



Week Twelve

Regular Recipes

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# Pain Perdu

## Ingredients

- 1 1/2 cups fat-free milk
- 3/4 cup egg substitute
- 1/4 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 16 (1-inch-thick) slices diagonally cut French bread baguette
- 1/4 cup butter, divided
- 2 cups water
- 1/2 cup dry white wine
- 1/4 cup granulated sugar
- 1 tablespoon cornstarch
- 2 cups fresh raspberries
- 1 cup fresh blackberries
- 1 cup fresh blueberries
- 1/2 cup fresh strawberry halves
- 1 tablespoon powdered sugar

## Directions

1. Combine first 7 ingredients, stirring well with a whisk. Arrange the bread slices in a single layer in a large shallow dish. Pour milk mixture over bread, and let stand until milk is absorbed (about 2 minutes).
2. Melt 2 tablespoons butter in a large cast-iron skillet over medium heat. Arrange 8 bread slices in pan; cook 3 minutes on each side or until bread is golden brown. Remove from pan; keep warm. Repeat procedure with remaining 2 tablespoons butter and 8 bread slices.
3. Combine 2 cups water, wine, 1/4 cup granulated sugar, and cornstarch in a large saucepan, stirring with a whisk. Bring to a boil; cook until reduced to 1 cup (about 5 minutes).
4. Remove pan from heat. Add fruit to pan, stirring well to coat.
5. Serve sauce with bread slices. Sprinkle each serving with powdered sugar.

Serving Size	Calories	Fat	Protein	Sodium
2 bread slices and 1/2 cup sauce	270 per serving	7.8g per serving	8g per serving	373mg per serving

# Warm Pasta Salad with Shrimp

## Ingredients

- 3 cups uncooked farfalle (bow tie pasta)
- 1/4 cup fresh lemon juice
- 1 1/2 tablespoons Dijon mustard
- 1 teaspoon minced fresh garlic
- 1/4 cup olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- 12 ounces medium shrimp, peeled and deveined
- 1 1/2 cups chopped fresh spinach
- 1 cup canned cannellini beans, rinsed and drained
- 1/4 cup minced red onion
- 2 tablespoons chopped capers

## Directions

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. Combine juice, mustard, and garlic in a small bowl, stirring well with a whisk. Gradually add oil, stirring constantly with a whisk. Stir in salt and pepper.
3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add shrimp to pan; cook for 2 minutes or until done.
4. Stir in spinach, cannellini beans, red onion, and 2 tablespoons capers; toss to combine.
5. Add the pasta and juice mixture to shrimp mixture; toss.

Serving Size	Calories	Fat	Protein	Sodium
2 cups	487 per serving	17g per serving	29g per serving	664mg per serving

# LUNCH

# Orecchiette with Broccoli Rabe Pesto

## Ingredients

- 1 bunch broccoli rabe, tough lower stems removed
- 1/2 cup pistachios, toasted
- 3/4 cup grated parmigiano-reggiano cheese, plus more for garnish
- Kosher salt
- 1/4 cup part-skim ricotta cheese
- 1/2 pound orecchiette pasta
- High-quality extra-virgin olive oil, for finishing (optional)

## Directions

1. Bring a large pot of well-salted water to a boil. Set up a bowl of well-salted ice water. Cook the broccoli rabe in the boiling water for 1 to 2 minutes and then immediately plunge in the salted ice water.
2. Drain the broccoli rabe and squeeze out any excess water; coarsely chop. Place the broccoli rabe in the bowl of a food processor and puree until it is a coarse paste. Add the pistachios and parmigiano and puree until smooth. Taste and adjust the seasoning. Add the ricotta and pulse until combined. Taste for seasoning once again. Set aside.
3. Bring a large pot of well-salted water to a boil or use the broccoli rabe blanching water. Cook the pasta 1 minute less than the cooking time on the package.
4. While the pasta is cooking, place the pesto in a large skillet and add about 1 to 1 1/2 cups of the pasta cooking water; place over medium-high heat. When the pasta is ready, drain and add to the skillet with the pesto. Stir vigorously to combine and cook until the sauce is creamy and heated through, 1 to 2 minutes; add salt to taste.
5. Remove from the heat, add 1 to 2 tablespoons olive oil, if desired, and stir vigorously.
6. Garnish with more parmigiano.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	420 per serving	14g per serving	22g per serving	286mg per serving