

Metabolic Medical Centers



October Recipes Healthy Tailgating

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WEIGHT LOSS ACCELERATED



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Beer Can Chicken

Easy make ahead tailgating recipe. When it's cooked and cooled, cut it up into pieces or use it as pulled chicken. Just pack it up and head to the game.

Serves 6 (3-4 oz. chicken & 2 Tbsp sauce) **Time 2 Hours**

Ingredients

1 (12-oz)	can beer
1 Cup	1 cup hickory wood chips
1 Packet	1 packet of McCormick seasoning (your choice)
1 (4 lb)	whole chicken
1/2 Cup	Coke Zero
1/2 Cup	Low-sugar ketchup (Heinz)
2 Tbsp	Worcestershire sauce
1/2 tsp	instant onion flakes
1/2 tsp	instant minced garlic
1/2 tsp	liquid smoke
1/4 tsp	black pepper

Cooking Instructions

1. Open beer can; drink half; set aside. Soak wood chips in water 1 hour.
2. Heat grill to medium.
3. Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumstick and rub the seasoning under the skin, inside the body cavity and over the skin. Holding chicken upright with the body cavity facing down, insert beer can into cavity.
4. Drain wood chips. Place half of wood chips in a smoke box. Coat grill rack with cooking spray. Place the chicken in a disposable aluminum pan. Spread legs out to form a tripod to support the chicken. Cover and grill 2 hours or until a meat thermometer inserted into meaty portion of thigh registers 180°. Add remaining wood chips after 1 hour as needed.
5. Lift chicken slightly using tongs; place spatula under can. Carefully lift chicken and can; place on a cutting board. Let stand 5 minutes. Gently lift chicken using tongs or insulated rubber gloves; carefully twist can and remove from cavity. Discard skin and can.
6. To prepare sauce, combine Coke and remaining ingredients in a saucepan; bring to a boil. Reduce heat, and simmer 6 minutes. Cool. Serve with chicken.

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Buffalo Chicken Skewers

Serves 4 Time 30 minutes (plus overnight marinating)

This recipe uses Frank's Red Hot Buffalo Wing Sauce. This sauce has only 5 calories per Tablespoon, no fat, no cholesterol, and no sugar. 1/3 Cup=5 Tablespoon (25 calories).

Ingredients

1 lb.	Tyson Pre-Grilled Chicken Strips, cut into 1 inch strips
1/3 C	Frank's Red Hot Buffalo Wing Sauce
1 small bunch	celery, cut into 1 1/2 inch chunks
1 pint	cherry tomatoes

Cooking Instructions

1. Mix all ingredients in a large bowl, cover and refrigerate overnight.
2. Pre-heat grill to medium high heat. Thread chicken, celery, and tomatoes onto skewers. Grill over medium heat until heated through, about 2 minutes per side.

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Chipotle Pork Tenderloin

Serves 4 Cook Time 4-6 hours

Ingredients

1 1/4 lb	pork tenderloin
1/2 C	onion, chopped
1 1/2 tsp	Splenda
1 tsp	ground cumin
1/8 tsp	ground cinnamon
9 large	garlic cloves, peeled and smashed
3	chipotle chiles, canned
1	lime (juiced)
2 Tbsp	olive oil (divided)
3/4 tsp	kosher salt
1/2 C	low-sodium chicken broth

Cooking Instructions

1. Combine onion, Splenda, cumin, cinnamon, garlic, chiles, lime juice, and 1 Tbsp olive oil in a food processor; process until smooth. Pour this mixture into a zip-loc bag, add the pork and marinate for at least 1 hour in the refrigerator.
2. Pour the chicken broth into the crock pot, add the pork and cook on low for 4 hours. When the pork is done, shred with forks and place it back in the crock pot.

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Crab Stuffed Mushrooms

Makes 12 Time 35 Minutes

Ingredients

12	portobello mushroom caps
1 1/2 C	lump crab meat
1/2 C	Parmesan cheese. grated
1	egg, beaten
3 Tbsp	Smart Balance or I Can't Believe It's Not Butter
1/2 tsp	dill
1/4 tsp	chives
1/4 tsp	parsley

Cooking Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix crab meat, Parmesan cheese, egg, butter substitute, and herbs in a bowl until thick yet pliable enough to shape. Divide and roll into 12 1-inch balls.
3. Gently press the balls into the mushroom caps and press to spread into a rounded mound atop the mushroom.
4. Bake in preheated oven until heated through and golden on top, about 30 minutes.

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Easy Easy Salsa

Makes about 28 oz. Cook Time 0

Ingredients

1 (14 oz)	low-sodium canned diced tomatoes
1 (10 oz)	Rotel tomatoes
1/2 small	onion
1	smashed garlic clove
1	jalapeno (optional)
1 tsp	Splenda
1/2 tsp	salt
1/4 tsp	cumin
handful	fresh chopped cilantro
1	lime juiced and zest

Cooking Instructions

Put canned diced tomatoes, Rotel tomatoes, onion, garlic clove, jalapeno (optional), Splenda, table salt, cumin, medium handful of washed cilantro, the juice and zest of 1 lime into a blender/food processor and pulse for 30 seconds until ingredients are to your desired consistency.

Pour this over some grilled chicken strips and enjoy!

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Grilled Veggie Skewers w/ Chimichurri

Serves 4 Time 15 minutes

Ingredients for Veggie Skewers

8	skewers
2	zucchini, cut into 1 inch slices
2	yellow squash, cut into 1 inch slices
1/2 lb	whole fresh mushrooms
1	red onion, cut into chunks
12	cherry tomatoes
1	red bell pepper
1/3 C	olive oil
1 1/2 tsp	basil, dried
3/4 tsp	oregano, dried
1/2 tsp	salt
1/8 tsp	pepper

Ingredients for Chimichurri

1 C	fresh parsley
1 C	fresh cilantro
1/4 C	fresh oregano
2	garlic cloves
1/2 tsp	lime zest
2 Tbsp	lime juice
2 Tbsp	olive oil
1/4 tsp	salt
1/4 tsp	pepper

Cooking Instructions

1. If your skewers are wooden, soak them 10-20 minutes before cooking.
2. Preheat grill to medium heat and lightly oil grates. Alternately thread, zucchini, squash, mushrooms, onion, tomatoes and bell pepper onto the skewers.
3. Whisk oil, basil, oregano, salt, and black pepper in a bowl; brush the mixture over the vegetables as they cook. Cook for 10-15 minutes.

Serve with Chimichurri

Combine parsley, cilantro, oregano, and garlic in a food processor, and process until finely chopped. Add lime zest and the remaining ingredients to the herb mixture; process until herbs are very finely chopped and mixture is well combined. (Serving size is approx. 2 Tablespoons).

Herbed Veggie Dip

Serves 4 Serving size 3 Tablespoons Time 5 Minutes

Ingredients

3/4 C	plain, non-fat Greek yogurt
1 oz	fat-free cream cheese
1/4 C	grated and peeled cucumber
1 Tbsp	fresh dill, chopped
2 tsp	red wine vinegar
1/4 tsp	salt
1/8 tsp	pepper
2	garlic cloves, minced

Cooking Instructions

1. Combine all ingredients in a medium bowl. The longer this sits, the better it gets. Serve with fresh cut vegetables like broccoli, peppers, celery, squash...

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Italian Shepherd's Salad

Serves 4-6 Time 15 Minutes

Ingredients

2 large	tomatoes, chopped
1 large	cucumber, chopped
1 large	Italian sweet pepper
1/4 C	red onion, finely chopped
1/2 C	fresh parsley, chopped
3 Tbsp	olive oil
1 1/2 Tbsp	lemon juice
3/4 tsp	kosher salt
3/4 tsp	pepper

Cooking Instructions

Combine all the ingredients and let them sit at least 10 minutes before serving.

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Lemon Kale Chips

Serves 6-8 appetizer Time 10-15 minutes

Craving a crunch? Look no further. Cooking times can vary, so don't leave these unattended in the oven.

Ingredients

- 1 bunch** kale (stems removed and washed)
- 2 Tbsp** olive oil
- 2 Tbsp** lemon juice
- ¼ tsp** Celtic Sea Salt (or Kosher Salt)

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Cooking Instructions

1. Preheat oven to 350°.
2. Chop kale into ½ inch pieces. Place kale in a large bowl. Using your hands, massage the oil, lemon juice and salt into the kale.
3. Place kale on parchment-lined baking sheets.
4. Bake for 10-15 minutes until kale is dark green and crispy.

Cool and serve.



Roasted Slaw

Serves 6 Time 1 Hour

Ingredients

1 medium	head green cabbage, cut into 1 inch thick rounds
1 tsp	olive oil
1/4 tsp	coarse salt
1/4 tsp	pepper
1/4 tsp	fennel seeds
1/2 C	non-fat sour cream
1/2 C	chopped pickled okra
1/2 C	gerkins (or dill) pickle, chopped
1/2 tsp	Splenda
1/4 C	green onions both white and green parts, chopped

Cooking Instructions

1. Spray a cookie sheet with non-stick cooking spray and pre-heat oven to 400 degrees. Place cut cabbage onto the cookie sheet and brush both sides with olive oil. Sprinkle both sides with salt, pepper and fennel seeds.
2. Roast until toasted around the edges about 40-45 minutes. Let it cool.
3. Coarsely chop the cabbage, discard the stem and place in a large bowl. Add the sour cream, pickled okra, pickles, Splenda and green onions. Stir well and let it sit.

Shrimp Kebabs

Serves 4 Time 60 Minutes

Ingredients

1/2 C	canola oil
1/4 C	lime juice
1/8 C	Splenda brown sugar
1/4 C	rice vinegar
1/4 tsp	red pepper flakes
lime zest	
2 cloves	garlic
1 Tbsp	ginger, grated, peeled
1/4 C	basil, fresh chopped
pinch	salt
1 1/2 lb	16-20 count shrimp, peeled and deveined
1 tsp	chili sauce
1 C	sugar-free peach preserves
1/4 C	hot Chinese mustard

Cooking Instructions

1. Mix the first 10 ingredients in a bowl and whisk to combine, add the shrimp. Pour all the contents in a large zip-loc bag and refrigerate at least 20 minutes or up to overnight.
2. Preheat the grill to medium high heat. Oil the grill rack. Thread the shrimp onto skewers and grill for 1-1/2 minutes per side,
3. Make the sauce: Whisk chili sauce, preserves, and mustard into a medium bowl.
4. Serve 2 Tablespoons per guest.

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Texas Turkey Chili

Serves 6-8 Time 60 minutes

Ingredients

2 Tbsp	olive oil
1 1/4 C	yellow onion, chopped
1 Tbsp	garlic minced
1 1/4 C	green bell pepper, seeded and chopped
1 small	sweet banana pepper, chopped
1 lb	lean white meat ground turkey
1/4 lb	Italian style turkey sausage
1 Tbsp	chili powder
1/2 tsp	cumin
dash	cardamon
dash	coriander
1	bay leaf
1 (12oz)	can low-sodium diced tomatoes
	kosher salt, pepper and hot sauce to taste

Cooking Instructions

1. Heat oil in a large skillet until fragrant. Add onions, garlic, bell and banana peppers and saute, stirring occasionally, until tender (about 3 min.)
2. Add turkey and cook until no longer pink. Use a wooden spoon to break meat into “crumbles”.
3. Turn heat down to a low simmer and add the rest of the ingredients, mix to incorporate flavors.
4. Simmer on low for 1 hour. This is excellent in a crock pot.

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