



4EVERFIT

Still More Favorite Recipes



crustless quiche

INGREDIENTS

- 12 ounces ham steak, cubed
- 1 & 1/2 cups finely chopped broccoli (127g)
- 3/4 cups low-fat cottage cheese (165g)
- 3/4 cups shredded parmesan cheese (85g)
- 1 & 1/2 cups chopped zucchini (222g)
- 4 large eggs
- 1 & 1/2 cups liquid egg whites
- 1/8 teaspoon pepper
- 1/4 teaspoon sea salt

INSTRUCTIONS

1. Preheat oven to 350 degrees. Arrange 5 oven safe containers on a cookie sheet and grease lightly with cooking spray.
2. In a large bowl combine all ingredients and mix well. Fill each container with 1 heaping cup of the mixture.
3. Bake for 50-60 minutes, or until eggs are well cooked and the top and edges are turning golden brown.



MAKES 5 SERVINGS
SERVING SIZE: 1 BOWL
287 CAL / 34.7P / 8.7C / 12.6F

spaghetti squash pizza casserole

MAKES 6 SERVINGS

SERVING SIZE: 1 BOWL

342 CAL 45.7P / 11.8C / 12.9F

INGREDIENTS

- 4 pound spaghetti squash
- 1 pound extra lean ground turkey (99/1)
- 19.5 ounce jennie-o hot italian sausage links
- 1/2 onion, diced (150g)
- 1 cup pizza sauce
- 1/2 cup plain non fat greek yogurt (113g)
- 1 cup liquid egg whites
- 17 slices turkey pepperoni slices
- 3 ounces part skim mozzarella cheese
- 1 tablespoon oregano
- salt & pepper

INSTRUCTIONS

1. Preheat the oven to 400 degrees. Slice your your squash in half length wise. Lay face down on a cookie sheet and bake for 30 minutes.
2. Over medium high heat cook your turkey, sausage and onion until no longer pink. Strain out the grease.
3. Mix in pizza sauce, yogurt, oregano, and some salt and pepper.
4. Arrange 6 meal prep containers on a cookie sheet, grease lightly with cooking spray. Layer in order: 1/6 of the squash, 1/6 of the meat mixture, and pour 1/6 of the eggs into each container. Stir gently to combine. Bake for 40 minutes or until the center is cooked through and the top is crispy.
5. Let cool before covering with lids and placing in the refrigerator up to 5 days.



buffalo chicken bake

INGREDIENTS

- 30 ounces boneless, skinless chicken breast
- 20 ounces broccoli florets
- 1/4 cup + 1 tablespoon low-fat mayonnaise
- 1/4 cup + 1 tablespoon light sour cream
- 1/4 cup + 2 tablespoons frank's red hot
- 4 ounces 1/3 less fat cream cheese
- 5 ounces cheddar cheese
- salt & pepper

INSTRUCTIONS

1. Preheat your oven to 350 degrees and arrange 5 oven safe containers on a cookie sheet. Spray lightly with cooking spray.
2. Microwave or steam the broccoli until it's soft.
3. In a large mixing bowl combine your cooked broccoli, chicken, cream cheese, mayo, sour cream, Red Hot, half of the cheese, and some salt and pepper.
4. Evenly divide into the containers and top with remaining cheese.
5. Bake for 30 minutes or until the top is golden brown.
6. Let cool before covering with lids and storing in the refrigerator for up to 5 days.

