medium heat. Once the butter foams add flour and stir for 1 minute; try not to let the mixture turn brown.
2. Add milk to the mixture and continue to stir until it starts to bubble. Reduce heat and simmer for 10 minutes. Add pepper, Italian seasoning and parmesan cheese to the sauce. Stir to combine.
3. Cook pasta according to package directions.
4. While pasta is cooking, preheat oven to 350°F. During the last minute of the pasta's cooking, add the chopped broccoli to the water. Allow to simmer for one minute.
5. Drain the pasta and broccoli. Spray the bottom and sides of a 9 X 13-inch oven-proof casserole dish with non-stick cooking spray.
6. In a large bowl, combine the pasta and broccoli with the chicken and chopped vegetables; cover with the sauce. Place in the baking dish. Sprinkle with the Monterey jack cheese and cover with foil.
7. Bake for 20 minutes; remove foil and continue to bake until cheese is melted.

Nutrition facts per serving:

| calories 320.6 | total carbs g | protein 27.9g | total fat 8.9g | cholesterol 51.8mg | sodium 175.3mg |



Recipe complements of www.SimplyNursing.com

Salsa Meatloaf

Prep Time: 15 minutes

Cook Time: 1 hour 15 minutes

Ready in: 1 hour 40 minutes

Servings: 6

INGREDIENTS:

- 1 cup Fiber One® original bran cereal
- 1 cup Old El Paso® Thick 'n Chunky salsa
- 2 eggs, lightly beaten
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 pounds extra lean (at least 90%) ground beef
- 1/2 cup Old El Paso® Thick 'n Chunky salsa

DIRECTIONS:

1. Heat oven to 350°F. Place cereal in re-sealable food storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).
2. In large bowl, stir together cereal and 1 cup salsa (mixture will be thick). Let stand 5 minutes.
3. Add eggs, chili powder, cumin, salt and pepper to cereal mixture; stir until blended.
4. Add ground beef; stir until well mixed. Press evenly in ungreased 9x5-inch glass loaf dish.
5. Bake uncovered 1 hour 5 minutes to 1 hour 15 minutes or until meat thermometer inserted in center of loaf reads 160 degrees F. Cover; let stand 5 to 10 minutes. Drain and discard liquid before slicing.
6. Serve with 1/2 cup salsa.

Tip:

High Altitude (3500-6500 ft): No change.

Nutrition facts per serving:

| calories 260 | total carbs 15g | protein 24g | total fat 11g | cholesterol 140mg | sodium 670mg |

Recipe complements of www.SimplyNursing.com



Turkey Meatloaf

Prep Time: 5 minutes

Cook Time: 45-55 minutes

Ready In: 1 hour

Servings: 8

INGREDIENTS:

- 2 pounds ground turkey (I choose Jennie-O extra lean)
- 1 package Stove Top Stuffing Mix (I choose the herb blend)
- 1 large egg, lightly beaten
- ½ cup water
- ¼ cup ketchup, divided

DIRECTIONS:

1. Preheat oven to 350°F.
2. Mix all the ingredients, reserving 1/8 cup ketchup.
3. Form into a loaf and place in a glass baking dish (make sure there is enough room around edges). Glaze top with remaining ketchup.
4. Bake 350°F for 45-55 minutes. Inside should be 165+ degrees before serving.

Nutrition facts per serving:

| calories 220.6 | total carbs 13.3g | protein 28.5g | total fat 2.7g | cholesterol 72.1mg | sodium 455.2mg |

Recipe complements of www.SimplyNursing.com



20 minute Chicken Creole

Prep Time: 20 minutes

Cook Time: 15 minutes

Ready In: 35 minutes

Servings: 4

INGREDIENTS:

- non-stick cooking spray as needed
- 4 medium chicken breast halves, skinned, boned, and cut into 1" strips*
- 1 can (14 oz.) tomatoes, cut up**
- 1 cup low-sodium chili sauce
- 1-1/2 cups green peppers, chopped (1 large)
- 1/2 cup celery, chopped
- 1/4 cup onion, chopped
- 2 cloves minced garlic
- 1 tablespoon fresh basil or 1 teaspoon dried
- 1 tablespoon fresh parsley or 1 teaspoon dried
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt

DIRECTIONS:

1. Spray a deep skillet with non-stick spray coating and preheat over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat.
3. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

Tips:

* You can substitute 1 pound boneless, skinless, chicken breast, cut into 1-inch strips.

** To cut back on sodium, try low sodium canned tomatoes.

Nutrition facts per serving:

| calories 255.4 | total carbs 20.7g | protein 33.3g | total fat 4.5g | cholesterol 77mg | sodium 652.4mg |

Recipe complements of www.SimpleNursing.com

Compliment of www.FireRescueFitness.com



Desserts

Caramel Apple Salad

Prep Time: 5 minutes

Cook Time: none

Ready In: 5 minutes

Servings: 4

INGREDIENTS:

- 8 ounces container of fat-free Cool Whip
- 4 large apples
- 1 (8-ounce) can pineapple tidbits (do not drain)
- 1 (6 ounce) box of JELL-O fat-free sugar-free instant butterscotch pudding mix
- 1/4 cup of chopped peanuts (optional)

DIRECTIONS:

1. Dice apples, combine all ingredients and mix. Refrigerate. Serve once chilled.

Nutrition facts per serving:

| calories | total carbs g | protein g | total fat g | cholesterol mg | sodium mg |

Recipe complements of Kenny Mize, Madisonville, Tennessee



Brownie Bites

Prep Time: 5 minutes

Cook Time: 8 minutes

Ready In: 13 minutes

Servings: 24

Cocoa nibs, which are broken bits of husked cocoa beans, add delicate chocolate flavour and delicious nutty crunch to baked goods. You can find cocoa nibs at upscale supermarkets and gourmet cookware stores. When you make this recipe, don't be alarmed that the batter is very wet. The end result will be tender, moist mini cakes.

INGREDIENTS:

- ½ cup self-rising flour
- 2/3 cup sugar
- 3 tablespoons unsweetened cocoa
- 4 large egg whites
- 2 tablespoons canola oil
- 3 tablespoons chocolate liqueur (optional)
- 1/3 cocoa nibs
- Cooking spray
- Roasted salted almonds, coarsely chopped (optional)
- Powdered sugar (optional)

DIRECTIONS:

1. Preheat oven to 400 °F.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Combine sugar and cocoa in a medium bowl, stirring with a whisk
3. Whisk egg whites until foamy in a separate bowl Add oil and liqueur, if desired, stirring with a whisk. 4. Add egg white mixture to flour mixture, stirring until just moistened. Fold in cocoa nibs.
5. Spoon batter evenly into 24 mini muffin cups coated with cooking spray Sprinkle batter evenly with almonds if desired.
6. Bake for 8 minutes. Remove from pans, cool on a wire racks. Sprinkle with powdered sugar if desired.

Yield 24 servings (serving size 1 cake)

Nutrition facts per serving:

| calories 61 | total carbs 8.8g | protein 1.2g | total fat 2.4g | cholesterol 0mg | sodium mg |



Flourless Chocolate Cakes

Prep Time: 10 minutes

Cook Time: 10 minutes

Ready In: 20 minutes

Serves 4-6

With rich chocolate flavour and warm gooey filling, these hot from the oven mini cakes are the perfect indulgence at the end of a busy day. Many supermarkets stock ground pecans in the nuts section; if you can't find them already ground, chop Pecan halves or pieces, and grind them in a food processor, mini chopper or spice grinder.

INGREDIENTS:

- 1 large egg
- ¼ cup sugar
- 2 teaspoons unsweetened cocoa
- 1 ½ tablespoon chopped pecans, ground
- 1 tablespoon warm water
- 1 ounce bittersweet chocolate, melted and cooled slightly
- Cooking spray
- Powdered sugar (optional)
- Strawberries (optional)

DIRECTIONS:

1. Preheat oven to 425°F.
2. Separate egg, placing egg white and egg yolk in separate medium bowls. Add sugar and cocoa to egg yolk, stirring with a whisk. Add pecans, water, and chocolate, stirring with a whisk.
3. Beat egg white with a mixer at high speed until stiff peaks form Gently fold half of the egg white into the egg yolk mixture; fold in remaining egg white. Spoon batter evenly into 4 (4-ounce) ramekins coated with cooking spray.
4. Bake for 10 minutes or until almost set. Transfer to a wire rack; cool 10 minutes. Garnish with powdered sugar and strawberries, if desired.

Yield 4 servings (serving size 1 ramekin).

Nutrition facts per serving:

| calories 124 | total carbs 17.3 g | protein 2.5g | total fat 6.2g | cholesterol 45mg | sodium 18mg |



This is a work-in-progress, please email me ([Click Here to email Aaron](#)) with your healthy (and popular) firehouse recipes so we can add them.

