Chef success

calorie counters

pasta & pizzas

NorCal Community Media

calorie counters

Pasta & pizza

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Tasty cooking to avoid gaining weight

We usually associate healthy food with frugal, tasteless and monotonous meals...Nothing further away from reality! Nowadays we know that it is possible to enjoy **delicious dishes** without compromising our **health** or our **diet**. And best of all: no need for sacrifices or restrictions, just by adopting some simple habits like choosing **lean ingredients**, moderating our **servings** and choosing healthy **cooking methods**.

We have conceived this collection to go alongside this satisfactory journey, a comprehensive set of **recipes for the whole family**, both delicious for your palate and healthy for your body. These exquisite dishes are especially created for those who wish to eat tastily and healthily while **looking good** and watching their weight; or those who want to lose those extra pounds without putting aside the pleasure of a good meal.

Together with recipes, you will find **thorough nutrition information** that will allow you to plan balanced daily meals taking into account **caloric intake** as well as macronutrients according to **genre, age and activity level**. Furthermore, each recipe includes a **health guide** indicating whether they are apt for people with diabetes, celiac disease, high cholesterol or hypertension, and who therefore must follow **special diets**.

Here you will find innovative and healthy recipes for **pasta, pizza and other dishes** with dough, great allies of a family's everyday menu that can be adapted to weight-loss diets in their low-calorie versions.

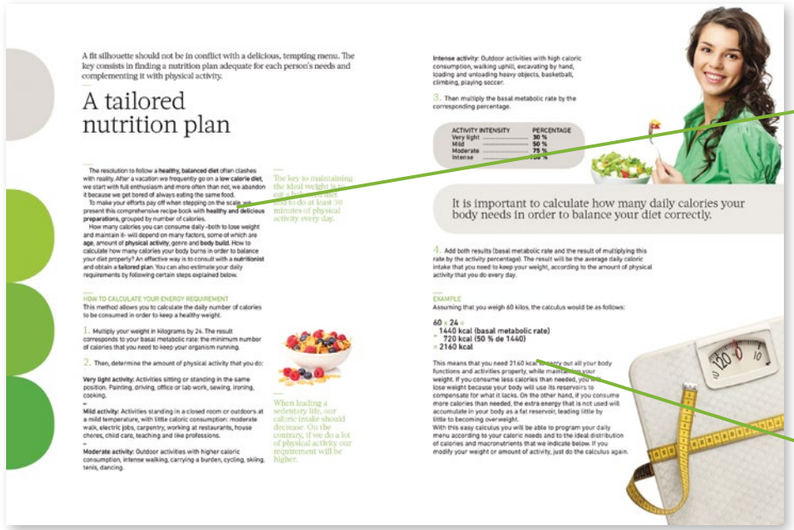
The Editors

Pasta, pizza and other doughs provide quick energy to replace our reservoirs. When prepared the right way, they can be part of a low-calorie diet. Here we present appropriate recipes according to your calorie requirements.

This collection will be your trusted ally when planning your everyday meals, and a clever answer to the classic question: “What should we eat today?”

This section comprises a complete guide of the content in this book, with pictures of the pages and brief explanations to help you make the most out of it.

How to use this book


A fit silhouette should not be in conflict with a delicious, tempting menu. The key consists in finding a nutrition plan adequate for each person's needs and complementing it with physical activity.

A tailored nutrition plan

The resolution to follow a **healthy, balanced diet** often clashes with reality. After a vacation we frequently go on a **low calorie diet**, we start with full enthusiasm and more often than not, we abandon it because we get bored of always eating the same food.

To make your efforts pay off when stepping on the scale, we present this comprehensive recipe book with **healthy and delicious preparations**, grouped by number of calories.

How many calories you can consume daily -both to lose weight and maintain it- will depend on many factors, some of which are **age**, amount of **physical activity**, genre and **body build**. How to calculate how many calories your body burns in order to balance your diet properly? An effective way is to consult with a **nutritionist** and obtain a **tailored plan**. You can also estimate your daily requirements by following certain steps explained below.

HOW TO CALCULATE YOUR ENERGY REQUIREMENT

This method allows you to calculate the daily number of calories to be consumed in order to keep a healthy weight.

1. Multiply your weight in kilograms by 24. The result corresponds to your basal metabolic rate: the minimum number of calories that you need to keep your organism running.

2. Then, determine the amount of physical activity that you do:

Very light activity: Activities sitting or standing in the same position. Painting, driving, office or lab work, sewing, ironing, cooking.

Mild activity: Activities standing in a closed room or outdoors at a mild temperature, with little caloric consumption: moderate walk, electric jobs, carpentry, working at restaurants, house chores, child care, teaching and like professions.

Moderate activity: Outdoor activities with higher caloric consumption, intense walking, carrying a burden, cycling, skiing, tenis, dancing.

Intense activity: Outdoor activities with high caloric consumption, walking uphill, excavating by hand, loading and unloading heavy objects, basketball, climbing, playing soccer.

3. Then multiply the basal metabolic rate by the corresponding percentage.

ACTIVITY INTENSITY	PERCENTAGE
Very light	30 %
Mild	50 %
Moderate	75 %
Intense	

The key to maintaining the ideal weight is eating healthy and to do at least 30 minutes of physical activity every day.

It is important to calculate how many daily calories your body needs in order to balance your diet correctly.

4. Add both results (basal metabolic rate and the result of multiplying this rate by the activity percentage). The result will be the average daily caloric intake that you need to keep your weight, according to the amount of physical activity that you do every day.

EXAMPLE

Assuming that you weigh 60 kilos, the calculus would be as follows:

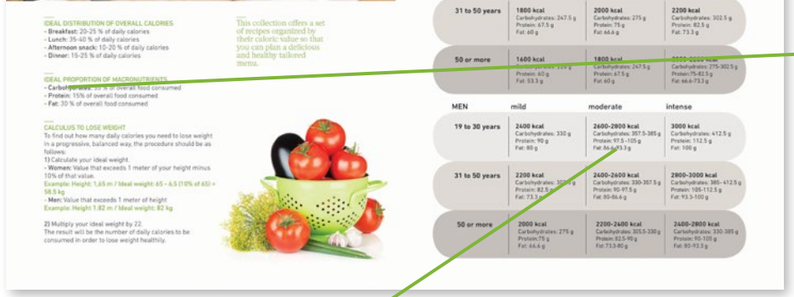
60 x 24 =
1440 kcal (basal metabolic rate)
+ 720 kcal (50 % de 1440)
= 2160 kcal

This means that you need 2160 kcal to carry out all your body functions and activities properly, while maintaining your weight. If you consume less calories than needed, you lose weight because your body will use its reservoirs to compensate for what it lacks. On the other hand, if you consume more calories than needed, the extra energy that is not used will accumulate in your body as a fat reservoir, leading little by little to becoming overweight.

With this easy calculus you will be able to program your daily menu according to your caloric needs and to the ideal distribution of calories and macronutrients that we indicate below. If you modify your weight or amount of activity, just do the calculus again.

When leading a sedentary life, our caloric intake should decrease. On the contrary, if we do a lot of physical activity our requirement will be higher.

The introduction explains how to design a personalized nutrition plan. You must calculate your daily caloric intake.


IDEAL DISTRIBUTION OF OVERALL CALORIES
- Breakfast: 20-25 % of daily calories
- Lunch: 35-40 % of daily calories
- Afternoon snack: 10-20 % of daily calories
- Dinner: 15-25 % of daily calories

IDEAL PROPORTION OF MACRONUTRIENTS
- Carbohydrates: 55 % of overall food consumed
- Protein: 15% of overall food consumed
- Fat: 30 % of overall food consumed

CALCULUS TO LOSE WEIGHT

To find out how many daily calories you need to lose weight in a progressive, balanced way, the procedure should be as follows:

1) Calculate your ideal weight:
- **Women:** Value that exceeds 1 meter of your height minus 10% of that value.
Example: Height 1,65 m / Ideal weight: 65 – 6,5 (10% of 65) = 58,5 kg
- **Men:** Value that exceeds 1 meter of height
Example: Height 1,82 m / Ideal weight: 82 kg

2) Multiply your ideal weight by 22.
The result will be the number of daily calories to be consumed in order to lose weight healthily.

This collection offers a set of recipes organized by their caloric value so that you can plan a delicious and healthy tailored menu.

The following table of nutrition requirements according to age, sex and amount of physical activity will help you design a tailored menu with the exquisite recipes included in this collection.

General table of caloric requirements

Sex and age	Amount of activity		
WOMEN	mild	moderate	intense
19 to 30 years	2000 kcal Carbohydrates: 275 g Protein: 75 g Fat: 66.6 g	2000-2200 kcal Carbohydrates: 275-302.5 g Protein: 75-82.5 g Fat: 66.6-73.3 g	2400 kcal Carbohydrates: 330 g Protein: 90 g Fat: 80 g
31 to 50 years	1800 kcal Carbohydrates: 247.5 g Protein: 67.5 g Fat: 60 g	2000 kcal Carbohydrates: 275 g Protein: 75 g Fat: 66.6 g	2200 kcal Carbohydrates: 302.5 g Protein: 82.5 g Fat: 73.3 g
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Here we explain how to distribute total calories among your daily meals: breakfast, lunch, snacks, dinner.

This table shows how many calories to consume according to age, sex and physical activity.

This label states the total calories in the recipe. Recipes are grouped according to their caloric value. Therefore, once you have calculated how many calories to consume, all you have to do is choose the dishes that you like and that fit your intake.

Every family has members with specific nutrition needs. In this section you will find out whether the recipe is fit or not for certain conditions: hypertension, high cholesterol, diabetes or celiac disease.


The numerous benefits of fiber provided by peppers combined with the healthy protein in cheese make this colorful pizza a great ally for our health.

Three-colored individual pizzas

INGREDIENTS
(8 servings)

- Four 3 oz/80 g pizza crusts for individual pizzas
- Oil spray
- 4 tbsp tomato sauce
- ½ red bell pepper
- ½ green bell pepper
- ½ yellow bell pepper
- 1 white onion
- 2 garlic cloves
- 1 tbsp thyme
- Salt and pepper, to taste

AMOUNTS PER SERVING
184 kcal
19,9 g carbohydrates
2,96 g protein
1,3 g fat

PREPARATION

1. Place the pizza crusts on a baking sheet sprayed with oil spray. Spread ½ tbsp tomato sauce on each and bake in a preheated oven at high temperature (445°F/240°C) for 5 minutes.

2. Cut the peppers and onion into rings and steam them until tender but still crisp. Distribute vegetables on the individual pizza crusts, sprinkle with chopped garlic and thyme, and add salt and pepper to taste.

3. Bake in the oven at high temperature for another 8 to 10 minutes, or until the surface is golden. Remove from heat and serve hot.

HEALTH GUIDE
HYPERTENSION
LOW LOW-SODIUM PIZZA CRUSTS
HIGH CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE GLUTEN-FREE DOUGH

The secret to a golden, crisp pizza crust is baking it correctly. Preheat the oven and make sure that the temperature is high and constant in order to prevent the crust from burning at the bottom while remaining raw inside.

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This section provides nutrition facts for each recipe: number of calories (kcal), amount of carbohydrates, protein and fat per serving.


Grandma's traditional recipe, not only a delicious choice to share with the whole family but also a highly nourishing dish thanks to its high protein content, present in beef, milk and cheese.

Traditional meat lasagna

INGREDIENTS
(8 servings)

- 12 cooked lasagna sheets

Filling
- 3.5 fl oz/100 ml beef stock or broth
- 1 white onion
- 2 garlic cloves
- 1 celery stalk
- 1 carrot
- 1.1 lb/500 g lean ground beef
- 11 oz/300 g coarsely chopped tomatoes
- 1 tsp oregano
- ¾ tsp paprika
- Salt and pepper, to taste
- 1 ¼ cup/400 ml skim milk
- 1 tbsp cornstarch
- 1 pinch ground nutmeg
- 7.4 oz/200 ml tomato sauce
- Grated cheese, to taste

AMOUNTS PER SERVING
180 kcal
17,1 g carbohydrates
19,6 g protein
5,4 g fat

HEALTH GUIDE
HYPERTENSION
LOW LOW-SODIUM CHEESE
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE GLUTEN-FREE PASTA

PREPARATION

1. Chop onion, garlic and celery, and grate carrot. Heat the broth in a saucepan, add vegetables and cook until they are tender. Add ground beef and coarsely chopped tomatoes. Cook for a few minutes and season with oregano, paprika, salt and pepper.

2. In another saucepan, heat milk until it boils. Dissolve the cornstarch in a little cold milk and add to the boiling milk, stirring constantly until it thickens. Season with nutmeg, salt and pepper.

3. Spread 2 tbsp tomato sauce on the bottom of a deep baking pan, place 4 lasagna sheets on top, distribute half of the beef preparation on the pasta and cover with 4 tbsp of Bechamel sauce. Cover with 4 more lasagna sheets, add the remaining meat, distribute the rest of lasagna sheets on top and finish with tomato sauce and Bechamel.

4. Bake in a preheated oven at medium temperature (392°F/200°C) for 15 to 20 minutes, or until golden. Sprinkle with grated cheese and serve.

Red meat provides complex proteins with high biological value. There is also vitamin B among its vitamins, only the B12 which is only found in animal source foods.

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Interesting facts that complement nutrition information. Healthy tips and ideas.

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Moderate activity: Outdoor activities with higher caloric consumption, intense walking, carrying a burden, cycling, skiing, tennis, dancing.

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Pasta and pizza are everyone's favorites. The good news is that they can also be healthy, especially when prepared with good quality ingredients and low-fat content.

Healthy Italian pleasure

Pasta and pizza are made with different kinds of flour or semolina. They provide a good amount of energy and can be amazingly varied. Nowadays, nutritionists recommend including pasta in our family menu two or three times a week, since its low fat content and high energy value makes it quite healthy. Those with high energy requirements, such as growing children or athletes, may incorporate them more often.

Lighter and tastier pasta

Pasta´s calories and fat content depend on the sauce that we use with them. It is ideal to serve them with fresh or lightly sautéed vegetables (which also provide fiber, vitamins and minerals) or some light, low-fat sauce.

Healthier pizza

Homemade pizza is generally healthier because we can make sure to use fresh and nutritious ingredients.
If you or someone in your family cannot consume white flour for some health reason, you may use whole flour to make homemade pizza dough or buy whole flour crust. Although not so widely used, it is more flavorful and it has more nutrients than the one made with white flour because of its higher content of fiber, vitamins and minerals.
You may also reduce calories in pizza by using low-fat cheese.

Choosing your ingredients

If you wish to control your cholesterol level, choose pasta and pizza with assorted vegetables and season them with a little olive oil and spices.

Delicious, nutritious and hearty, pasta and pizza are everyone's favorites. Here you will find easy recipes to prepare irresistible ravioli, spaghetti, cannelloni and gnocchi, as well as delicious sauces to serve them with.

200
LESS THAN 200 CALORIES PER SERVING

400
LESS THAN 400 CALORIES PER SERVING

600
LESS THAN 600 CALORIES PER SERVING

Lasagna is a very easy pasta dish to prepare. It is important that the filling be proportional to the size of each serving: if it is too abundant, it will fall apart; if, on the other hand, it is scarce, the dish will result bland.

Spinach and cream lasagna

INGREDIENTS
(8 servings)

- 12 cooked lasagna sheets

Filling
- Oil spray
- 3 scallions
- 2 garlic cloves
- Salt and pepper, to taste
- 1.1 lb/500 g cream
- 5 oz/150 g cooked spinach
- 3.5 low-fat grated cheese

Tomato sauce
- 14 oz/400 tomatoes
- 3 garlic cloves
- 1 tbsp olive oil
- ½ tsp sugar
- 1 tbsp oregano

AMOUNTS PER SERVING
174 kcal
–
15.3 g carbohydrates
–
13.1 g protein
–
6.6 g fat
–

PREPARATION

1. Slice scallions and finely chop garlic. Heat a skillet, spray it with oil spray and cook scallions and garlic until tender. Add salt and pepper to taste. In a large bowl , combine cream, sautéed scallions and garlic, cooked and drained spinach and grated cheese. Mix to integrate all ingredients and discard any excessive liquid.

2. For the tomato sauce, coarsely chop tomatoes and finely chop garlic. Put tomatoes, garlic, olive oil, sugar, oregano, salt and pepper in a saucepan. Bring to a boil and cook for a few minutes.

3. To assemble the lasagna, spread some tomato sauce on the bottom of a rectangular baking pan. Cover with four lasagna sheets. Distribute half of the spinach mixture on the sheets and cover with four more sheets. Spread the rest of the filling and cover with the remaining sheets. Spread some more tomato sauce on top and bake in a preheated oven at high temperature (465°F/240°C) for about 15 minutes, or until the surface is golden and the inside very hot. Cut into squares and serve immediately. Garnish with roasted tomato skin.

HEALTH GUIDE
HYPERTENSION
(USE LOW-SODIUM CHEESE)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE
(USE GLUTEN-FREE PASTA AND DAIRY PRODUCTS)

To make spinach leaves keep their dark green color, boil them for a couple of minutes in an uncovered pot. Once cooked, dip them immediately in cold water.

200
LESS THAN 200 CALORIES PER SERVING

400
LESS THAN 400 CALORIES PER SERVING

600
LESS THAN 600 CALORIES PER SERVING

Thanks to its low calorie count, this innovative pizza is just perfect for those watching their weight or following a low-calorie diet but not wishing to sacrifice flavor or delight.

Artichoke and mushroom pizza

INGREDIENTS
(8 servings)

- One 11 oz/300 g precooked pizza crust
- Oil spray
- 3 tbsp tomato sauce
- 5.5 oz/150 g low-fat cheese
- 5.5 oz/150 g assorted mushrooms
- 8 cooked artichoke halves
- 3.5 oz/100 g cherry tomatoes
- Salt and pepper, to taste
- 1 tbsp chopped parsley

PREPARATION

1. Place the pizza crust on a pizza tray sprayed with oil spray. Cover with tomato sauce and bake in a preheated oven at high temperature (465°F/240°C) for approximately 5 minutes.

2. Remove from heat and distribute grated cheese, sliced mushrooms, artichoke halves and cherry tomatoes on the dough. Season with salt and pepper to taste and sprinkle with fresh chopped parsley.

3. Take it back to the hot oven until the cheese melts and the surface is slightly golden. Cut into 8 slices and serve right away.

AMOUNTS PER SERVING

128 kcal
–
20,1 g carbohydrates
–
3,6 g protein
–
3,6 g fat
–

HEALTH GUIDE

HYPERTENSION
(USE LOW-SODIUM CHEESE AND DOUGH)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE DOUGH)

Artichokes have a high water and fiber content. To keep them from browning when in contact with the air, drizzle with lemon juice, rub them with a halved lemon or add lemon juice to the cooking water.

200
LESS THAN 200 CALORIES PER SERVING

400
LESS THAN 400 CALORIES PER SERVING

600
LESS THAN 600 CALORIES PER SERVING

A delightful recipe that everybody will love. Pasta provides energy while vegetables enrich this dish with vitamins, minerals and fiber.

Squash gnocchi with peppers

INGREDIENTS
(8 servings)

- 1.7 lb/800 g squash gnocchi

Sauce

- Oil spray
- 1 garlic clove
- ½ white onion
- ¼ red bell pepper
- ¼ green bell pepper
- ¼ yellow bell pepper
- 7 fl oz/200 ml puréed tomatoes
- ½ tsp thyme
- Salt and pepper, to taste

PREPARATION

1. Boil gnocchi in abundant water with salt. When they float to the surface, remove with a spider skimmer and reserve keeping them hot.

2. Heat a large skillet, spray it with oil spray and sautée finely chopped garlic until it is golden. Cut onion and peppers in julienne and add to the skillet. Cook until tender but still crisp. Add puréed tomatoes and cook for a few minutes over low heat.

3. Season with thyme, salt and pepper. Incorporate reserved gnocchi and stir to integrate. Serve very hot.

AMOUNTS PER SERVING

172 kcal
–
56.6 g carbohydrates
–
9 g protein
–
9 g fat
–

HEALTH GUIDE

HYPERTENSION APT
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE
(USE GLUTEN-FREE GNOCCHI)

This dish is ideal for people watching their weight because it has very few calories and almost no fat.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Polenta is a very versatile food; it is hearty, inexpensive, and liked by both children and grownups. Here we present a very innovative pizza made with this ingredient.

Polenta and vegetable pizza

INGREDIENTS
(8 servings)

- 1 white onion
- 2 celery stalks
- Oil spray
- 1 ⅔ cup/400 ml skim milk
- Salt and pepper, to taste
- 4 oz/ 120 g instant polenta
- 1 eggplant
- 2 zucchini
- 3.5 oz/100 g corn kernels
- 1 tbsp oregano
- 1 tbsp thyme

AMOUNTS PER SERVING
101 kcal
–
19,5 g carbohydrates
–
3,3 g protein
–
1.1 g fat
–

PREPARATION

1. For the pizza crust, finely chop onion and celery and sautée in a saucepan sprayed with oil spray. Pour milk, add salt and pepper to taste and bring to a boil. Sprinkle polenta over the boiling milk and cook, stirring constantly, until it thickens. Spread on a10"/26 cm pizza tray previously sprayed with oil spray and level the surface with a spatula or wet spoon. Reserve.

2. Slice eggplant and zucchini and cook on a hot broiler or roast in the oven. Distribute eggplant, zucchini and corn on the polenta crust. Add oregano, thyme and salt and pepper to taste.

3. Cook in a hot, preheated oven at 465°F/240°C for 5 to 7 minutes. Cut into 8 slices and serve very hot.

HEALTH GUIDE
HYPERTENSION APT
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE APT

Polenta is a great source of energy thanks to its high carbohydrate content. It is also a fundamental ingredient for those with celiac disease since it is gluten-free.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Whole wheat crepes are a healthy, tasty and natural alternative that allows us to incorporate all the benefits of whole wheat´s fiber in our daily diet.

Vegetable crepe cannelloni

INGREDIENTS
(6 servings)

- 12 whole wheat crepes
- Oil spray

Filling
- 2 garlic cloves
- 1 white onion - 1 leek
- ½ red bell pepper
- ½ green bell pepper
- 1 zucchini
- 1 small eggplant
- 3.5 oz/100 g corn kernels
- Salt and pepper, to taste

Sauce
- 7 oz/ 200 g broccoli
- 10 fl oz/300 ml skim milk
- 2 garlic cloves
- 1.7 oz/50 g low-fat grated cheese
- Salt and pepper, to taste

AMOUNTS PER SERVING
107 kcal
–
4,9 g carbohydrates
–
6,5 g protein
–
6,7 g fat
–

HEALTH GUIDE
HYPERTENSION
(USE LOW-SODIUM CHEESE)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE CREPES AND CHEESE)

PREPARATION

1. Finely chop garlic and cut onion, leek, pepper, zucchini and eggplant into a fine julienne. Steam or microwave all vegetables until they are tender but still crisp. Transfer them to a bowl and add cooked corn kernels. Season with salt and pepper and mix well.

2. To assemble cannelloni, put a spoonful of vegetable mixture on the edge of each crepe and roll it up. Place cannelloni in a non-stick oven pan sprayed with oil spray and reserve.

3. For the sauce, steam or microwave broccoli until still crisp and separate the florets. Pour milk into a saucepan, add chopped garlic and broccoli, and cook for 10 to 12 minutes over medium heat. Remove from heat and add grated cheese. Cover and allow to sit for a few minutes so that the cheese melts. Season with salt and pepper to taste.

4. Cover cannelloni with the broccoli sauce and cook in a preheated oven at high temperature (465°F/240°C) for 10 to 15 minutes. Remove from heat and serve hot.

A healthy and nourishing dish that will allow you to incorporate vegetables into your daily diet. This is a delicious way to get your children to eat more vegetables.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

The numerous benefits of fiber provided by peppers combined with the healthy protein in cheese make this colorful pizza a great ally for our health.

Three-colored individual pizzas

INGREDIENTS
(8 servings)

- Four 3 oz/80 g pizza crusts for individual pizzas
- Oil spray
- 4 tbsp tomato sauce
- ½ red bell pepper
- ½ green bell pepper
- ½ yellow bell pepper
- 1 white onion
- 2 garlic cloves
- 1 tbsp thyme
- Salt and pepper, to taste

AMOUNTS PER SERVING
104 kcal
–
19,9 g carbohydrates
–
2,96 g protein
–
1,3 g fat
–

PREPARATION

1. Place the pizza crusts on a baking sheet sprayed with oil spray. Spread ½ tbsp tomato sauce on each and bake in a preheated oven at high temperature (465°F/240°C) for 5 minutes.

2. Cut the peppers and onion into rings and steam them until tender but still crisp. Distribute vegetables on the individual pizza crusts, sprinkle with chopped garlic and thyme, and add salt and pepper to taste.

3. Bake in the oven at high temperature for another 8 to 10 minutes, or until the surface is golden. Remove from heat and serve hot.

HEALTH GUIDE
HYPERTENSION
(USE LOW-SODIUM PIZZA CRUST)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE DOUGH)

The secret to a golden, crisp pizza crust is baking it correctly. Preheat the oven and make sure that the temperature is high and constant in order to prevent the crust from burning at the bottom while remaining raw inside.

200
LESS THAN 200 CALORIES PER SERVING

400
LESS THAN 400 CALORIES PER SERVING

600
LESS THAN 600 CALORIES PER SERVING

Grandma's traditional recipe, not only a delicious choice to share with the whole family but also a highly nourishing dish thanks to its high protein content, present in beef, milk and cheese.

Traditional meat lasagna

INGREDIENTS
(8 servings)

- 12 cooked lasagna sheets

Filling

- 3.5 fl oz/100 ml beef stock or broth
- 1 white onion
- 2 garlic cloves
- 1 celery stalk
- 1 carrot
- 1.1 lb/500 g lean ground beef
- 11 oz/300 g coarsely chopped tomatoes
- 1 tsp oregano
- ¼ tsp paprika
- Salt and pepper, to taste
- 1 ⅔ cup/400 ml skim milk
- 1 tbsp cornstarch
- 1 pinch ground nutmeg
- 7 fl oz/200 ml tomato sauce
- Grated cheese, to taste

PREPARATION

1. Chop onion, garlic and celery, and grate carrot. Heat the broth in a saucepan, add vegetables and cook until they are tender. Add ground beef and coarsely chopped tomatoes. Cook for a few minutes and season with oregano, paprika, salt and pepper.

2. In another saucepan, heat milk until it boils. Dissolve the cornstarch in a little cold milk and add to the boiling milk, stirring constantly until it thickens. Season with nutmeg, salt and pepper.

3. Spread 2 tbsp tomato sauce on the bottom of a deep baking pan, place 4 lasagna sheets on top, distribute half of the beef preparation on the pasta and cover with 4 tbsp of Bechamel sauce. Cover with 4 more lasagna sheets, add the remaining meat, distribute the rest of lasagna sheets on top and finish with tomato sauce and Bechamel.

4. Bake in a preheated oven at medium temperature (392°F/200°C) for 15 to 20 minutes, or until golden. Sprinkle with grated cheese and serve.

AMOUNTS PER SERVING

180 kcal
–
17,1 g carbohydrates
–
15,6 g protein
–
5,4 g fat
–

HEALTH GUIDE

HYPERTENSION
(USE LOW-SODIUM CHEESE)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE PASTA)

Red meat provides complex protein with high biological value. There is also vitamin B among its vitamins, especially B12, which is only found in animal source foods.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Delicate phyllo dough bites. These bites are extra light and easy to make, ideal for a frugal lunch or a snack between meals.

Mushroom bites

INGREDIENTS
(8 servings)

- 2 small white onions
- Oil spray
- 5 oz/150 g fresh mushrooms
- ½ tsp paprika
- Salt and pepper, to taste
- 7 oz/200 g phyllo dough
- 2 oz/50 g butter
- 1 tbsp sesame seeds

AMOUNTS PER SERVING
186 kcal
–
15,1 g carbohydrates
–
5.8 g protein
–
11,3 g fat
–

PREPARATION

1. Chop onion and cook in a skillet sprayed with oil spray for a few minutes. Chop mushrooms and add to the skillet. Cook for a minute and season with paprika, salt and pepper. Remove from heat and reserve.

2. Spread the phyllo dough on a lightly floured surface and cut into even rectangles. Put a portion of mushroom filling on the dough and fold forming a closed package.

3. Melt butter and brush over phyllo dough packages. Sprinkle with sesame seeds and place on a silicon mat. Bake in a preheated oven at high temperature (around 465°F/240°C) for 10 minutes, or until the dough browns.

4. Remove from the oven. Distribute on plates or place on a platter garnished with green leaves. Serve right away.

HEALTH GUIDE
HYPERTENSION
(USE LOW-SODIUM PHYLLO DOUGH)
CHOLESTEROL (REPLACE BUTTER WITH OIL)
DIABETES APT
CELIAC DISEASE NOT APT

Mushrooms are a great source of minerals: they contain selenium, phosphorus, magnesium and potassium. They are also very healthy because of their low fat content.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

A classic dish, always present in our family menu. Olives add essential fatty acids that our body cannot produce on its own. Incorporate them into your everyday menu in recipes such as this one.

Spaghetti with tomato and olives

INGREDIENTS

(4 servings)

- 14 oz/400 g green spaghetti
- 2 scallions
- Oil spray
- 3.5 oz/100 g cherry tomatoes
- 2 oz/50 g black olives
- Salt and pepper, to taste
- 6 basil leaves

AMOUNTS PER SERVING

374 kcal

–

65.8 g carbohydrates

–

11,2 g protein

–

7,3 g fat

–

PREPARATION

1. Boil abundant water with salt in a large saucepan. Cook spaghetti as indicated in the packaging, or until al dente. Drain and reserve keeping them hot.

2. Wash the scallions and slice them. Heat a skillet, spray with oil spray and cook the scallions until tender.

3. Add clean cherry tomatoes cut in half and sliced olives. Season with salt and pepper to taste and add basil leaves cut into strips with scissors.

4. Incorporate spaghetti to the skillet and stir to integrate all flavors. When the pasta is hot, remove from heat and serve immediately.

HEALTH GUIDE

HYPERTENSION
(AVOID OLIVES)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE
(USE GLUTEN-FREE PASTA)

Pasta´s cooking time depends on their thickness and quality: fresh pasta cooks faster than dry pasta, and thin one faster than thick one. Respect cooking time indicated in the packaging.

200 LESS THAN **200 CALORIES** PER SERVING

400 LESS THAN **400 CALORIES** PER SERVING

600 LESS THAN **600 CALORIES** PER SERVING

This recipe combines a good source of carbohydrates and high biological value protein with fiber provided by vegetables, which helps good bowel functioning.

Squash and leek pizza

INGREDIENTS
(4 servings)

- One 11 oz/300 g precooked pizza crust
- Oil spray
- 3 tbsp tomato sauce
- 9 oz/250 g squash
- 2 leeks
- 1 small white onion
- 3.5 oz/100 g low-fat cheese
- 1 tbsp paprika
- Salt, to taste

AMOUNTS PER SERVING
222 kcal
–
23.3 g carbohydrates
–
13.7 g protein
–
8.2 g fat
–

PREPARATION

1. Put the pizza crust on a pizza tray sprayed with oil spray. Cover the dough with tomato sauce and bake in a preheated oven at high temperature (465°F/240°C) for approximately 5 minutes.

2. Dice the squash and julienne the leek. Steam them until tender but still crisp. Distribute vegetables on the pizza crust. Finely chop onion and coarsely grate cheese, and sprinkle both on the pizza. Season with paprika and salt to taste.

3. Bake again at high temperature until the cheese melts. Cut into 4 slices and serve right away.

HEALTH GUIDE
HYPERTENSION (USE LOW-SODIUM CHEESE AND CRUST)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE PIZZA CRUST)

If you have small children, add some more cheese on top of the pizza or supplement this menu with some dairy dessert. That way you will be providing much needed calcium for their growing bones.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Pasta provides complex carbohydrates and protein. When combined with vegetables it results in a meal that is rich in vitamins, minerals and energy for physical and mental development.

Chicken and vegetable ravioli

INGREDIENTS

(6 servings)

Dough
- 9 oz/250 g flour
- 1 egg plus 1 yolk
- 1 tbsp oil - Salt, to taste
- Water, as needed

Filling
- 5 oz/150 g cooked spinach
- 1 white onion
- 5 oz/ 150 g cooked chicken meat
- 0.7 oz/20 g cream cheese
- 1 egg
- 2 tbsp low-fat grated cheese
- 1 tsp chopped sage
- Salt and pepper, to taste

Sauce
- 2 leeks - 1 garlic clove
- 3.5 fl oz/100 ml vegetable broth
- 5 oz/150 g cherry tomatoes
- 2.5 oz/70 g dried mushrooms

AMOUNTS PER SERVING

259 kcal
–
33,9 g carbohydrates
–
13,5 g protein
–
7,6 g fat
–

HEALTH GUIDE

HYPERTENSION (USE LOW-SODIUM CHEESE AND BROTH)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (MAKE THE DOUGH WITH GLUTEN-FREE FLOUR)

PREPARATION

1. For the dough, process all ingredients together until obtaining a smooth dough. Allow it to rest for 20 minutes.

2. For the filling, process all ingredients until well integrated. Add salt and pepper to taste.

3. Roll out the dough into two rectangles. Place one on a lightly floured parchment paper and mark 2"/5 cm squares. Put about one tsp filling in the middle of each square. Cover with the other dough and press around the filling in each square. Cut the ravioli with a serrated wheel or a knife. Boil them in abundant water with salt, and remove them with a skimmer when they float to the surface. Reserve.

4. For the sauce, chop garlic and julienne leek. Cook them in broth, in a saucepan. Cut tomatoes in four, hydrate mushrooms and cut them into pieces. Add them both to the saucepan. Cook for a few minutes and add salt and pepper to taste. Serve ravioli hot, with the vegetable sauce.

A tip to cook stuffed pasta: lower heat when the water begins to boil once the pasta has been added and stir slowly with a wooden spoon.

200
LESS THAN **200 CALORIES** PER SERVING

400
LESS THAN **400 CALORIES** PER SERVING

600
LESS THAN **600 CALORIES** PER SERVING

Here we present one of the most traditional, delicious and healthy recipes to be enjoyed with family and friends. You may vary the topping by adding chopped hard-boiled egg, ham strips and Parmesan cheese.

Pizza Napolitana

INGREDIENTS
(4 servings)

- One 11 oz/300 g precooked pizza crust
- Oil spray
- 3 tbsp tomato sauce
- 7 oz/200 g mozzarella cheese
- 2 tomatoes
- 1 garlic clove
- ½ tbsp oregano
- Salt and pepper, to taste
- 8 pitted black olives

PREPARATION

1. Put the pizza crust in a pizza pan sprayed with oil spray. Cover the crust with tomato sauce and cook in a preheated oven at high temperature (465°F/240°C) for approximately 5 minutes.

2. Remove from heat and distribute mozzarella cheese and tomato slices. Sprinkle with chopped garlic and oregano, and add salt and pepper to taste. Distribute olives on top.

3. Return to the oven at high temperature (465°F/240°C) until the cheese melts. Cut into 4 slices and serve immediately.

AMOUNTS PER SERVING

348 kcal
–
39,4 g carbohydrates
–
17,2 g protein
–
13,4 g fat
–

HEALTH GUIDE

HYPERTENSION (USE LOW-SODIUM CHEESE AND CRUST, AVOID OLIVES)
CHOLESTEROL (USE LOW-FAT CHEESE)
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE CRUST)

Low-calorie tomato sauce is very easy to make: peel and remove seeds from 8 tomatoes, blend until puréed, cook with two chopped garlic cloves, season with oregano, thyme, salt and pepper, and that's it!

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

This quick and easy stir-fry is ideal for people with diabetes because the high amount of fiber in vegetables delays the absorption of pasta's carbohydrates.

Pasta and vegetable wok

INGREDIENTS
(6 servings)

- 14 oz/400 g dry pasta of your choice
- 2 tbsp olive oil
- 2 white onions
- ½ yellow bell pepper
- 1 zucchini
- 1 carrot
- 1 small eggplant
- Salt, to taste
- 3.5 oz/100 g soybean sprouts
- 1 tbsp soy sauce
- Fresh ground ginger, to taste

PREPARATION

1. Boil the pasta in abundant water with salt. Cook as indicated in the packaging, or until al dente. Drain and reserve keeping it hot.

2. Peel onions and cut into thin slices. Cut pepper, zucchini, carrot and eggplant into fine julienne. Heat olive oil in a wok or large skillet. Toss in onion and cook until golden. Add the rest of the vegetables and cook until they are tender but still crisp. Add salt to taste.

3. Incorporate cooked pasta and soybean sprouts, season with soy sauce and fresh ground ginger to taste. Add more salt, if needed, stir to integrate all flavors and serve very hot.

AMOUNTS PER SERVING

317 kcal
–
58,3 g carbohydrates
–
13.7 g protein
–
6,5 g fat
–

HEALTH GUIDE

HYPERTENSION (AVOID SOY SAUCE)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE PASTA)

Heat is distributed smoothly and evenly in a wok, thus allowing food to be cooked in a shorter time and with less fat. It is therefore considered to be one of the fastest and healthiest ways to prepare food.

If you have children, make sure to include this classic "orchard" pizza in your weekly menu. It combines cheese and vegetables, and it is a fine option to provide nourishment. We guarantee that they will ask for seconds!

Orchard pizza

INGREDIENTS

(4 servings)

- One 11 oz/300 g precooked pizza crust
- Oil spray
- 3 tbsp tomato sauce
- 8 asparagus
- 3.5 oz/100 g broccoli
- 3.5 oz/100 g cauliflower
- ½ red bell pepper
- 1 carrot
- 3.5 oz/100 g mozzarella cheese
- Salt and pepper, to taste
- 10 basil leaves

PREPARATION

1. Place the pizza crust in a pizza pan sprayed with oil spray. Cover with tomato sauce and cook in a preheated oven at high temperature (around 465°F/240°C) for approximately 5 minutes.

2. Steam asparagus, broccoli and cauliflower until tender but still crisp. Cut the asparagus into pieces and separate broccoli and cauliflower florets. Distribute vegetables on the pizza crust. Cut pepper and carrot into julienne and grate cheese. Distribute them on the pizza as well. Add salt and pepper to taste, and sprinkle with basil leaves cut into fine strips with a pair of scissors.

3. Bake again at high temperature (465°F/240°C) until the mozzarella melts. Cut pizza into 4 slices and serve right away.

AMOUNTS PER SERVING

291 kcal
–
43,2 g carbohydrates
–
12,6 g protein
–
7,4 g fat
–

HEALTH GUIDE

HYPERTENSION (USE LOW-SODIUM CRUST AND CHEESE)
CHOLESTEROL (USE LOW-FAT CHEESE)
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE CRUST)

Mozzarella cheese is ideal for pizzas due to its mild flavor. It melts easily and it is soft to cut and manipulate.

This recipe is highly recommended for growing children and people with osteoporosis ; dairy products provide calcium, vitamins and minerals needed for bone formation.

Gnocchi Parisienne

INGREDIENTS
(6 servings)

Gnocchi
- 2.2 lb/1 kg cream
- 1 pinch nutmeg
- Salt and pepper, to taste
- 2 tbsp grated Parmesan cheese
- 2 eggs
- Flour, as needed

Sauce
- 25 fl oz/800 ml skim milk
- 1 tbsp cornstarch
- 3.5 oz/100 g baked ham
- 3.5 oz/100 g peas
- 1 small chicken breast
- 1 pinch nutmeg
- Salt and pepper, to taste,
- 1 tbsp chopped parsley

AMOUNTS PER SERVING
369 kcal
–
20,4 g carbohydrates
–
37,6 g protein
–
15,2 g fat
–

HEALTH GUIDE
HYPERTENSION (USE LOW-SODIUM CHEESE AND AVOID HAM)
CHOLESTEROL (AVOID PARMESAN CHEESE AND HAM)
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE FLOUR)

PREPARATION

1. In a bowl, mix cream, nutmeg, salt, pepper, Parmesan cheese and eggs. Add flour, a spoonful at a time, until a tender dough forms. It should be soft but not sticky.

2. Take portions of dough and roll out long cylinders. Cut them into cubes with a knife and roll them over a gnocchi board, pressing in the middle with your thumb to shape them. Dust them with flour to prevent them from sticking to the working surface.

3. In a large saucepan, bring water with salt to a boil. Boil gnocchi until they float to the surface, then remove using a skimmer and place them in an oven pan.

4. For the sauce, pour milk into another saucepan and bring to a boil. Incorporate cornstarch previously dissolved in a little cold milk and cook stirring constantly until it thickens. Add ham cut in julienne, cooked peas and cooked chicken breast cut into thin strips. Season with nutmeg, salt and pepper to taste, and chopped parsley. Cook for a few minutes.

5. Pour sauce on the gnocchi and sprinkle with low-fat grated cheese, if desired. Bake in a preheated oven at high temperature (465°F/240°C) until it browns. Serve immediately.

Using low-fat dairy products allows you to provide nourishment for your family according to health specialists´ recommendations, without sacrificing flavor in traditional recipes.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

If you are going on a pic-nic, preparing an outdoor meal or making your children´s lunchbox, try out these little bites; they are fast and easy to make. They can also be served at birthday parties and other celebrations.

Bacon baskets

INGREDIENTS
(4 servings)

- 4 eggs
- 2 tbsp cream cheese
- 3.5 fl oz/100 ml cream
- 7 oz/200 g curdled milk
- 2 oz/50 g grated Parmesan cheese
- 3.5 oz/100 g farmer's cheese, cut into cubes
- 7 oz chopped baked ham
- 1 tsp oregano
- 1 tsp paprika
- Salt and pepper, to taste
- 5.5 oz/150 g bacon
- 6 low-fat, savory pie crust circles, about 4.5" in diameter
- Fresh oregano, to garnish

PREPARATION

1. Lightly beat eggs. Mix with cream cheese, cream, curdled milk and Parmesan cheese. Cut farmer's cheese into cubes and finely chop ham. Add both to the egg mixture and mix to integrate. Season with oregano, paprika, salt and pepper.

2. Finely chop bacon and cook in a clean skillet until golden and crisp. Remove from heat and reserve.

3. Line 6 muffin molds with the pastry circles and pinch the rim to form baskets. Fill with the egg, ham and cheese mixture and bake in a preheated oven at medium heat (356°F/180°C) for 30 to 40 minutes, or until the surface is lightly golden and the filling is firm. Remove and garnish with bacon and fresh oregano.

AMOUNTS PER SERVING
398 kcal
–
16.3 g carbohydrates
–
22.6 g protein
–
29,7 g fat
–

HEALTH GUIDE
HYPERTENSION NOT APT
CHOLESTEROL NOT APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE HAM, CRUST AND DAIRY PRODUCTS)

These little baskets provide good amounts of calcium in a fun way. Fill them with low-fat cold cuts and dairy products to obtain a nutritious, healthy and well-balanced dish.

LESS THAN **200 CALORIES** PER SERVING

LESS THAN **400 CALORIES** PER SERVING

LESS THAN **600 CALORIES** PER SERVING

This recipe presents an innovative way of preparing pasta. The spinach sauce makes it a healthier option and a delicious way to incorporate the benefits of iron into our daily menu.

Florentine wide pasta ribbons

INGREDIENTS

(4 servings)

- 14 oz/400 g wide ribbon pasta

Sauce

- 2 garlic cloves
- Oil spray
- 7 oz/200 g raw spinach
- 2.5 oz/70 g low-fat cream cheese
- 1 pinch nutmeg
- Salt and pepper, to taste
- 2 oz/50 g low-fat grated cheese

AMOUNTS PER SERVING

419 kcal
–
75,9 g carbohydrates
–
17,8 g protein
–
5 g fat
–

PREPARATION

1. In a large saucepan, bring abundant water with salt to a boil. Cook the pasta according to the instructions on the packaging, or until al dente. Drain and reserve keeping them hot.

2. For the sauce, finely chop garlic and cook in a skillet sprayed with oil spray until tender and golden. Cut the spinach into fine julienne and incorporate to the skillet. Sautée for a few seconds and add cream cheese. Season with nutmeg, salt and pepper.

3. Remove from heat, mix with the hot pasta and sprinkle with grated cheese. Serve right away.

HEALTH GUIDE

HYPERTENSION (CHOOSE LOW-SODIUM CHEESE)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE PASTA)

Cheese is a great source of calcium, a mineral needed for bone formation and good health. It also helps prevent osteoporosis.

You may replace this pizza's topping with your favorite veggies and ingredients. Here we present a delicious combination with a fragrant Mediterranean touch: basil leaves, sun dried tomatoes and olive oil.

Arugula and brie pizza

INGREDIENTS

(6 individual pizzas)

- 1 oz/ 25 g fresh compressed yeast
- 1 tbsp sugar
- 1.1 lb/500 g flour
- 1 ½ tsp/10 g salt
- 7 fl oz/200 ml lukewarm water
- 2 fl oz/50 ml olive oil

Topping

- 1 cup tomato sauce
- 0.7 oz/20 g walnuts
- 7 oz/200 g brie or camembert cheese
- Black peppercorns
- Extra virgin olive oil, to taste

AMOUNTS PER SERVING

580 kcal
–
77 g carbohydrates
–
18,5 g protein
–
20 g fat
–

HEALTH GUIDE

HYPERTENSION (Choose low-sodium cheese and avoid salt)
CHOLESTEROL (USE A LOW-FAT CHEESE)
DIABETES APT
FLO DISEASE (USE GLUTEN-FREE FLOUR)

PREPARATION

1. Dissolve yeast, sugar and 1 tbsp flour in about ½ cup lukewarm water. Cover and let it sit for about 5 minutes, until it foams. In a bowl, mix flour and salt. Make a hole in the middle and add a couple tbsp water, oil and dissolved yeast. Start integrating all ingredients moving from the center outwards, adding more water as needed until a soft ball forms. Transfer dough to the countertop and knead for about 10 minutes. Put it in a bowl dusted with flour, cover with a clean cloth and let it rise in a warm place until it doubles in bulk.

2. Roll out each piece and cover with tomato sauce. Cook in a preheated oven at medium heat (392°F/200°C) for 10 to 12 minutes. Remove from heat and distribute brie cut into slices on them. Take back to the oven for another 5 minutes.

3. Distribute some arugula leaves, hydrated sun dried tomatoes and chopped walnuts onto each individual pizza. Sprinkle with freshly ground black pepper and extra virgin olive oil. Serve immediately.

Commercial pizza may sometimes contain unhealthy fat and low quality ingredients. Choose to make it at home whenever possible.

An inventive and delicious combination that brings together different textures. Prepare this sophisticated dish if you have to improvise a meal for guests. It is simple, fast to make and very tasty. Expect applause!

Greek salad with cheese

INGREDIENTS

(4 servings)

- 14 oz/400 g spaghetti
- 1 white onion
- 2 fl oz/50 ml vegetable broth
- 2.5 oz/70 g smoked bacon
- 1 egg
- 1 egg white
- 2 oz/50 g low-fat grated cheese
- Salt and pepper, to taste

AMOUNTS PER SERVING

507 kcal
–
75,7 g carbohydrates
–
20.3 g protein
–
13,6 g fat
–

PREPARATION

1. Bring abundant water with salt to a boil in a large saucepan. Boil spaghetti as indicated in the packaging, or until al dente. Drain and reserve keeping it hot.

2. Heat vegetable broth in a skillet and cook chopped onion until tender. In another skillet, brown chopped bacon until crisp.

3. Add reserved spaghetti, cooked onion, egg and egg white to the bacon skillet. Mix well to integrate all ingredients and cook for a few minutes.

4. Add grated cheese, salt and pepper to taste, and serve right away.

HEALTH GUIDE

HYPERTENSION (CHOOSE LOW-SODIUM CHEESE AND BROTH, AND AVOID BACON)
CHOLESTEROL (REPLACE BACON WITH GRILLED CHICKEN BREAST)
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE PASTA)

If you are not going to eat pasta immediately after cooking it, pour some cold water over it to stop the cooking and prevent it from clumping.

A healthy, energizing pizza thanks to the addition of bran flour, which is more nourishing than white flour since it has fiber, minerals and vitamins that are lost in flour refinement.

Bran flour individual pizza with nuts

INGREDIENTS

(8 servings)

- 4 tbsp bran flour
- 1 oz/30 g fresh compressed yeast
- Lukewarm water, as needed
- 1 tsp salt
- 1 pinch sugar
- 2 tbsp oil
- 4.5 oz/125 g wheat flour
- Oil spray
- 3 tbsp tomato sauce
- 2 white onions
- 5.5 oz/150 g low-fat cheese
- 4 garlic cloves
- 1.5 oz/40 g chopped walnuts
- 2 tbsp chopped parsley
- Salt and pepper, to taste

AMOUNTS PER SERVING

218 kcal

–

23,2 g carbohydrates

–

9,6 g protein

–

9,6 g fat

–

PREPARATION

1. Hydrate bran flour in 4 tbsp lukewarm water and reserve. In a bowl, dissolve yeast, salt and sugar in 4 tbsp water. Let it sit for a few minutes in a warm place, until it foams. Add oil and bran mixture, and mix well. Incorporate flour and knead until forming a ball. Cover with a clean cloth and let it rise in a warm place until it doubles in bulk.

2. Cut dough into 8 pieces, roll them out into circles and place them on a baking sheet sprayed with oil spray. Allow them to rise for another 20 minutes and bake in a preheated oven at high temperature (465°F/240°C) for 10 minutes. Spread tomato sauce on each individual pizza and bake for another 5 minutes.

3. Peel the onions, cut them in half and then slice them. Put them in a strainer and pour boiling water over them. Drain well and distribute them on the pizzas. Cover with grated low-fat cheese, finely chopped garlic, chopped walnuts and parsley. Season with salt and pepper and take back to the oven until the cheese melts and the surface is lightly golden. Serve immediately.

HEALTH GUIDE

HYPERTENSION (CHOOSE LOW-SODIUM CHEESE AND AVOID SALT)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE NO APT

Fresh yeast must be dissolved in liquid no hotter than 95°F/35°C. A higher temperature could burn the ferment and thus cause yeast not to be activated and make the dough rise.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

This super creamy filling can also be used to stuff any other pasta, such as cannelloni, lasagna or Sorrentinos. It can also be used to fill crepes.

Ravioloni with broccoli pesto

INGREDIENTS

(4 servings)

- 2 eggplants
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1 white onion
- 2 garlic cloves
- Oil spray
- 1 cup curdled milk
- ½ cup grated cheese
- 1.1 lb/500 g ravioli dough

Broccoli pesto

- 1 head of broccoli
- 1 anchovy
- 1 garlic clove
- 2 tbsp grated cheese
- 3 or 4 walnuts
- Salt and pepper, to taste
- 1 cup vegetable broth
- 2 cups fresh broccoli

AMOUNTS PER SERVING

477 kcal

–

60,1 g carbohydrates

–

20.3 g protein

–

17,2 g fat

–

HEALTH GUIDE

HYPERTENSION (AVOID ANCHOVY)

CHOLESTEROL (USE A LOW-FAT CHEESE)

DIABETES APT

CELIAC DISEASE (USE GLUTEN-FREE PASTA)

PREPARATION

1. Cut the eggplants in half, drizzle with olive oil, season with salt and pepper and place on a baking sheet. Bake in a preheated oven at medium heat (392°F/200°C) until they are tender. Remove from heat and chop them together with the onion and garlic. Sautée all together in a skillet sprayed with oil spray.

2. Mix eggplants, onion, garlic, curdled milk, grated cheese, salt and pepper.

3. Divide ravioli dough in two. Roll out both pieces and brush them with water. Drop spoonfuls of filling on one of the sheets leaving an even space between them. Cover with the other sheet and press with your fingers to shape the ravioli. Cut them with a cookie cutter.

4. For the pesto, boil broccoli in water with salt for 5 minutes. Process together with the anchovy, garlic clove, grated cheese and nuts. Incorporate broth until forming a paste.

5. Cook the ravioloni in boiling water with salt until they are al dente. Remove with a skimmer, cover with broccoli pesto, add fresh steamed broccoli and sprinkle with freshly ground black pepper. Serve right away.

Walnuts used in this sauce provide very good quality fatty acids, which help improve blood cholesterol levels.

These refined and elegant bruschettas will astound your guests. Offer them as a delicious, healthy choice at cocktail parties and buffets.

Rustic salmon bruschettas

INGREDIENTS
(8 servings)

- One 14 oz/ 400 g loaf bread
- 3 oz/ 80 g low-fat cream cheese
- Salt and pepper, to taste
- 3 oz/ 80 g spinach leaves
- 4 oz/ 120 g smoked salmon
- 1 small white onion
- 4 small pickles
- 4 oz/ 80 g low-fat grated cheese
- Dill, to taste

AMOUNTS PER SERVING
470 kcal
–
68,6 g carbohydrates
–
22,2 g protein
–
10,3 g fat
–

PREPARATION

1. Cut bread into 8 even slices. Season cream cheese with salt and pepper and spread on the bread slices. Place them on a baking sheet sprayed with oil spray and bake in a preheated oven at high temperature (465°F/240°C) for approximately 8 to 10 minutes.

2. Remove from heat and cover bread slices with clean, julienned spinach leaves, salmon cut into strips, finely chopped onion and sliced pickles. Sprinkle with grated cheese and dill to taste.

3. Bake again at high temperature for 5 to 7 more minutes, or until they are very hot and the cheese has melted slightly. Serve immediately.

HEALTH GUIDE
HYPERTENSION (USE LOW-SODIUM CHEESE)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE BREAD)

Some large fish like salmon have soft bones and cartilage that can be eaten without any inconvenience, providing calcium that prevents osteoporosis.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Eggplants are very easily digested and widely used in low-calorie diets because they have very few calories and almost no fat. They are also rich in water, protein and potassium.

Vegetable lasagna

INGREDIENTS
(6 servings)

- 4 eggplants
- Oil spray
- Salt and pepper, to taste
- 2 garlic cloves
- 6 wholewheat crepes
- 1 white onion
- 1 leek - 1 carrot
- 1 tbsp oil - 1 squash
- 1.1 lb/ 500 g low-fat cream cheese
- 3.5 oz/100 g baked ham
- 1 egg white
- 1 tbsp chopped parsley

Sauce

- 1.1 lb coarsely chopped tomatoes
- 1 tbsp oil
- 2 tbsp basil

PREPARATION

1. Wash the eggplants and cut them lengthwise into thin slices using a potato peeler. Sautée them in a skillet sprayed with oil spray and reserve. Finely chop onion, garlic, leek and carrot. Sautée in a skillet with 1 tbsp oil. Add squash cut into cubes and continue cooking until all vegetables are tender. Remove from heat and mix with cream cheese, chopped ham, egg white and parsley. Add salt and pepper to taste.

2. For the sauce, mix coarsely chopped tomatoes and oil in a saucepan and bring to a boil. Season with basil, salt and pepper.

3. Line a bread mold with aluminum foil, spray with oil spray and put a layer of eggplant slices and another layer of crepes. Cover with some tomato sauce and distribute some of the cream cheese mixture on top. Add another layer of eggplant and repeat the whole procedure until filling the mold. Bake in a hot oven for about 25 minutes. Remove and serve with the rest of the sauce.

AMOUNTS PER SERVING

434 kcal
–
81,1 g carbohydrates
–
13,7 g protein
–
6,15 g fat
–

HEALTH GUIDE

HYPERTENSION APT
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE CREPES)

Pasta provides a good amount of carbohydrates, which are the main source of energy needed by our body to function properly.

Whole wheat flour contains more nutrients than white flour, because it has fiber, minerals and vitamins that are lost in flour refinement.

Whole wheat pizza with sun dried tomatoes

INGREDIENTS
(4 servings)

- One 14 oz/400 g wholewheat pizza dough
- Oil spray
- 3 tbsp tomato sauce
- 8 sun dried tomatoes
- 3 scallions
- 8 small mozzarella cheese balls (bocconcini)
- 5 oz/150 g baked ham
- ½ tbsp oregano
- ½ tsp paprika
- Salt and pepper, to taste

PREPARATION

1. Roll out the dough giving it a round shape, and line a pizza pan sprayed with oil spray with it. Spread tomato sauce on top and bake in a preheated oven at high temperature (465°F/ 240°C) for about 5 minutes.

2. Hydrate sun dried tomatoes in boiling water for a few minutes, drain and reserve. Finely slice scallions and sautée in a skillet sprayed with oil spray. Distribute on the pizza crust together with mozzarella balls, sun dried tomatoes and ham cut into thin strips; season with oregano, paprika, salt and pepper. Take back to the oven at high temperature (465°F/ 240°C) until the mozzarella cheese is slightly melted. Cut into 8 slices and serve right away.

AMOUNTS PER SERVING
564,4 kcal
–
48,9 g carbohydrates
–
27,3 g protein
–
26,7 g fat
–

HEALTH GUIDE
HYPERTENSION NO APT
CHOLESTEROL NO APT
DIABETES APT
CELIAC DISEASE NO APT

Dehydrating is the best way to preserve food, since it takes away all the water but keeps nutrients, allowing to store food all year round.

LESS THAN **200 CALORIES** PER SERVING

LESS THAN **400 CALORIES** PER SERVING

LESS THAN **600 CALORIES** PER SERVING

Fettuccine Alfredo is a classic Italian dish, created in the 1920' by Alfredo Di Lelio, a restaurant owner in Rome.

Red Fettuccine Alfredo

INGREDIENTS
(4 servings)

- 14 oz/400 g red pepper fettuccine

Sauce

- 1 oz/25 g butter
- 3.5 oz/100 g cream
- 2.5 oz/70 g grated Parmesan cheese
- Pepper, to taste

AMOUNTS PER SERVING
512,2 kcal
–
58,2 g carbohydrates
–
16,1 g protein
–
23,9 g fat
–

PREPARATION

1. Boil abundant water with salt in a large saucepan. Cook the pasta as it is indicated in the packaging, or until al dente. Drain well and reserve keeping it hot.

2. For the sauce, put butter and cream in a skillet over medium heat. Cook for a few minutes and add reserved pasta and half of the grated cheese.

3. Mix to integrate, sprinkle with remaining cheese and season with pepper to taste. Serve very hot.

HEALTH GUIDE
HYPERTENSION NOT APT
CHOLESTEROL NOT APT
DIABETES APT
CELIAC DISEASE NOT APT

Pasta, in all its varieties, provides great amounts of carbohydrates, an important nutrient that helps muscles work properly, especially during sport practice and physical activity.

LESS THAN **200 CALORIES** PER SERVING

LESS THAN **400 CALORIES** PER SERVING

LESS THAN **600 CALORIES** PER SERVING

The exquisite flavor of onions and the unmistakable aroma of olive oil mixed with fresh herbs make this focaccia a delicious alternative to sandwiches and other fast food.

Golden focaccia with rosemary and onion

INGREDIENTS
(6 servings)

- 2 tsp dry yeast
- 7 fl oz/200 ml lukewarm water
- 1.3 lb/600 g flour
- 1 tsp salt
- 1.5 fl oz/50 ml olive oil
- 4 tbsp fresh chopped rosemary
- 3 or 4 white onions
- 2 or 3 rosemary twigs
- 2 additional tbsp olive oil
- Salt and pepper, to taste
- 7 oz/200 g arugula
- 2.5 oz/70 g mushrooms
- 1.5 oz/50 g cherry tomatoes

AMOUNTS PER SERVING
452 kcal
–
15.4 g carbohydrates
–
29,8 g protein
–
30.2 g fat
–

HEALTH GUIDE
HYPERTENSION (AVOID SALT)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE NOT APT

PREPARATION

1. In a bowl, combine yeast with half of the water and 3 tbsp flour. Cover with plastic wrap and let it sit in a warm place for 20 minutes.

2. Mix the rest of the flour with salt and make a hole in the middle. Add the yeast mixture, oil and rosemary in the hole. Pour the rest of the water gradually as the preparation is integrated, mixing from the center outwards until forming a soft dough that does not stick to your fingers. Transfer to the countertop and knead for about 5 minutes, until obtaining a smooth, elastic dough. Place in a bowl, cover with plastic wrap and let it rise in a warm place until it doubles in bulk.

3. Flatten the dough on a baking sheet brushed with oil. Peel and cut the onions into 8 wedges. Distribute them on the dough, pressing slightly. Sprinkle with rosemary twigs, drizzle with additional oil and season with salt and pepper. Bake in a preheated oven at 392°F/200 °C for approximately 25 minutes, until it is golden. Allow it to cool on a wire rack.

4. Cut focaccia into 6 slices and serve with arugula, sliced mushrooms and tomatoes, drizzled with olive oil and seasoned with salt and pepper.

Oils are high-calorie foods that should be present in our daily diet in proper amounts, because they provide essential fatty acids that our body cannot produce on its own.

Content Summary

calorie counters