Chef
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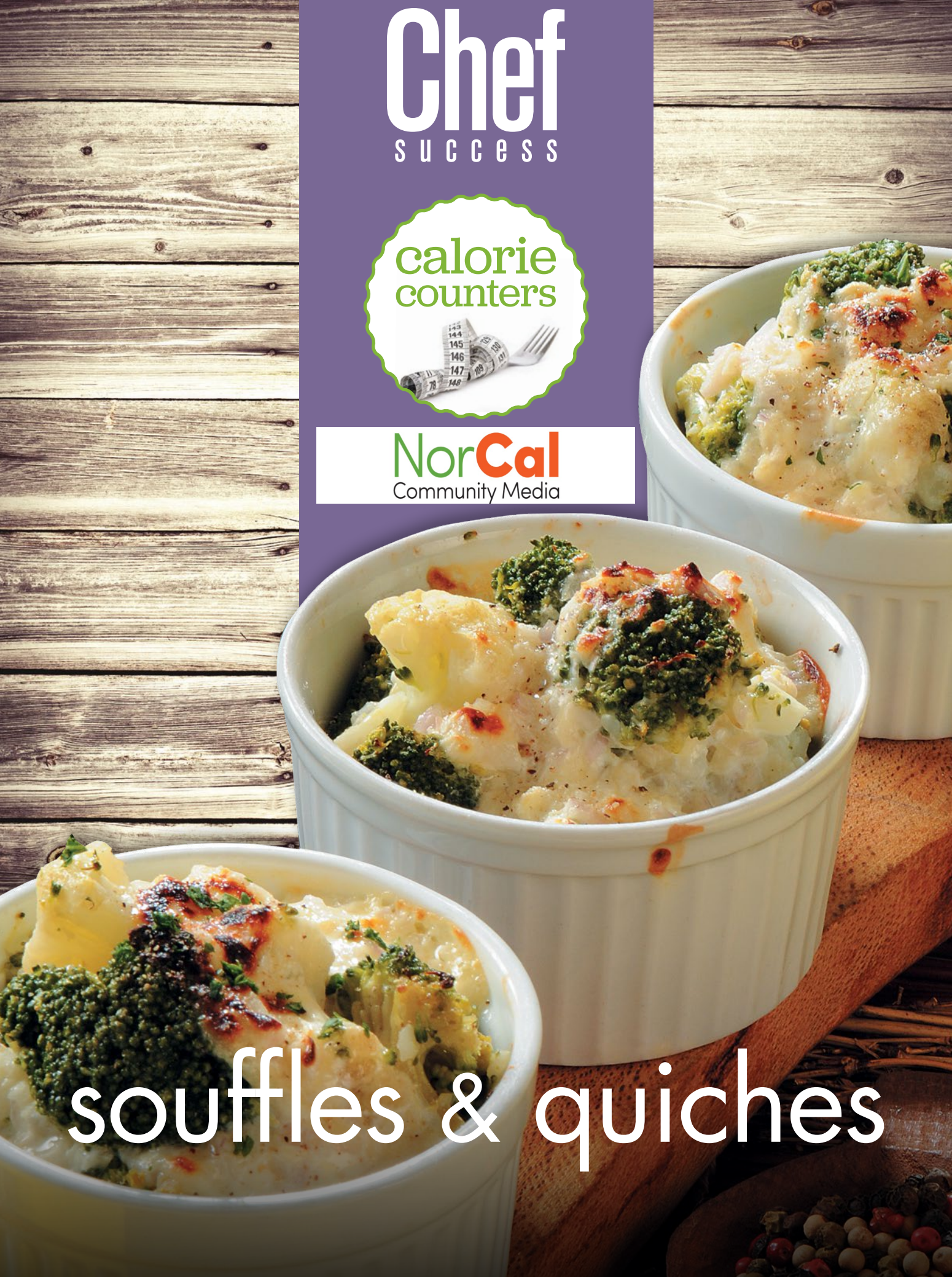
calorie counters

NorCal
Community Media



souffles & quiches

calorie counters

Souffles & quiches

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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 delicious original recipes that present a perfect combination of nutritious vegetables with smooth **terrines or soufflés**.

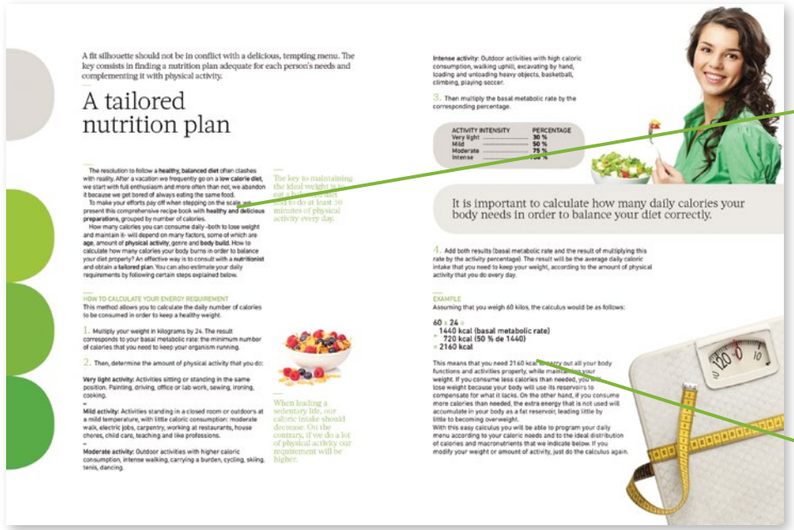
The Editors

Tasty recipes that emphasize the texture of terrines, flans and soufflés, and highlight vegetables' delicious flavors.

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.

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

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.

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	

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 supply out all your body functions and activities properly, while maintaining your weight. If you consume less calories than needed, you will 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.

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

There is a step by step calculus to know how many calories to consume daily, with clear examples to encourage putting this formula into practice.



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
50 or more	1600 kcal Carbohydrates: 220 g Protein: 60 g Fat: 53.3 g	1800 kcal Carbohydrates: 247.5 g Protein: 67.5 g Fat: 60 g	2000-2200 kcal Carbohydrates: 275-302.5 g Protein:75-82.5 g Fat: 66.6-73.3 g
MEN	mild	moderate	intense
19 to 30 years	2600 kcal Carbohydrates: 330 g Protein: 90 g Fat: 80 g	2600-2800 kcal Carbohydrates: 357.5-385 g Protein: 97.5–105 g Fat: 86.6-93.3 g	3000 kcal Carbohydrates: 412.5 g Protein: 112.5 g Fat: 100 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.


These brochettes are especially meant for those who want a wholesome dish, with protein, calcium, fat and fiber; they are also a fine choice to entertain guests with an unusual presentation.

Grilled brochettes with ham

INGREDIENTS
(6 servings)
- 2 oz/50 g sun-dried tomatoes
- 7 oz/200 g zucchini
- 7 oz/200 g eggplant
- 5 oz/150 g prosciutto
- 7 oz/200 mozzarella cheese balls (bocconcini)
- 3.5 oz/100 g pitted black olives
- Salt and pepper, to taste
- Mixed greens, to serve

Dressing
- 2 tbsp olive oil
- 2 garlic cloves
- Zest of ½ lemon

PREPARATION

1. Hydrate sun dried tomatoes in boiling water. Drain and dry with paper towels. Cut them in half if they are large. Wash zucchini and eggplant and cut them into slices. Cook on a broiler until golden on both sides. Reserve.

2. Cut the prosciutto into thin strips. Take brochette skewers and insert 1 tomato, 1 zucchini slice, 1 mozzarella ball, 1 rolled up eggplant slice, 1 rolled up prosciutto strip and 1 olive. Season with salt and pepper to taste.

3. For the dressing, mix together olive oil, finely chopped garlic and lemon zest. Add salt and pepper and mix well to integrate.

4. Put the brochettes on a platter, drizzle with the dressing and serve with a side of mixed greens.

AMOUNTS PER SERVING
259 kcal
8.7 g carbohydrates
13 g protein
19.3 g fat

HEALTH GUIDE
HYPERTENSION (AVOID OLIVES)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE APT

Monounsaturated fatty acids present in olives, together with fiber in vegetables help balance cholesterol disorders and decrease its absorption.

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


Enjoy Sunday pasta without guilt and start your week full of energy. The different kinds of cheese used in this recipe have less fat and are therefore better for those watching their weight.

Colorful vegetable lasagna

INGREDIENTS
(6-8 servings)

Filling
- 12 cooked lasagna sheets
- 1 squash
- Salt and pepper, to taste
- Olive oil, to taste
- ½ white onion
- Oil spray – 1 ear of corn
- 1 tbsp sugar
- ½ cup skim milk
- 3.5 oz/100 g mozzarella
- 2 heads of broccoli
- 7 oz/200 g ricotta
- 2 tbsp chopped walnuts

Sauce
- 1 gt/0.5 l tomato sauce
- 1 gt/0.5 l low-calorie Bechamel sauce
- 3.5 oz/100 g grated cheese
- 3.5 oz/100 g mushrooms

PREPARATION

1. For the squash filling, cut it in four, remove seeds, and season with salt, pepper and olive oil to taste. Roast at medium heat (356 °F/180 °C) until tender. Scoop out the pulp with a spoon and reserve.

2. For the corn filling, chop white onion and sautée in a skillet sprayed with oil spray. Shell the corn. Add corn and sugar to the onion and cook for a few more minutes. Add salt and pepper to taste. Incorporate milk and cook a little more. Process the preparation and mix with diced mozzarella.

3. For the broccoli filling, boil broccoli in water with salt until tender. Dip into cold water and chop. Mix with ricotta and chopped walnuts.

4. Spray an oven pan with oil spray. Alternate lasagna sheets with each separate filling. Before adding each one, spread some tomato sauce and Bechamel on the lasagna sheets. Finish with a layer of sheets covered with Bechamel, sprinkle grated cheese on top and cover with sliced mushrooms. Bake at high temperature until it browns and serve right away.

AMOUNTS PER SERVING
475 kcal
72.7 g carbohydrates
23.4 g protein
10 g fat

HEALTH GUIDE
HYPERTENSION (USE LOW-SODIUM CHEESE)
CHOLESTEROL APT
DIABETES (AVOID SUGAR)
CELIAC DISEASE (USE GLUTEN-FREE LASAGNA SHEETS)

To make low-calorie Bechamel sauce, mix 1 tbsp cornstarch with 5 fl oz/150 ml skim milk, stirring to integrate. Bring to a boil, stirring constantly until it thickens. Season with salt, pepper and ground nutmeg, and there it is!

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

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Terrines and soufflés are stars when it comes to light food. Not only are they exquisite and easy to prepare, but they also allow you to combine multiple food groups in a single flavorful and nutritious meal.

—

Delicious, healthy and hearty

Healthy, hearty and super easy to make, these tasty preparations help us incorporate all the nourishment of vegetables, eggs and dairy products into our family's daily menu. You may also add ingredients from other food groups, such as red meat, poultry, fish, seafood and grains, transforming these recipes into a complete meal by bringing together all the nutrients in the food groups used in their elaboration.
There is no need to wait for holidays to delight your family with colorful cold terrines or fluffy soufflés right out of the oven. You may prepare hundreds of variations; all you need is a little time to surprise your family every day, and at the same time watch your figure and health without sacrificing tastiness.

—

Flawless terrines

- The correct way to cook a terrine or flan is in a water bath or bain-Marie. When cooking in a bain-Marie, hot water must be used; if you use cold water, the time to heat it will not correspond with the real cooking time.
- Always use a mold brushed with oil spray or melted butter.
- Watch that the water does not boil while the terrine cooks, adding a little cold water if this occurs. That will prevent holes from forming inside the terrine.
- To check for readiness, insert the tip of a knife in the preparation. If it comes out moist but clean, it is ready to be removed from heat.
- Allow the terrine to cool a little before unmolding it. It may be eaten hot, warm or cold.

—

Perfect soufflés

- To help the soufflé rise while cooking, use smooth, clean molds, with no oil or butter.
- Molds must only be filled up to ¾ of their capacity.
- Soufflés must be served immediately after they come out of the oven, before they deflate.
- Soufflé molds must be round, about 4''/10 cm in diameter and not too tall; they can be made of glazed ceramic, tempered glass or stainless steel, all of which are resistant to high temperatures.
- The oven door must not be opened while cooking because that may ruin the soufflé.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

A delicious, low-calorie dish, with as many vitamins as colors in its vegetables. This inventive recipe is ideal for those who want to watch their figure and follow a balanced diet.

Vegetable terrine

INGREDIENTS
(6 servings)

- 3.5 oz/100 g broccoli
- 2 small purple onions
- 2 carrots
- 1 leek
- 3.5 oz/100g peas
- 3.5 oz/ 100 g mushrooms
- Salt and pepper, to taste
- 3 eggs
- 3.5 oz/100 g low-fat cream cheese
- 3.5 oz/ 100 g grated cheese
- ¼ tsp lemon zest

AMOUNTS PER SERVING
146.6 kcal
–
10.6 g carbohydrates
–
11.5 g protein
–
6.4 g fat
–

PREPARATION

1. Separate broccoli florets, cut onions into rings, cut carrots into cubes and slice leek. Steam all vegetables until they are tender but still crisp.

2. Put steamed vegetables in a bowl; add cooked peas and thinly sliced mushrooms. Season with salt and pepper to taste.

3. In another bowl, put eggs, cream cheese, grated cheese and lemon zest. Beat with a wire whisk to integrate. Add salt and pepper and mix well.

4. Pour egg mixture on vegetables and mix. Line a rectangular terrine mold with parchment paper sprayed with oil spray. Pour the preparation into the mold and cook in a preheated oven at medium heat (392°F/200°C) for approximately 40 minutes.

5. Remove from heat and unmold onto a serving platter. Cut into slices and serve warm or hot, together with steamed broccoli and onion rings.

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

If you do not have a special steamer, put a strainer inside a large saucepan with little water. The water should not touch the vegetables or boil.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

A delicious, nutritious sandwich that combines calcium, fiber, high biological value protein and beneficial fatty acids found in olive oil.

Vegetarian sandwich

INGREDIENTS
(4 servings)

- 2 zucchinis
- 2 tomatoes
- 2.8 oz/80 g mushrooms
- 16 basil leaves
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper, to taste
- 2 eggplants
- 3.5 oz/100 g low-fat Swiss cheese
- Mixed greens, to serve

AMOUNTS PER SERVING
169 kcal
–
9 g carbohydrates
–
9.6 g protein
–
10.5 g fat
–

PREPARATION

1. Dice zucchini and steam them until they are cooked but still firm. Peel tomatoes and remove the seeds; cut them into small cubes. Wash mushrooms and cut them in four; wash and dry basil leaves and julienne half of them.

2. Put zucchini, tomato, mushrooms and basil in a bowl; season with olive oil, lemon juice, salt and pepper to taste.

3. Wash the eggplants and cut them lengthwise into thin slices. Broil them on a broiler or hot skillet drizzled with oil until they are brown on both sides. Remove.

4. To assemble the sandwiches, put some tomato mixture on half of the eggplant slices, sprinkle with Swiss cheese and cover with another slice. Heat in a preheated oven at high temperature (about 465°F/240°C) for 5 to 7 minutes or until the cheese melts.

5. Remove from heat and serve warm, garnished with basil leaves and with a side of mixed green salad.

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

Eggplants are originally from India; they can be white, light or dark purple. They are an excellent source of fiber, vitamins and minerals, and due to their high water content they have very few calories.

An elegant and delicate dish, rich in protein and with low fat content. Make an impression on your guests with this recipe, served with a light sauce or green salad.

Two color chicken and turkey terrine

INGREDIENTS
(10 servings)

- Oil spray
- 1 bunch cooked spinach

Chicken filling

- 1.1 lb/500g chicken breast
- 1 garlic clove
- 1 tsp thyme
- ½ cup bread crumbs
- 1 egg
- Salt and pepper, to taste

Turkey filling

- 1.1 lb/500 g turkey breast
- 1 carrot
- 2 oz/50 g low-fat cream cheese

PREPARATION

1. Spray a rectangular terrine mold with oil spray. Line it with spinach leaves, making them hang out on the sides.

2. For the chicken filling, cook and chop chicken breast; mix it with chopped garlic, thyme, bread crumbs and egg. Season with salt and pepper to taste. For the turkey filling, process cooked turkey breasts, mix with grated carrot and cream cheese and add salt and pepper to taste.

3. Distribute half of the chicken filling in the mold. Cover with spinach leaves, add half of the turkey filling and cover with spinach leaves again. Repeat this procedure with the other half of the fillings. Wrap the hanging leaves around the top of the terrine when you are done. Cook in a bain-Marie in a preheated oven at medium heat (392°F/200°C) for about 1 hour and 15 minutes.

AMOUNTS PER SERVING

181 kcal
–
6.1 g carbohydrates
–
26.4 g protein
–
5.6 g fat
–

HEALTH GUIDE

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

Turkey meat is lean, with low fat and cholesterol content. It is a source of excellent quality protein and it is easy to absorb because of its little collagen.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Offer these delicate rolls at a cocktail party, or as an appetizer at an elegant dinner party. Even the most demanding guests will be pleased. If you wish to vary the filling, replace ham with canned tuna in water.

Spinach rolls

INGREDIENTS
(4 servings)

- 1 white onion
- 1 ½ cup cooked and drained spinach (1.1 lb/500 g raw spinach)
- 3 eggs
- Salt and pepper, to taste
- Oil spray
- 4 slices baked ham
- 2 hard boiled eggs
- 2 carrots

AMOUNTS PER SERVING
183 kcal
–
3.7 g carbohydrates
–
7.8 g protein
–
15.1 g fat
–

PREPARATION

1. Cook the chopped onion in a clean, non-stick skillet until it is tender. Chop spinach and put it in a bowl together with the cooked onion. Mix to integrate. Lightly beat eggs and add to the spinach mixture. Season with salt and pepper to taste and mix well.

2. Line a baking sheet with parchment paper and spray with oil spray. Pour the mixture and spread it in a thin, even layer with a spatula. Bake at 392°F/200°C until the egg coagulates.

3. Meanwhile, chop ham and hard boiled eggs. Cut the carrots into thin strips with a potato peeler. Combine these three ingredients.

4. Remove the spinach sheet from the oven and allow it to cool. Peel off the parchment paper and lay the sheet on plastic wrap. Distribute the carrot filling on it and season with salt and pepper. Roll the sheet tightly, helping yourself with the plastic wrap. Refrigerate for 2 or 3 hours, unwrap and cut into slices. Serve hot or cold.

HEALTH GUIDE
HYPERTENSION
(AVOID HAM)
CHOLESTEROL
(AVOID HAM)
DIABETES APT
CELIAC DISEASE APT

Green leafy vegetables such as spinach have very few calories and are highly nutritious. They are rich in vitamins (specially A,C, B complex, E and K), minerals (mainly calcium and iron) and fiber.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

An attractive presentation, with an exquisite color, flavor and texture combination. Make it a staple in your menu; it can become a well balanced lunch or be combined with meat or fish.

Pudding in a cage

INGREDIENTS
(4 servings)

- 11 oz/300 g string beans
- 3 carrots
- Salt and pepper, to taste
- 1 cup cooked and drained spinach (11 oz/300 g raw spinach)
- 2 eggs

Salad

- 1 cup lettuce leaves
- ½ cup alfalfa sprouts
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- 1 tbsp vegetable broth
- 1 tbsp olive oil

AMOUNTS PER SERVING

159 kcal
–
16 g carbohydrates
–
8 g protein
–
7 g fat
–

PREPARATION

1. Cut the string beans tips. Peel the carrots and cut them into strips. Boil each vegetable separately until it is al dente (tender but still crisp). Drain, dip into iced water to interrupt cooking and drain again. Season with salt and pepper and reserve.

2. Use individual pudding molds. Put a circle of parchment paper on the base of each mold and brush with oil. Cut the string beans and carrot strips so that they are the same length as the molds. Place them vertically against the sides of the molds, alternating them.

3. Chop the spinach, put it in a bowl and mix with the eggs. Add salt and pepper to taste. Fill the molds with the mixture, making sure that the carrots and string beans stay in place. Press with the back of a spoon to let out air bubbles. Cover with aluminum foil and bake in a bain-Marie at 356°F/200°C for 25 minutes, or until the puddings are firm.

4. Remove from heat, allow them to cool and unmold. For the salad, combine lettuce and alfalfa sprouts in a bowl. In another bowl, mix lemon juice with salt and pepper to taste. Add balsamic vinegar, broth and olive oil. Mix well and drizzle on the salad. Serve with the puddings.

HEALTH GUIDE

HYPERTENSION
(USE HOMEMADE BROTH WITH NO ADDED SALT)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE APT

String beans and other green vegetables provide carotenoids, substances that protect our eyes' health because they help prevent macular disease and cataracts.

An inventive, elegant and tasty delicacy. It is most appropriate for those watching their figure without sacrificing their gourmet palate.

Stuffed artichokes

INGREDIENTS
(6 servings)

- 12 artichoke hearts
- 2 garlic cloves
- 2 small purple onions
- 1 tbsp olive oil
- 5 oz/150 g prosciutto
- 2 tbsp vegetable broth
- 1 tbsp lemon juice
- Salt and pepper, to taste
- 2 tbsp chopped cilantro

AMOUNTS PER SERVING
107 kcal
–
4.9 g carbohydrates
–
6.5 g protein
–
6.7 g fat
–

PREPARATION

1. Drain the artichoke hearts and place them on a baking pan that can then be used as a serving platter. Reserve.

2. Finely chop garlic cloves and purple onions. Sautée in a skillet with olive oil until they are tender and slightly brown. Add prosciutto cut into small cubes and stir. Incorporate broth and lemon juice. Season with salt and pepper to taste and cook for a few more minutes. Add chopped cilantro.

3. Stuff the artichokes with the prosciutto mixture and pour cooking juices on the baking pan. Cook in a preheated oven at medium heat (356°F/180°C) for 7 minutes. Remove from heat and serve hot or warm.

HEALTH GUIDE
HYPERTENSION
(AVOID PROSCIUTTO)
CHOLESTEROL
(AVOID PROSCIUTTO)
DIABETES APT
CELIAC DISEASE APT

People suffering from hypertension should avoid cold cuts and sausages because of their high salt content. As a variation, replace prosciutto with diced chicken breast.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

This delicate soufflé is a light preparation, with low calorie and fat content and very easy to digest. Nonetheless, it provides good amounts of protein, calcium and soluble fiber.

Carrot soufflé

INGREDIENTS
(6 servings)

- 2 cups skim milk
- 1 ⅓ tbsp/20 g butter
- 3 tbsp cornstarch
- 1.7 lb/800 puréed cooked carrots
- 4 tbsp low-fat grated cheese
- 4 egg yolks
- Salt, to taste
- 1 pinch ground nutmeg
- 6 egg whites

AMOUNTS PER SERVING
198 kcal
–
20.6 g carbohydrates
–
10.6 g protein
–
9.3 g fat
–

PREPARATION

1. In a saucepan, put milk and diced butter. Add cornstarch and place over medium heat, stirring constantly until the butter melts and the preparation thickens. Bring to a boil, then remove from heat and transfer to a bowl.

2. Add carrot purée, grated cheese and egg yolks. Season with salt and nutmeg to taste. Beat the egg whites until stiff peaks form; fold softly into the carrot mixture.

3. Distribute the preparation into individual soufflé molds, filling them up to 0.5"/1.5 cm of the rim. Bake in a bain-Marie in a preheated oven at medium heat (365°F/180°C) without opening the door, for 25 to 35 minutes. Serve immediately.

HEALTH GUIDE

HYPERTENSION
(REPLACE BUTTER WITH OIL AND USE LOW-SODIUM CHEESE)
CHOLESTEROL (REPLACE BUTTER WITH OIL)
DIABETES APT
CELIAC DISEASE APT

Carrots contain numerous minerals and vitamins. They are rich in phosphorus, which is highly invigorating, good for tired minds and restorative for nerves.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

This dish is ideal for those watching their weight, because it has very few calories and almost no fat. Serve it as a side with meat, poultry or fish.

Tortilla Napolitana with arugula

INGREDIENTS
(4 servings)

- 1 white onion
- 2 garlic cloves
- 1 celery stalk
- Oil spray
- 4 tbsp low-fat vegetable broth
- 10.5 0z/300 g arugula
- 4 egg whites
- Salt and pepper, to taste
- 3.5 oz/ 100 g cherry tomatoes
- 2 oz/50 g grated cheese
- 1 tbsp chopped oregano

AMOUNTS PER SERVING
71 kcal
–
5.6 g carbohydrates
–
8.7 g protein
–
1.5 g fat
–

PREPARATION

1. Finely chop onion, garlic and celery. Heat a skillet sprayed with oil spray and sautée the vegetables for a few minutes, until they are tender.

2. Add broth and cook until the onion is translucent. Add julienned arugula and cook for 1 more minute.

3. Put sautéed vegetables in a bowl, add egg whites, salt and pepper to taste, and mix well.

4. Pour the mixture into a 8''/20 cm round baking pan or into individual molds. Cook in a preheated oven at medium heat (392°F/200°C) for approximately 15 minutes.

5. Remove from heat, cover with cherry tomatoes and grated cheese and add more salt and pepper, if necessary.

6. Put it back in the oven until the cheese melts. Remove again, cut into 4 slices and serve very hot, sprinkled with oregano.

HEALTH GUIDE
HYPERTENSION
(USE LOW-SODIUM CHEESE AND HOME-MADE BROTH WITH NO ADDED SALT)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE APT

Wash individual arugula leaves under cold, soft running water. Be careful not to damage them if they are delicate. The idea is to clean them without wilting them.

This summer recipe combines fish protein and shrimp's minerals. It will be even more delicious if served with a cream cheese and mushroom sauce.

Fish and shrimp towers

INGREDIENTS
(6 servings)

- 2.75 lb/1.25 kg boneless hake filets
- 3 tbsp lemon juice
- 2 bay leaves
- 7 fl oz/200 ml tomato sauce
- 3 tbsp grated Parmesan cheese
- 1 tbsp bread crumbs
- 5 eggs
- Salt and pepper, to taste
- Oil spray

Sauce

- 2 tbsp low-fat cream cheese
- 2 tbsp low-fat mayonnaise
- 3 tbsp tomato sauce
- Shrimps, to garnish

PREPARATION

1. Drizzle hake filets with lemon juice. Fill a saucepan with abundant water, add salt and bay leaves and bring to a boil. Incorporate the fish and cook between 5 and 7 minutes. Remove from heat, drain and reserve.

2. Process fish and tomato sauce until obtaining a smooth preparation. Add Parmesan cheese, bread crumbs and lightly beaten eggs. Process some more until well integrated. Add salt and pepper to taste.

3. Pour the mixture into individual molds sprayed with oil. Cook in a bain-Marie, in a preheated oven at medium heat (392°F/200°C) for about 50 minutes. Remove from heat, allow them to cool and unmold.

4. For the sauce, mix cream cheese, tomato sauce, mayonnaise and salt to taste. Serve the fish towers with the sauce, garnished with steamed shrimp.

AMOUNTS PER SERVING

368 kcal
–
12.7 g carbohydrates
–
47.6 g protein
–
12.8 g fat
–

HEALTH GUIDE

HYPERTENSION NOT APT
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE BREAD CRUMBS)

Fish and shrimp in this recipe provide good quality protein, vitamins A, C, B9, folic acid and minerals such as potassium and iron.

Traditional Italian antipasto arrives at your table in a healthy, different version that combines herbs flavor and aroma with typically Mediterranean fresh and natural ingredients.

Mushroom bruschettas

INGREDIENTS
(4 servings)

- 4 whole wheat bread slices
- Oil spray
- 2 scallions
- 1 garlic clove
- Salt and pepper, to taste
- 2 tomatoes
- 7 oz/ 200 g assorted mushrooms
- 2 oz/ 50 g black olives
- 1 tbsp chopped chives
- 2 tbsp olive oil
- 4 tbsp grated cheese

AMOUNTS PER SERVING
288 kcal
–
31.6 g carbohydrates
–
10.2 g protein
–
13.4 g fat
–

PREPARATION

1. Toast bread slices and reserve. Heat a skillet, spray with oil spray and sautée sliced scallions and chopped garlic. Season with salt and pepper and cook until golden.

2. Add tomatoes, cut into small cubes, clean mushrooms and sliced olives. Incorporate chopped chives, season with salt and pepper and drizzle with olive oil.

3. Place the toasted bread on a baking sheet sprayed with oil spray. Put a couple spoonfuls of mushroom mixture on each and sprinkle with grated cheese.

4. Bake in a preheated oven at high temperature (464°F/240°C) for about 5 minutes, or until the cheese melts. Remove from heat and serve very hot, with a mixed green salad or fresh herbs of your choice.

HEALTH GUIDE
HYPERTENSION (AVOID OLIVES)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE BREAD)

Recent studies have shown that some phytonutrients found in tomatoes, onions and garlic reduce cellular aging thanks to their great antioxidant properties.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Spinach is one of the most widely used leafy vegetables. Its flavor and nutritious properties make it an undoubted protagonist in both raw and cooked preparations. Try it out in this easy to make terrine.

Ricotta and spinach terrine

INGREDIENTS

(6 servings)

- 1.1 lb/ 500 g ricotta
- Salt and pepper, to taste
- 1 pinch ground nutmeg
- 1 white onion
- 2 garlic cloves
- Oil spray
- 1 spinach bundle
- 3.5 oz/100 g grated cheese
- 1 tbsp cornstarch
- 2 eggs
- 1 egg yolk
- 3.5 oz /100 g arugula

Roasted tomatoes

- 1.1 lb/ 500 g tomatoes
- 1 tbsp olive oil
- 3 tbsp balsamic vinegar
- 2 thyme twigs
- 1 garlic clove
- Salt and pepper, to taste

PREPARATION

1. Season ricotta with salt, pepper and nutmeg. Sautée chopped onion and garlic in a skillet sprayed with oil spray. Add clean spinach, stalks removed. Cook for a moment, remove from heat and allow it to cool.

2. Mix spinach, ricotta, grated cheese, cornstarch, eggs and egg yolk. Distribute in a terrine mold sprayed with oil spray and cover with aluminum foil.

3. Cook in a bain-Marie placed in a preheated oven at medium heat (365°F/180°C) for 1 hour. Allow it to cool inside the mold, then unmold carefully onto a platter.

4. For the roasted tomatoes, wash them and cut them in four. Put them in a baking sheet lined with parchment paper, season with oil, vinegar, thyme, garlic clove, salt and pepper.

5. Cook in a preheated oven at medium heat (392°F/ 200°C) for 15 to 18 minutes. Cut the terrine in slices and serve with roasted tomatoes and arugula leaves.

AMOUNTS PER SERVING

249 kcal

–

11.9 g carbohydrates

–

19.8 g protein

–

13.5 g fat

–

HEALTH GUIDE

HYPERTENSION (USE LOW-SODIUM CHEESE)

CHOLESTEROL (EAT IN MODERATION))

DIABETES APT

CELIAC DISEASE APT

This preparation contains carotenoids, phytochemicals found in spinach which prevent the formation of free radicals thanks to their antioxidant properties, thus avoiding cellular aging.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

This classic Chinese cuisine recipe is highly nutritious, rich in Omega 3 provided by shrimp. You may replace shrimp with white fish or tuna, if desired.

Colorful Chao Fan

INGREDIENTS
(4 servings)

- 2 eggs
- 2 tbsp white wine
- 2 tbsp oil
- 2 cups rice
- Salt, to taste
- 1 white onion
- ½ red bell pepper
- 1 carrot
- 2 zucchinis
- 3.5 oz/100 g shrimp
- 1 scallion
- Sesame oil, to taste

AMOUNTS PER SERVING
397 kcal
–
61.2 g carbohydrates
–
11 g protein
–
10.8 g fat
–

PREPARATION

1. Mix eggs and wine. Beat lightly and cook in a heated wok or large skillet with 1 tbsp oil. Stir to scramble. Remove from heat and reserve.

2. Cook rice in abundant water with salt until it is al dente. Remove from heat, put it in a strainer and run cold water over it to wash out the starch. Drain well.

3. In the same wok where you scrambled the eggs, heat the rest of the oil and cook chopped onion, chopped pepper (seeds removed), grated carrot and diced zucchini (use only the green part). Add clean shrimp, rice, and finally scrambled eggs and chopped scallion.

4. Season with a few drops of sesame oil, mix well and remove from heat. Serve right away.

HEALTH GUIDE
HYPERTENSION APT
CHOLESTEROL APT
DIABETES (USE WHOLE RICE)
CELIAC DISEASE APT

Sesame oil has very strong and concentrated flavor and aroma. Use only a few drops to season your preparations.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Thanks to its ingredients, this recipe turns out to be a full meal; it provides protein, carbohydrates, fiber and healthy fat. Its consistency makes it an attractive option for both children and grownups.

Rice and mushroom terrine

INGREDIENTS

(4 servings)

- 3.5 oz/100 g mushrooms
- Oil spray - 1 spinach bundle
- 2 cups cooked whole rice
- ¾ cup low-fat cream cheese
- 4 tbsp grated cheese
- 2 eggs
- Salt and pepper, to taste

Tomato crudaiola

- 1.1 lb/ 500 g tomato
- ½ white onion - 1 garlic clove
- ½ red bell pepper
- Salt and pepper, to taste
- Oil spray
- 3 anchovy filets
- 2 tbsp balsamic vinegar
- 1 tsp sugar
- 2 oz/ 50 g black olives
- 1 tbsp capers
- 2 tbsp chopped parsley

PREPARATION

1. Slice mushrooms and sautée them in a skillet sprayed with oil spray. Steam spinach and drain well.

2. Mix mushrooms, spinach, rice, cream cheese, grated cheese, eggs, salt and pepper. Pour the mixture into a terrine mold sprayed with oil and cover with aluminum foil. Bake in a preheated oven at medium heat (365°F/ 180°C) for 45 minutes.

3. For the crudaiola, remove tomatoes skin and seeds and cut into small cubes. Chop onion, garlic and pepper in small cubes and mix with the tomatoes. Season with salt and pepper to taste.

4. Chop the anchovy filets and sautée in a skillet sprayed with oil spray. Add tomato mixture and cook for a few more seconds. Season with balsamic vinegar, sugar, salt and pepper. Remove from heat and add chopped olives, capers and chopped parsley. Unmold the terrine and serve warm or cold with the tomato crudaiola.

AMOUNTS PER SERVING

378 kcal

–

48.4 g carbohydrates

–

20.5 g protein

–

11.3 g fat

–

HEALTH GUIDE

HYPERTENSION NOT APT

CHOLESTEROL APT

DIABETES APT

CELIAC DISEASE APT

This dish contains fiber, which is found in vegetables. Fiber works as a “broom” that swipes waste from our digestive system.

200
LESS THAN **200 CALORIES** PER SERVING

400
LESS THAN **400 CALORIES** PER SERVING

600
LESS THAN **600 CALORIES** PER SERVING

A different way of eating pizza. This recipe is a feast for the senses, thanks to tomato´s freshness, garlic's unmistakable fragrance and zucchini´s texture.

Individual vegetable pizzas

INGREDIENTS
(8 servings)

- 2 tomatoes
- 2 zucchinis
- Salt and pepper, to taste
- 16 individual pizza crusts
- 4 tbsp olive oil
- 1 tbsp paprika
- 1 tbsp oregano
- 2 garlic cloves
- 3.5 oz/100 g mozzarella cheese

PREPARATION

1. Wash tomatoes and zucchinis and cut them into thin slices. Season with salt and pepper to taste and brown them on both sides on a broiler. Place the individual pizza crusts on a baking sheet and distribute tomato and zucchini slices on top.

2. Put oil, paprika, oregano and finely chopped garlic in a bowl. Mix well to integrate and reserve.

3. Grate mozzarella cheese and sprinkle on the pizzas. Bake in a preheated oven at high heat (464°F/ 240°C), until the cheese melts. Remove from heat. Drizzle some of the oil mixture on each pizza and serve immediately.

AMOUNTS PER SERVING

287 kcal
–
35.6 g carbohydrates
–
8.1 g protein
–
12.4 g fat
–

HEALTH GUIDE

HYPERTENSION (USE LOW-FAT CHEESE)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE PIZZA CRUSTS)

Cheese and all other dairy products are indispensable during pregnancy, since the calcium that they provide has a fundamental role in the formation of the baby's bones, nails and teeth.

200 LESS THAN 200 CALORIES PER SERVING

400 LESS THAN 400 CALORIES PER SERVING

600 LESS THAN 600 CALORIES PER SERVING

Terrines are an innovative, inexpensive and hearty way of consuming chicken. This chicken breast, vegetable and cheese preparation has a mild flavor and can be served with any kind of side dish.

Fresh chicken and vegetable terrine

INGREDIENTS

(4 servings)

- 0.5 oz/14 g unflavored gelatin
- 1 cup vegetable broth
- 1.3 lb/600 g boneless, cooked chicken breasts
- 3.5 oz/100 g low-fat cream cheese
- 1 tbsp low-calorie mayonnaise
- 3 tbsp chopped parsley
- Salt and pepper, to taste
- 4 tbsp chopped red pepper
- 2 cooked carrots
- 1/2 cup cooked peas

AMOUNTS PER SERVING

233 kcal
–
10 g carbohydrates
–
37 g protein
–
5 g fat
–

PREPARATION

1. Hydrate gelatin in the broth. Dissolve over low heat or in the microwave until barely dissolved. Do not overheat.

2. Put chicken breast, cream cheese, mayonnaise and parsley in a food processor and process until obtaining a smooth mixture. Transfer to a bowl. Add warm gelatin, chopped pepper, season with salt and pepper to taste and mix to integrate.

3. Line a terrine mold with aluminum foil sprayed with oil. Put ⅓ or the chicken mixture in the mold. Distribute carrot strips and peas on top. Add some more mixture and repeat the procedure until filling the mold. Smooth out the surface with a spatula.

4. Refrigerate for 4 hours or until firm. Unmold, cut into slices and serve on its own or with the salad of your choice.

HEALTH GUIDE

HYPERTENSION (USE HOMEMADE BROTH AND MAYONNAISE WITH NO ADDED SALT)**CHOLESTEROL** APT
DIABETES APT
CELIAC DISEASE APT

Vegetables hydrate our body, they are rich in vitamins, minerals and fiber. They are also a source of antioxidants. Include them in your menu every day.

200
LESS THAN **200 CALORIES**
PER SERVING

400
LESS THAN **400 CALORIES**
PER SERVING

600
LESS THAN **600 CALORIES**
PER SERVING

These brochettes are especially meant for those who want a wholesome dish, with protein, calcium, fat and fiber; they are also a fine choice to entertain guests with an unusual presentation.

Grilled brochettes with ham

INGREDIENTS
(6 servings)

- 2 oz/50 g sun dried tomatoes
- 7 oz/200 g zucchini
- 7 oz/200 g eggplant
- 5 oz/150 g prosciutto
- 7 oz/200 mozzarella cheese balls (bocconcini)
- 3.5 oz/100 g pitted black olives
- Salt and pepper, to taste
- Mixed greens, to serve

Dressing

- 3 tbsp olive oil
- 2 garlic cloves
- Zest of ½ lemon

AMOUNTS PER SERVING

259 kcal
–
8.7 g carbohydrates
–
13 g protein
–
19.3 g fat
–

PREPARATION

1. Hydrate sun dried tomatoes in boiling water. Drain and dry with paper towels. Cut them in half if they are large. Wash zucchini and eggplant and cut them into slices. Cook on a broiler until golden on both sides. Reserve.

2. Cut the prosciutto into thin strips. Take brochette skewers and insert 1 tomato, 1 zucchini slice, 1 mozzarella ball, 1 rolled up eggplant slice, 1 rolled up prosciutto strip and 1 olive. Season with salt and pepper to taste.

3. For the dressing, mix together olive oil, finely chopped garlic and lemon zest. Add salt and pepper and mix well to integrate.

4. Put the brochettes on a platter, drizzle with the dressing and serve with a side of mixed greens.

HEALTH GUIDE

HYPERTENSION (AVOID PROSCIUTTO AND OLIVES)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE APT

Monounsaturated fatty acids present in olives, together with fiber in vegetables help balance cholesterol disorders and decrease its absorption.

LESS THAN **200** CALORIES PER SERVING

LESS THAN **400** CALORIES PER SERVING

LESS THAN **600** CALORIES PER SERVING

This dish is a great choice for athletes because it provides good amounts of carbohydrates, high quality protein and calcium. Serve it with a green salad.

Silky corn flan

INGREDIENTS

(2 servings)

- 7 oz/200 g corn kernels
- 1 white onion
- Oil spray
- Salt and pepper, to taste
- 4 eggs
- 3.5 oz/100 g low-fat cream cheese
- 2 oz/50 g butter
- Mixed greens, to garnish

AMOUNTS PER SERVING

432 kcal
–
24.4 g carbohydrates
–
24.4 g protein
26 g fat
–

PREPARATION

1. Process half of the corn in a food processor until obtaining a smooth paste. Chop the onion and sautée it in a skillet sprayed with oil spray until tender. Add processed corn and the remaining corn kernels. Season with salt and pepper to taste and mix well.

2. Transfer this mixture to a bowl; add eggs and cream cheese and mix to integrate. Brush individual flan molds with melted butter and fill them with the preparation.

3. Place the molds in a bain-Marie and bake in a preheated oven at medium temperature (392°F/ 200°C) for 30 minutes. Remove from heat and allow them to cool. Unmold carefully so that they do not break. Serve the flans sauced with melted cheese and garnished with mixed greens.

HEALTH GUIDE

HYPERTENSION (USE LOW-SODIUM CHEESE AND REPLACE BUTTER WITH OIL)
CHOLESTEROL (REPLACE BUTTER WITH OIL)
DIABETES APT
CELIAC DISEASE APT

Corn has a high fiber content, a kind of complex carbohydrate that can only be partially digested by our digestive system; this facilitates bowel motility and prevents constipation.

Hearty and sophisticated. This preparation is delicious with any kind of cheese; choose your favorite ones, combine them and enjoy their texture and flavor. Serve with wholemeal bread toasts, if desired.

Innovative prosciutto Frittata

INGREDIENTS
(2 servings)

- 2 eggs
- 4 egg whites
- 1 tbsp heavy cream
- 1 tbsp thyme
- 1 tbsp grated cheese
- Salt and pepper, to taste
- Oil spray
- 2 oz/50 g brie

Salad

- 4 sun dried tomatoes
- 2 toasted walnuts
- 3.5 oz/100 g arugula
- 3.5 oz/ 100 g purple cabbage
- 1 oz/ 25 g prosciutto slices

AMOUNTS PER SERVING

468 kcal
–
35.6 g carbohydrates
–
30.2 g protein
–
22.7 g fat
–

PREPARATION

1. Separate egg whites and yolks. Whisk egg yolks to integrate them. Beat egg whites until soft peaks form. Fold them gently into the yolks.

2. Add heavy cream, thyme and grated cheese. Season with salt and pepper to taste and mix gently to integrate. Spray an oven pan with oil spray. Pour the mixture into the pan and bake in a preheated oven at medium heat (356°F/180°C) until the preparation is firm.

3. Remove from heat, slice brie and distribute over the frittata. Grill in the top oven rack for a few minutes, until the cheese starts to melt. Remove again and sprinkle with freshly ground black pepper.

4. For the salad, mix sun dried tomatoes, coarsely chopped walnuts, finely sliced cabbage and clean arugula leaves. Mix with the prosciutto and serve on the frittata.

HEALTH GUIDE

HYPERTENSION (USE LOW-SODIUM CHEESE AND AVOID PROSCIUTTO)
CHOLESTEROL (AVOID PROSCIUTTO)
DIABETES APT
CELIAC DISEASE APT

You may replace walnuts with other nuts available, such as almonds or hazelnuts. Cashew nuts or sunflower seeds are other delicious options.

200
LESS THAN 200 CALORIES PER SERVING

400
LESS THAN 400 CALORIES PER SERVING

600
LESS THAN 600 CALORIES PER SERVING

A delight for demanding palates, which also provides protein from cheese and eggs. Serve with bran crackers or bread sticks, or as a side for dishes with meat or grains.

Parmesan cheese and thyme soufflé

INGREDIENTS
(2 servings)

- 7 oz/200 g asparagus
- 1 tbsp olive oil
- 4 tbsp grated Parmesan cheese
- 3.5 oz/100 g low-fat cream cheese
- Salt and pepper, to taste
- 1 tsp chopped thyme
- 8 quail eggs
- Crackers or bread sticks, to serve

AMOUNTS PER SERVING
400 kcal
–
5.8 g carbohydrates
–
27.6 g protein
–
27.8 g fat
–

PREPARATION

1. Wash asparagus, cut off tough stems and boil the tips in water with salt. Cook until they are tender, drain and reserve.

2. Brush individual soufflé molds with oil. Sprinkle grated cheese on the bottom of each. Mix cream cheese with thyme, season with salt and pepper to taste and distribute among the molds. Crack the eggs in the middle of each mold and slightly mix egg and yolk with a spoon. Sprinkle the remaining Parmesan cheese over the eggs.

3. Cook in a preheated oven at high temperature (464°F/240°C) until the cheese is golden. Remove from heat and allow to cool slightly. Serve in the molds, with crackers, toasts or bread sticks.

HEALTH GUIDE
HYPERTENSION (USE LOW-SODIUM CHEESE)
CHOLESTEROL (USE LOW-FAT CHEESE)
DIABETES APT
CELIAC DISEASE APT

This recipe covers our daily calcium requirement thanks to the eggs and cheese in it. This mineral is fundamental for our bones development and good health.

LESS THAN **200 CALORIES** PER SERVING

LESS THAN **400 CALORIES** PER SERVING

LESS THAN **600 CALORIES** PER SERVING

Enjoy Sunday pasta without guilt and start your week full of energy. The different kinds of cheese used in this recipe have less fat and are therefore better for those watching their weight.

Colorful vegetable lasagna

INGREDIENTS

(6-8 servings)

Filling

- 12 cooked lasagna sheets
- 1 squash
- Salt and pepper, to taste
- Olive oil, to taste
- ½ white onion
- Oil spray - 1 ear of corn
- 1 tbsp sugar
- ½ cup skim milk
- 3.5 oz/100 g mozzarella
- 2 heads of broccoli
- 7 oz/200 g ricotta
- 2 tbsp chopped walnuts

Sauce

- 1 pt/0.5 l tomato sauce
- 1 pt/0.5 l low-calorie Bechamel sauce
- 3.5 oz/100 g grated cheese
- 3.5 oz/100 g mushrooms

AMOUNTS PER SERVING

475 kcal

–

72.7 g carbohydrates

–

23.4 g protein

–

10 g fat

–

HEALTH GUIDE

HYPERTENSION (USE LOW-SODIUM CHEESE)

CHOLESTEROL APT

DIABETES (AVOID SUGAR)

CELIAC DISEASE (USE GLUTEN-FREE LASAGNA SHEETS)

PREPARATION

1. For the squash filling, cut it in four, remove seeds, and season with salt, pepper and olive oil to taste. Roast at medium heat (356°F/180°C) until tender. Scoop out the pulp with a spoon and reserve.

2. For the corn filling, chop white onion and sautée in a skillet sprayed with oil spray. Shell the corn. Add corn and sugar to the onion and cook for a few more minutes. Add salt and pepper to taste. Incorporate milk and cook a little more. Process the preparation and mix with diced mozzarella.

3. For the broccoli filling, boil broccoli in water with salt until tender. Dip into cold water and chop. Mix with ricotta and chopped walnuts.

4. Spray an oven pan with oil spray. Alternate lasagna sheets with each separate filling. Before adding each one, spread some tomato sauce and Bechamel on the lasagna sheets. Finish with a layer of sheets covered with Bechamel, sprinkle grated cheese on top and cover with sliced mushrooms. Bake at high temperature until it browns and serve right away.

To make low-calorie Bechamel sauce, mix 1 tbsp cornstarch with 5 fl oz/150 ml skim milk, stirring to integrate. Bring to a boil, stirring constantly until it thickens. Season with salt, pepper and ground nutmeg, and there it is!

A sophisticated, delicious dish, with moderate calorie content. It is ideal to make everybody enjoy gourmet cuisine without neglecting their figure. It may be a hearty appetizer or a well balanced entrée.

Fish soufflé

INGREDIENTS
(8 servings)

- 14 oz/400 g cooked white fish
- 7 oz/ 200 g bread crumb, soaked in milk and drained
- 1 anchovy filet
- 3.5 oz/ 100 g low-fat cream
- 4 egg yolks
- 4 egg whites
- 2 tbsp chopped dill

PREPARATION

1. Crumble the fish in a bowl. Combine with bread crumb and mashed anchovy. Add cream and egg yolks gradually, mixing to integrate well.

2. In another bowl, beat egg whites until stiff peaks form. Fold into the fish mixture together with dill.

3. Pour the preparation into individual soufflé molds. Bake in a preheated oven at medium heat (365°F/180 °C) for 15 to 20 minutes or until they have risen and are golden on top. Serve right away.

AMOUNTS PER SERVING

522 kcal
–
43.5 g carbohydrates
–
46.5 g protein
–
18 g fat
–

HEALTH GUIDE

HYPERTENSION
(USE LOW-SODIUM BREAD)
CHOLESTEROL (REPLACE CREAM WITH SKIM MILK THICKENED WITH CORNSTARCH)
DIABETES APT
CELIAC DISEASE (USE GLUTEN-FREE BREAD)

Preparations with fish and seafood contain essential fatty acids only found in these kinds of meat. It is therefore recommended to consume them at least twice a week.

Vegetable pies are made with very popular cooked vegetables. This recipe is not only delicious and easy to make, but it also provides all the nutrients found in vegetables and calcium from cheese.

Eggplant pie

INGREDIENTS
(4 servings)

- 2.2 lb/1 kg eggplant
- Oil spray
- Salt and pepper, to taste
- 1 white onion
- 1 celery stalk
- 1 red bell pepper
- 2 garlic cloves
- 1 scallion
- 1.1 lb/ 500 g lean ground beef
- 1 tbsp paprika
- 1 tbsp oregano
- 4 tbsp grated cheese
- 1 cup low-fat Bechamel sauce (without butter)
- 2 cups tomato sauce
- 3.5 oz low-fat farmer's cheese

AMOUNTS PER SERVING
421 kcal
–
26.6 g carbohydrates
–
41.2 g protein
–
16.6 g fat
–

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

PREPARATION

1. Cut the eggplants lengthwise into slices 0.4"/1 cm thick. Place them in a baking sheet sprayed with oil spray. Season with salt and pepper and bake in a preheated oven at high temperature (about 428°F/220°C) until they are tender.

2. Chop onion,celery, pepper, garlic and scallion, and sautée in a skillet sprayed with oil spray until they are tender. Add beef, salt, pepper and paprika, and cook for a few more minutes. Remove from heat, add oregano and half of grated cheese.

3. In a baking dish, put some Bechamel and tomato sauce. Alternate layers of eggplant, beef, Bechamel sauce, farmer's cheese and tomato sauce until using up all the ingredients. Sprinkle it with oregano and the remaining grated cheese.

4. Bake in a preheated oven at high temperature (about 464°F/240°C) for 20 minutes or until it browns. Remove from heat and serve immediately.

Beef provides approximately 20 % protein, which is considered high quality protein since it provides amino acids that are essential for our body.

LESS THAN **200 CALORIES** PER SERVING

LESS THAN **400 CALORIES** PER SERVING

LESS THAN **600 CALORIES** PER SERVING

This recipe provides calcium and protein present in dairy products and eggs, plus all the vitamins and minerals found in vegetables. Serve with artichokes and corn kernels, sprinkled with paprika.

Squash and corn flan

INGREDIENTS

(8 servings)

- 1.3 lb/ 600 g squash
- 3 ears of corn
- 3 scallions
- 1 tsp paprika
- Salt and pepper, to taste
- 4 eggs
- 1 ⅔ cup/ 400 ml skim milk
- Oil spray

AMOUNTS PER SERVING

460 kcal
–
58 g carbohydrates
–
23.2 g protein
–
14.8 g fat
–

PREPARATION

1. Cut the squash into cubes. Put it in a baking pan, cover with aluminum foil and roast in a preheated oven at medium temperature (392°F/ 200 °C) until it is tender. Remove from heat and allow it to chill.

2. Boil the corn in abundant water with salt for 5 minutes, remove from heat and shell the corn. Process the squash, corn and scallions in a food processor until obtaining a smooth mixture.

3. Transfer the mixture to a bowl and season with paprika, salt and pepper to taste. Incorporate eggs and milk, and mix to integrate. Pour the mixture into a flan mold sprayed with oil spray.

4. Put it in a bain-Marie and bake in a preheated oven at medium temperature (392°F/ 200 °C) for 40 to 50 minutes, or until it is firm. Remove from heat, allow it to cool for a few minutes and unmold carefully.

HEALTH GUIDE

HYPERTENSION APT
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE APT

Squash has few calories and little fat but it is rich in fiber and antioxidants. It can be kept whole for up to 2 months in a cool, dry and dark place. This time is reduced to 2 weeks when kept in the refrigerator due to its humidity.

This is an ideal recipe for a different, healthy and aromatic appetizer. Serve with carrot and celery crudités, or with quail eggs and mozzarella cheese slices.

Roasted potatoes with lemon and herbs

INGREDIENTS
(4 servings)

- 3.3 lb/1.5 kg medium potatoes
- 2 garlic cloves
- Oil spray
- 1 tbsp paprika
- 1 tbsp curry
- 3 tbsp freshly chopped rosemary
- Salt and pepper, to taste
- Juice of 1 lemon
- 1 fl oz/ 25 ml olive oil

Sauce

- 2 carrots
- 5.5 oz/ 150 g low-fat cream cheese
- 2 oz/ 50 g pitted green olives
- 1 tsp mustard
- Juice of 1 orange
- 1 tsp Worcestershire sauce

PREPARATION

1. Wash potatoes thoroughly and cut them in four. Finely chop garlic and sautée in a skillet sprayed with oil spray. Remove and mix with potatoes in a bowl.

2. Add paprika, curry, rosemary, salt, pepper, lemon juice and olive oil. Mix well to integrate and transfer to a baking sheet. Roast in a preheated oven at medium temperature (392°F/200°C) until golden.

3. For the sauce, peel the carrots and boil them in water with salt until they are tender. Put them in a blender or food processor together with cream cheese, olives, mustard, orange juice and Worcestershire sauce. Blend or process until obtaining a smooth preparation.

4. Remove potatoes from the oven, transfer to a platter and serve immediately, with the sauce.

AMOUNTS PER SERVING

477 kcal
–
85.2 g carbohydrates
–
11.4 g protein
–
10 g fat
–

HEALTH GUIDE

HYPERTENSION (Avoid sauce)
CHOLESTEROL APT
DIABETES APT
CELIAC DISEASE APT

Potatoes should not be kept in the refrigerator, where the temperature is too low, or near the oven, where it is too warm. Keep them in a cool, dry and dark place.

In order to reduce calories, use low-fat or skim dairy products, and instead of whole eggs use just the egg whites.

Bass flan with liqueur

INGREDIENTS
(4 servings)

- 10.5 oz/300 g bass filets
- 2 egg whites
- 5 fl oz/150 ml whole milk
- 5 fl oz/150 ml heavy cream
- 1 tbsp orange zest
- 1.5 fl oz liqueur
- ½ chili pepper
- Salt and pepper, to taste
- Oil spray

Sauce

- 7 fl oz/200 ml fish broth
- 1.5 oz/40 g chopped parsley
- Juice of 1 lemon
- 2 small purple onions
- 1 tbsp water

AMOUNTS PER SERVING

498.3 kcal
–
6.98 g carbohydrates
–
33.9 g protein
–
34.1 g fat
–

PREPARATION

1. Clean filets and make sure any fish bones have been removed. Process or blend together with egg whites, milk, cream, orange zest and liqueur until obtaining a homogeneous mixture. Season with chopped chili, salt and pepper.

2. Pour the preparation into 4 individual molds sprayed with oil spray and place them in a bain-Marie. Bake in a preheated oven at medium temperature (428°F/220°C) for 15 to 20 minutes, or until firm and thoroughly cooked.

3. For the sauce, blend fish broth and parsley together until smooth. Put lemon juice, finely chopped onions and water in a small skillet and place over medium heat. Cook until the liquid has reduced in half. Incorporate fish and parsley mixture, mix to integrate, lower heat and allow it to cook for a few more minutes. Add salt and pepper and remove from heat.

4. Unmold flans onto plates or a platter, sauce and serve with salad.

HEALTH GUIDE

HYPERTENSION NOT APT
CHOLESTEROL NOT APT
DIABETES APT
CELIAC DISEASE APT

If you do not have individual molds, you can make this flan in a bundt mold. Spray it with oil spray, pour the mixture inside and cook for 25 to 35 minutes, until it is firm and thoroughly cooked.

200
LESS THAN 200 CALORIES PER SERVING

400
LESS THAN 400 CALORIES PER SERVING

600
LESS THAN 600 CALORIES PER SERVING

Cauliflower is originally from the Eastern Mediterranean. In ancient times it was not consumed as food but used to treat some ailments, such as headaches.

Cauliflower and broccoli casseroles

INGREDIENTS
(4 servings)

- 3.5 fl oz/100 ml whole milk
- 3.5 fl oz/ 100 ml heavy cream
- 3.5 oz/100 g grated Parmesan cheese
- 2 eggs
- 3.5 oz/100 g bacon
- 7 oz/200 g broccoli
- 1 head of cauliflower
- 2 purple onions
- 2 garlic cloves
- Oil
- Salt and pepper, to taste

AMOUNTS PER SERVING
546.5 kcal
–
29.9 g carbohydrates
–
27.2 g protein
–
35.3 g fat
–

PREPARATION

1. Wash broccoli and cauliflower and boil in water with salt for a few minutes. Remove from heat, drain and separate them into small florets. Finely chop onions and garlic.

2. Heat a skillet, drizzle it with some oil and sautée onions, garlic and bacon. Incorporate broccoli and cauliflower, season with salt and pepper to taste. Remove from heat and reserve.

3. Put heavy cream, grated cheese, milk and eggs in a bowl. Whisk to integrate. Distribute sautéed vegetables into individual casseroles and cover with cream and egg mixture.

4. Bake in a preheated oven at high temperature (464°F/240°C) until they brown. Remove from heat, season with freshly ground pepper and serve right away.

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

Tissue oxidation causes aging and diseases. Cruciferous vegetables, such as broccoli and cauliflower have an antioxidant effect; for this reason they should be incorporated in cancer patients diets.

Content Summary

calorie counters