



Low-Cal Recipes – January 2024

Baked Low-Cal Wontons

1 lb. extra-lean ground turkey	¼ cup egg substitute or 1 egg
1 small onion, chopped	1½ tsp. ginger
1 can (8 oz.) sliced water chestnuts, drained and chopped	1 pkg. (12 oz.) wonton wrappers
⅓ cup reduced-sodium soy sauce	cooking spray
	sweet-and-sour sauce, optional

In a large skillet, cook the pork, turkey and onion over medium heat until meat is no longer pink; drain. Transfer to a large bowl. Stir in the water chestnuts, soy sauce, egg substitute and ginger. Position a wonton wrapper with one point toward you. Place 2 heaping teaspoons of filling in the center of wrapper. Fold bottom corner over filling; fold sides toward center over filling. Roll toward the remaining point. Moisten top corner with water; press to seal. Repeat with remaining wrappers and filling. Place on baking sheets coated with cooking spray; lightly coat wontons with additional cooking spray. Bake at 400°F for 10 to 12 minutes or until golden brown, turning once. Serve warm, with sweet-and-sour sauce if desired.

Nutrition Facts: 1 each: 38 calories, 1g fat (0 saturated fat), 5mg cholesterol, 103mg sodium, 5g carbohydrate (0 sugars, 0 fiber), 3g protein.

Low-Cal Spanakopita Casserole

2 cups 4% cottage cheese	6 Tbsp. all-purpose flour
1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry	½ tsp. pepper
8 oz. crumbled feta cheese	¼ tsp. salt
	4 large eggs, lightly beaten

Preheat oven to 350°F. In a large bowl, combine the cottage cheese, spinach and feta cheese. Stir in the flour, pepper and salt. Add eggs and mix well. Spoon into a greased 9-in. square baking dish. Bake, uncovered, about 1 hour 15 minutes or until brown on top and bubbly on the sides. **Nutrition Facts:** 1 each: 262 calories, 13g fat (7g saturated fat), 178mg cholesterol, 838mg sodium, 14g carbohydrate (4g sugars, 3g fiber), 21g protein.

Easy Key Lime Pie

¼ cup boiling water
1 pkg. (0.3 oz.) sugar-free lime gelatin
2 cartons (6 oz. each) Key lime yogurt
1 carton (8 oz.) frozen fat-free whipped topping, thawed
1 reduced-fat graham cracker crust (9 inches)

In a large bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Whisk in yogurt. Fold in whipped topping. Pour into crust. Refrigerate, covered, until set, about 2 hours or overnight. **Nutrition**

Facts: 1 piece: 194 calories, 3g fat (1g saturated fat), 2mg cholesterol, 159mg sodium, 33g carbohydrate (18g sugars, 0 fiber), 3g protein. **Diabetic Exchanges:** 2 starch, 1/2 fat.

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