

Delicious Dinner Recipes on the S.A.A.B. Program

There are hundreds of ways to enjoy the thousands of foods on the SAAB program. Here are just a few delicious dinner options...

1. Rotisserie Chicken from the store 15 minutes

This is my go-to “I’m too tired to cook” meal.

Ingredients:

- A pre-cooked rotisserie chicken from the grocery store
- A sweet potato-
- Asparagus or brussel sprouts
- Cheese

Directions:

Cut off as much of the refrigerated chicken as you would like and set it aside.

Heat up some olive oil and start to grill your vegetables on the stove.

In the meantime, wash off the sweet potato, pierce it with a fork a few times, and pop it in the microwave for 5-8 minutes, depending on size.

Warm up the chicken with the veggies for the last few minutes of the potato cooking time.

Grate cheese over the chicken or veggies if desired and add butter to the cooked sweet potato.

2. Kabobs with Grilled Peaches: 20 min.

Kabobs Ingredients:

You’ll need wooden skewers and a grill. Soak the skewers in water for 30 minutes before using. Preheat grill to 350-375 degrees, or medium heat.

Select any of your favorites from the following

- Chicken or Steak
- Onions cut into 2-inch pieces
- Bell peppers (two colors) cut into 2-inch pieces

- Mushrooms, thick sliced
- Zucchini, thick sliced
- Cherry Tomatoes

Directions:

Marinate the meat and vegetables in a low-sugar teriyaki or italian dressing in a sealed bag for 4-24 hours in the refrigerator, turning at least once.

Discard all but 1/4 c. marinade. Add meat and vegetables onto skewers, leaving a small space between each of them. Brush with extra virgin olive oil. Salt and pepper to taste. Grill for 10 minutes, turning as needed, or until meat is cooked through.

Brush during the final 5 minutes with remaining marinade.

Serve with Grilled Peaches: 10 minute cook time

Peaches should not be rock hard or mushy or have tan spots.

Halve and pit peaches. Brush both sides with butter or oil.

Place on grill. Cover grill and cook until soft, 4-5 minutes per side.

Optional: Add cinnamon and chopped pecans.

3. Bell Peppers Stuffed with Shrimp: 15 min.

Ingredients:

- 4 large or 6 small frozen shrimp per person
- 1-2 Garlic Cloves
- 2 T Olive Oil
- Salt and Pepper to taste
- 3T Mustard, dijon or horseradish
- Parmesan cheese

Directions:

Thaw frozen shrimp in cold water for 8-10 minutes. Peel and pat dry. No microwave use (causes shrimp to get rubbery)

In a pan, allow 3 minutes to bring the following to a simmer until slightly brown. D

Do not use a microwave as it causes shrimp to get rubbery. Cook up Garlic, Olive Oil and Salt and Pepper.

Add the 1/2 sliced red peppers to the pan for 2 minutes, stir after 1st minute

Push Red Peppers to one side and add the shrimp for 3 minutes, stir occasionally (put lid on pan to avoid splatters) Drain them off.

Stir in 1 beaten egg with 3 Tsp mustard, horseradish or dijon,

Stir for 2 minutes and remove from heat.

Place servings on plate and add grated parmesan cheese to taste.

Offer slices of avocado or tomato on the side.

Optional: Sprinkle avocado with lemon juice, or sprinkle tomato with low sugar balsamic vinegar

4. Taco-less Tacos: 15 min.

Ingredients:

Cut up any of the following and place them in separate small bowls or containers:

tomatoes, onions, avocado, shredded romaine lettuce, cheese, black olives, sour cream, green peppers

Cook lean ground beef until brown or grill chicken and place in a bowl

Add Taco Seasoning Packet and low or no sugar Tomato Sauce

Serve with cottage cheese and a fresh pear?

5. BLT with a Twist: 10 min.

Fry up 2-3 pieces of low sugar turkey or pork bacon for each person

Cut up tomatoes

Add low sugar mayo or dijon

Wrap in a large piece of Romaine lettuce

Serve with watermelon??

6. Chicken Leftovers Quesadillas: 15 min.

Ingredients:

- Peppers
- Onions
- Leftover chicken
- Cheddar Cheese
- Salsa
- Sour Cream

Directions:

Chopped Peppers & Onions

Saute them for 3-5 minutes

Cube chicken

Slice cheese

Put chicken and cheddar cheese in bottom of pan and heat until cheese melts and turns slightly brown.

Place peppers and onions on cheese, then top with more chicken/cheese mixture

Top with Salsa and Sour Cream

Serve with ???

7. Crab Stuffed Portobello Mushrooms: 30 min.

Ingredients:

- 4 large portobello mushrooms, stems removed
- 3 T Extra-virgin Olive oil
- 1 16-oz can of lump crab
- 1/2 c. green onions, sliced
- 1 yellow, orange or red pepper, chopped
- 2/3 c. no or low-sugar mayonnaise
- 1/2 t dried thyme
- 1/2 t dried oregano
- 1/2 t. paprika
- Salt and pepper

Directions:

Preheat oven to 400 degrees. Wash mushrooms and rub with oil. Place in glass baking dish.

In medium bowl, combine crab, mayo, green onions, peppers and herbs. Spoon filling into mushroom caps. Season with salt and pepper. Bake for 30 minutes until tops of mushrooms are slightly browned.

Asparagus Directions:

Steam asparagus for 3-5 minutes.

Add butter. For fun, sprinkle freshly grated parmesan on top.

8. FashunFit Crab Cakes Recipe: 20 min.

By IdealWeight Coach Jessica Fashun

Ingredients:

- 4 radishes
- 1 small shallot or 1 small onion
- 1 clove fresh garlic
- 1 large or 2 small eggs
- 2 6.5oz cans of crab OR ½ lb. of crab
- ⅓ c. Hemp hearts
- ½ t. Rosemary
- ½ t. Paprika
- ½ t. Garlic powder
- ½ t. Black pepper
- 3-4T. Ghee or coconut oil (I prefer ghee.)

Directions:

Mince the radishes, shallot/onion and garlic in a food processor until finely chopped or do it by hand. Put the mixture on a paper towel after mincing to draw out extra water.

Beat the egg(s) in a large mixing bowl and add the minced radishes shallot and garlic. Mix in the crabmeat and all the spices.

Heat the ghee or coconut oil over medium heat in a large frying pan.

Form the crab mixture into small flat cakes, and fry each cake for approximately 5-7 minutes on each side, or until well browned and cooked through.

Serve on a bed of fresh leafy greens dressed with a bit of champagne or sherry vinegar

Serve with asparagus or broccoli.

9. Mediterranean Shrimp and Veggies with Feta: 30 min.

-From IdealWeight Coach Jessica Fashun

Serves 4

Ingredients:

- 3 bell peppers, one of them green
- 5-6 medium to large tomatoes
- 1 onion

- 3-5 cloves of garlic
- 1 lemon
- 1 pound wild caught shrimp or 1 pound chicken (**chx instructions below)
- 1/2 cup feta
- Salt and pepper
- Extra virgin olive oil

Cooking instructions:

Preheat the oven to 400 degrees

Get a large saute pan that can be transferred into the oven prepared with 2 tablespoons extra virgin olive oil in it.(I like to use a covered le creuset or similar, a shallower pan is better)

Chop onion and garlic and add to pan

Clean and chop peppers and tomatoes into large chunks and add to pan

Toss ingredients together with your hands to ensure that everything is nicely coated with the oil Salt and Pepper

Cover and put in the oven for 30 minutes, Check at 20 minutes and give a stir.

(what you want to see is the vegetables breaking down and the juices forming in the bottom of the pan)

Remove from the oven and add the raw shrimp into the pan and give it another stir cover and Return to the oven for about 10 minutes. Check to make sure that your shrimp are cooked through and then squeeze one whole lemon on to the mixture and crumble about a half of a cup of set up on to the top.

Return to the oven for 2 to 3 minutes or until set up is slightly melted

Remove from the oven and serve over your whole grain of choice. Brown rice, quinoa, millet, zucchini noodles, and my new favorite- cauliflower rice!

This flavorful and delicious dish is guest worthy and could be served at a dinner party with a beautiful green salad with a simple vinaigrette.

***if using chicken, cut the raw chicken into bite-sized pieces and once you have the veg in the oven, season the chicken and saute on the stovetop until most of pink is gone. After the veggies cook in the oven for 30 minutes, add the chicken in just as the instructions call for the shrimp to be added in!

10. Stuffed Green Peppers: 30 min.

From IdealWeight Coach Sue Fitzgerald

- 6 large green peppers
- 1 pound hamburger
- 2 T chopped onion
- 1 tsp salt
- 1/8 tsp garlic salt
- 1 c cooked riced cauliflower (directions below)
- 1 can Hunt's tomato sauce (no added sugar)
- 3/4 c shredded mozzarella cheese

Directions:

Brown hamburger and onion in skillet - stirring to break up. Drain. Stir in 1 cup tomato sauce, garlic salt, and cooked cauliflower to the hamburger mixture and heat thru.

Meanwhile, clean cauliflower and cut into large florets. Fill food processor 1/2 - 3/4 full and pulse until rice-like. Warm a tablespoon of olive oil or butter in a large skillet over medium heat. Stir in the cauliflower, cover skillet and cook for 5 to 8 minutes, until tender.

Prep the peppers by cutting a thin slice off the top and cleaning the inside. Peppers can be cooked in boiling water for 5 minutes or microwaved in a covered microwave safe dish.

Stuff each pepper with hamburger mixture and stand upright large baking dish. Pour remaining tomato sauce over peppers. Cover and bake 60 minutes (uncover last 15 minutes. Sprinkle with cheese before serving.

Stuffed peppers can be cooked in the microwave. Stand peppers up in a microwave safe dish and cover. Cook 8 - 10 minutes, until hot. Sprinkle with cheese before serving.

11. Zucchini Pizza: 15 minutes

Preheat oven to 350 degrees

Ingredients:

- 1 T olive oil
- 3 zucchini, cut into 1/2" rounds
- 1/3 c. marinara sauce (check sugar content)
- 1/2 c. grated mozzarella
- 1/4 c. pepperoni or mushrooms

Directions:

1. Lightly grease/spray sheet pan and lay zucchini out on the pan
2. Spread approx ½ tsp of sauce on top of each piece
3. Add pepperoni, hamburger or mushrooms
4. Top with approx ½ tsp of shredded parmesan cheese or grated mozzarella cheese
5. Put into oven for aprox 10 mins, check to see if cheese is melted

This can also be made with ½ a tomato instead of zucchini, cut the tomato in half and top with parmesan

12. Caprese Plus: 10 minutes

Ingredients:

- 1 Tomato
- 1 Avocado
- 1 Red onion
- 2 oz. Fresh mozzarella
- Pinch of Basil
- 2 T Balsamic Vinegar (5 g sugar)

Directions:

Dice the tomato, avocado, onion, mozzarella

Sprinkle with basil

Drizzle balsamic vinegar

13. Turkey or Hamburger Meatballs over Spaghetti Squash and garlic marinara: 60 minutes

Ingredients:

- 1 medium spaghetti squash (about 2 pounds)
- Salt
- 3 tablespoons extra-virgin olive oil, plus more for brushing
- 2 stalks celery, chopped
- 1 medium carrot, roughly chopped
- 1 medium onion, roughly chopped
- 6 cloves garlic
- 1 cup fresh parsley leaves

- 1 pound ground beef
- 1 pound ground pork
2 large eggs
1 cup Italian-style breadcrumbs
1 cup plus 3 tablespoons grated parmesan cheese
2 28 -ounce cans tomato puree
2 large sprigs basil
1 teaspoon dried oregano

Directions:

Preheat the oven to 425 degrees F. Halve the squash lengthwise and scoop out the seeds. Sprinkle the cut sides with 1/2 teaspoon salt, then brush both sides with olive oil. Put the squash, cut-side up, in a baking dish and cover tightly with aluminum foil. Roast 20 minutes, then uncover and continue roasting until the squash is tender, about 35 more minutes.

Meanwhile, make the meatballs: Brush a baking sheet with olive oil. Pulse the celery, carrot, onion, garlic and parsley in a food processor to make a paste. Transfer half of the vegetable paste to a bowl; add the ground beef, ground pork, eggs, breadcrumbs, 1 cup parmesan and 1 teaspoon salt and mix with your hands until just combined. Form into about 24 two-inch meatballs; transfer to the prepared baking sheet. Bake until firm but not cooked through, about 10 minutes.

Make the sauce: Heat 3 tablespoons olive oil in a large pot over medium-high heat. Add the remaining vegetable paste and cook, stirring occasionally, until it looks dry, about 5 minutes. Stir in the tomato puree; rinse each can with 1 cup water and add to the pot. Stir in the basil, oregano and 1 1/2 teaspoons salt. Bring to a simmer, then add the meatballs and simmer until the sauce thickens and the meatballs are cooked through, 15 to 20 minutes. Remove the basil.

Use a fork to scrape the spaghetti squash flesh into strands; transfer to a large bowl and toss with 2 tablespoons grated parmesan. Season with salt. Divide the squash among bowls and top each with some meatballs, sauce and the remaining 1 tablespoon parmesan.

This recipe makes extra sauce and meatballs. Let cool completely, then freeze in a storage container for up to one month

14. REALLY tired? Here's the QUEEN of Easy Suppers: 5 minutes

Stop by a pizza joint. Get enough pizza for the family including at least 3 large pieces for you. Take home and serve. You will take the toppings off your crust and enjoy a guilt-free on-program dinner with your family!

15. One-Pan Roasted Chicken and Vegetables: 60 minutes

Ingredients:

- 1 sweet onion-thinly sliced
- 4 stalks celery, cut into 3 inch pieces
- 1 (4 lb.) whole chicken, backbone removed
- 4 Tablespoons softened butter
- 3 cloves garlic, minced
- 2 Tablespoons chopped fresh rosemary
- 1 1/4 pounds sweet potatoes, cut into big chunks
- 6 carrots, cut into 2 inch pieces or baby carrots that are all ready to go
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (12 oz.) package green beans, trimmed and halved. (May use frozen, already cut)

Directions:

Preheat oven to 450 degrees. Line a large rimmed baking sheet with parchment paper. Place onion and celery in the center of the pan. Top with chicken, breast side up. Press down on breast to flatten chicken and tuck wings under. Stir together butter, garlic, and herbs. Loosen skin from chicken; rub half the butter mixture under the skin. Arrange potatoes and carrots around the chicken. Melt the remaining butter mixture and drizzle over the vegetables. Toss to coat. Season vegetables and chicken with salt and pepper. Bake for 30 minutes then add green beans to the vegetable mixture. Stir gently. Bake another 20 - 25 minutes or until meat thermometer inserted into chicken thigh reads at least 165 degrees.

16. Slow Cooker (Crock Pot) BBQ Pulled Pork - 8.5 hours

Ingredients:

- 14.5 oz can diced tomatoes in juice
- 1 onion, diced
- 2 teaspoons minced garlic
- 2 tablespoons tomato paste
- 2 tablespoons spicy brown mustard
- 3 tablespoons apple cider vinegar
- 1 tablespoon extra virgin olive oil
- 2 tablespoons plus 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 can (20 ounces) pineapple chunks, with no sugar added juice
- 4 pound pork roast

Directions:

1. In a blender, combine all ingredients for barbecue sauce and blend it until smooth.
2. Place the pork roast in a slow cooker and pour the desired amount of barbecue sauce over it. (I used about 3/4 of the sauce for a 4 pound roast. The sauce will cook down some while it is simmering all day). Cook on low for 8 hours, or until the pork shreds easily with a fork. Using two forks, shred the pork, stir the pulled pork so the sauce mixes all together with the meat. The BBQ sauce will cook down some during cooking time.

17. Parchment Baked Halibut with Pesto

Ingredients

- 4 (12- x 18-inch) sheets parchment paper
- Cooking spray
- 4 (6-ounce) halibut fillets
- 1/4 cup commercial pesto
- 1 cup shredded carrots (2 medium)

- 1 cup shredded zucchini (1 small)
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 4 teaspoons olive oil

Directions:

1. Preheat oven to 450°. Follow directions for heart-shaped parchment package below.
2. Unfold parchment heart, and coat lightly with cooking spray, leaving a 2-inch border ungreased at edge.
3. Place fillet on one side so that it touches the fold, but not the ungreased border. Spread 1 tablespoon pesto over fillet; top with 1/4 cup carrot and 1/4 cup zucchini. Sprinkle with one-fourth of salt and pepper. Drizzle fillet with 1 teaspoon oil and 1 teaspoon wine.
4. Fold paper; seal edges with narrow folds. Repeat with the remaining parchment paper, fish, and vegetables.
5. Place packets on baking sheets. Bake at 450° for 15 minutes or until puffy and lightly browned. To serve, open packets and transfer the fillets with their vegetable topping to plates; pour juices over top. Or serve right in packets; carefully transfer to plates and pierce each to allow steam to escape.

18. Bunless Sloppy Joes

INGREDIENTS:

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup diced bell peppers (red, green, yellow or orange)
- 1/2 cup chopped onion
- 1 can (8 ounces) tomato sauce
- 1/2 cup water
- 1/2 cup dark or golden raisins
- 2 teaspoons ancho chile powder
- 1 teaspoon dried oregano leaves
- Large Romaine lettuce leaves (1 per person)

Toppings (optional):

1. Chopped mango, chopped jalapeño, chopped tomato, chopped fresh cilantro, sliced green onion, shredded cheddar cheese

Directions:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
 2. Stir in tomato sauce, water, raisins, ancho chili powder and oregano; bring to a boil. Reduce heat; simmer, uncovered, 15 to 18 minutes or until sauce thickens slightly, stirring occasionally.
 3. Evenly divide beef mixture on bottom half of each bun. Garnish with toppings, as desired; close sandwiches.
- *Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

19. Portobello Pizza Bites: 30 minutes

(Yes, this spelled correctly. Portabella is also correct.)

Preheat oven to 350 degrees

Spray muffin pan with nonstick spray.

Ingredients:

- 4 Portobello mushrooms, stems removed
- Garlic to taste
- 3 T extra virgin oil
- Marinara Sauce
- Pepperonis (optional)
- 2 oz Mozzarella cheese

Directions:

Scrape out the gills of the mushrooms with a spoon. Rub them with oil and garlic.

Sprinkle with 1/2 t salt and 1/4 t oregano. Place 1 mushroom cap up in each muffin tin or on baking sheet and cook for 10 minutes

Add marinara sauce (low sugar)

Add pepperoni or desired topping

Optional sprinkle with oregano or basil leaves

Cover with mozzarella and bake at 350 degrees until cheese is brown

Send your fave easy S.A.A.B. dinner recipes to mk@8togreat.com.