

# Real People Don't Diet

## Recipes



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[www.RealPeopleDontDiet.com](http://www.RealPeopleDontDiet.com)

***“Stop dieting. Start eating!”***

Other sites by Cate Brizzell:  
[www.home-budget-help.com](http://www.home-budget-help.com)  
[www.momsmakemoneyonline.com](http://www.momsmakemoneyonline.com)

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## INTRODUCTION

Welcome to the “Real People Don’t Diet” recipe bonus!

These are a collection of recipes I use in my own kitchen, with my “real” family, each and every day.

Why not dozens or hundreds of recipes? Because I have found that simplifying my life, sticking to my food budget and maintaining my sanity requires having a pretty simple menu here at home. I generally buy the exact same things every time I go grocery shopping. In and out—that’s the way I like it!

When I sat down to write this book and made a list of all the things we eat, I was stunned at how few dishes I actually make. A lot of our food is consumed directly, such as cereal, all-natural deli meat, snacks and ice water to drink. We don’t really do dessert or appetizers, except on special occasions.

Stick to family favorites and easy-to-make dishes, and make them routinely—that’s the key to reducing kitchen stress.

And when it comes to losing weight? It’s easier to manage your carbs and portion sizes if you’re familiar with the dishes you’re eating.

Being able to plan ahead is important, too. We do a lot of damage with impulse eating. If we haven’t planned a meal, we’re much more tempted to eat prepared foods (high in just about everything bad for you), fast food or LOTS of food, because we’re desperate and we’re hungry.

So choose a few recipes that tickle your fancy, add them to your repertoire, and then adjust your own family’s favorites to be more carb-friendly. Set up a two-to-three week menu plan where you know exactly what you’ll be eating for dinner. Try making the same thing every Monday, every other Wednesday, etc. Shop accordingly.

See if your stress levels don’t go down...not to mention your waistline!

Enjoy—from my house to yours...

*:-) Cate*

## BEVERAGES

### Cinnamon Coffee

*I love flavored coffee. Love it. Did I say I love it? This is an inexpensive and easy way to get flavor.*

Cinnamon  
Ground coffee

Fill your coffeemaker's basket with ground coffee. Shake cinnamon onto grounds 1-2 times. Stir gently until mixed. Brew as usual. Increase or decrease cinnamon as desired.

## Sparkling OJ

*Cut your sugar and carbs in half by making your OJ a bit bubbly.*

½ glass of your favorite orange juice

½ glass sparkling seltzer (non-flavored)

Combine orange juice and seltzer. For an even lighter flavor, serve over ice.

## Lemon-Lime Water

*A lot better for you than the carbonated, syrupy version.*

- 1 slice lemon
- 1 slice lime
- 1 glass fresh iced water

Squeeze lemon and lime into water. Stir. Add wedges if desired.

## Hot Lemon Drop

*Have one of these a day and you'll never need Metamucil, if you know what I mean. Intense lemon flavor -- no sugar needed!*

½ lemon

8 oz. hot water

Squeeze lemon into cup of hot water, then drop lemon into cup. Wait one minute before drinking.



## Better-For-You Hot Cocoa

*I discovered this not only tastes better, but is a healthier option than hot chocolate mix in canisters or envelopes, which contains partially hydrogenated ingredients.*

4 tbsp. Rich Chocolate Ovaltine  
8 oz. hot milk

Measure Ovaltine into mug or cup. Heat milk on stove or in microwave and pour into cup. Mix thoroughly.

(My kids also like to sprinkle Ovaltine on their cereal—usually an all-natural version of cinnamon toast crunchies or honey bunches and oats. Try it yourself!)

# BREAKFAST

## Easy Eggs and Cheese

*When I was teaching my kids how to cook easy meals for themselves, I figured this was the simplest way to get that egg-and-cheese taste they love without the fuss and muss.*

2 fresh large eggs, cracked and beat with fork  
¼ cup shredded Colby and Monterey Jack cheese  
Black pepper to taste

Melt a bit of butter in a non-stick frying pan. Add eggs and stir with spatula until scrambled and fully cooked. Remove pan from heat. Sprinkle on cheese; stir with spatula until cheese is melted. Add pepper if desired. Serve immediately.

If you want to make a more grown-up version and with chopped meats or veggies, add ingredients to eggs when halfway done. Remove pan from heat and then top with cheese. No more runny mess and undercooked omelettes!

## **Mornin' Muffin**

*Tastes even better than Mc-You-Know-Who's.*

- 1 egg, beaten
- 1 slice white American cheese
- 1 English muffin, toasted
- 1 slice ham

Melt touch of butter in non-stick skillet. Cook egg over medium heat until firm, then carefully flip over and cook until no longer runny. Place slice of ham on English muffin half, then slice of cheese. Carefully fold egg in half, then in half again, and place on cheese. Top with other English muffin half. Serves 1.

## Light Cinnamon Toast

*A family favorite, with half the sugar.*

One slice bread (whole-grain wheat preferred)

One small pat butter

¼ tsp. sugar

½ tsp. cinnamon

Toast bread to desired crispness, then butter. Combine sugar and cinnamon in small glass and shake over toast.

Try adding nutmeg for French Toast flavor!

## Pancakes Dee-Light

*Who says you can't eat pancakes? The secret ingredient is the vanilla.*

Bisquick Reduced-Fat pancake and biscuit mix

Skim milk

Eggs

1 tsp. vanilla

Fresh berries

Real maple syrup (Nature's sugar)

Prepare pancake batter according to instructions on package. Cook pancakes to about 2.5 inches in diameter. Serve with fresh berries and/or real maple syrup, which is all-natural and tastes much better! Sprinkle with cinnamon or nutmeg for even more flavor.

# APPETIZERS

## Mexican Dip

*A family favorite at parties and gatherings. I seem to make it differently each time, but no one complains.*

- 1 8 oz. package cream cheese, softened
- 1 packet taco seasoning
- 1 can fat-free refried beans
- 1 red onion, chopped
- 2-3 Roma tomatoes, chopped
- 1 small can sliced olives
- 2 c. shredded Colby and Monterey Jack cheese

Mix taco seasoning and cream cheese until well-blended. Press into bottom of glass casserole dish or pie pan. Layer refried beans, onion, tomatoes, olives and cheese. Microwave in one-minute increments until cheese melts. Service with blue or regular tortilla chips, carrots and celery sticks.

## Fluffy Fruit Dip

*I came up with this one summer when I was trying to think of something for the kids to dip fruit in besides yogurt.*

- 1 packet sugar-free Jell-O, any flavor (reds work well), divided
- 1 package cream cheese, softened
- 1 c. sour cream

Use hand mixer to blend cream cheese, sour cream and ½ packet Jell-O. Continue adding Jell-O until desired taste (tartness, sweetness) desired. Serve with fresh apples (tossed with lemon juice), orange slices, grapes, bananas, strawberries, pineapple and kiwi fruit.

## Homemade Salsa

*I don't usually make a practice of recommending specific brands, but Tastefully Simple's homemade salsa spices are unbelievably good—easy and healthy, too.*

¾ tsp Simply Salsa™ mix (available from [www.tastefullysimple.com](http://www.tastefullysimple.com))

1 can petite diced tomatoes (with or without chiles)

Add the salsa mix to the tomatoes and stir. Refrigerate in covered bowl for 2 hours or more. Serve with chips and garnishes!



## SOUPS AND STEWS

### Cate's Savory Beef Stew

*I took a basic crock-pot beef stew recipe and made it my own. Great to eat on TV trays in front of a crackling fire and a good movie on a cold night.*

1 package beef stew meat or cut-up chuck roast  
1 bag frozen sliced carrots  
3-4 potatoes, peeled and cut into 1-inch cubes  
2 cans cream of mushroom soup  
1/2 tbsp. Worcestershire sauce  
1 tsp. black pepper  
1 bay leaf

Add veggies to bottom of slow cooker. Arrange meat on top., then cover with soup and Worcestershire sauce. Add bay leaf with one hour cook time remaining. Cook on Low 8-10 hours or High 4-5 hours. Remove bay leaf and serve. Serves 4-5.

Great with warm biscuits—but only eat one!

## Leonard Lower-Carb Chili

*This is my family's favorite chili recipe. I substituted tomato sauce for tomato soup to make it more carb-friendly. Tastes great with a low-carb beer (just one!).*

1-2 lbs. ground beef  
1-2 onions, cut in thick slices  
2 large cans tomato sauce  
1 large can diced tomatoes  
2 cans kidney beans  
chili powder to taste

Brown beef with onions. Drain. Put in large stock pot; add tomato sauce, diced tomatoes and kidney beans. Season with chili powder to taste. (I start with just two tablespoons and work my way up. Depends on how spicy you want it.) Add water if needed. Heat on medium-high until boiling, then simmer 2-3 hours on low.

Add corn or green beans for extra flavor.

## Cate's Chicken Noodle Soup

*It really doesn't get any easier than this. Cut back on the pasta if you're looking to go really low-carb. I can't; my kids would never eat it without the ditalini!*

1 12.5 oz. can chicken chunks  
2 tbsp. minced onions  
¾ bag frozen peas and carrots  
1 qt. chicken stock (I use Rachael Ray's; look for all-natural variety)  
2 c. water  
1 packet Italian dressing mix  
1 ½ c. ditalini

In large non-stick stir-fry skillet or large sauce pan, saute chicken with minced onion and a bit of water for 2-3 minutes on medium-high heat. Add frozen peas and carrots and sauté another 2-3 minutes until soft. Add chicken stock, water and Italian dressing mix; stir thoroughly. Bring to a boil. Add ditalini; reduce heat to medium-high. Simmer 10 minutes, stirring frequently. Serve immediately. Serves 4-5.

We garnish ours with parmesan cheese and black pepper.

## Cate's Cincinnati Chili

*I adapted a recipe I found when I was first married into this version of the famous chili. My family loves it—although the kids still won't eat the beans.*

1 lb. ground turkey  
1 red onion, divided  
1 15 oz. can tomato sauce  
1 can kidney beans  
1 tbsp. chili powder (add more if desired)  
1 tsp. cinnamon  
1 lb. Barilla whole-wheat penne pasta  
2 c. shredded Cheddar cheese

Cut onion in half. Chop one half; slice the other and reserve. Brown turkey with chopped onion. Drain, if needed. Begin to prepare pasta according to package directions. Add tomato sauce, beans, chili powder and cinnamon to turkey. Simmer on low for 10-15 minutes while pasta cooks. If mixture is too thick, add a touch of water. When pasta is done, serve chili over pasta. Garnish with cheese and sliced onions. Serves 5-6.

## PASTA

**The key to eating pasta and losing weight is to serve it as a “side dish”. Make your plate 1/3 pasta, 1/3 meat or beans and 1/3 veggies or salad. You CAN eat your pasta and lose weight, too!**

### Quick Italian Goulash

*Another recipe handed down from my mom that the entire family loves. Once again, I substitute tomato sauce for tomato soup. Tastes the same, but without all that sugar.*

1 lb. ground beef  
1 onion, chopped  
1 clove garlic  
1 15 oz. can tomato sauce  
2 tbsp. oregano  
1 tbsp. basil  
Dash of black pepper  
2 cups white sharp cheddar cheese  
4 cups elbow macaroni, cooked

Brown beef with onions and garlic in large stir-fry skillet or Dutch oven. While browning, begin cooking elbow noodles according to package directions. Drain beef and onions; add tomato sauce, oregano, basil and black pepper. Simmer over medium heat for 5 minutes. Add cheese and stir until melted. Simmer on low until noodles are done. Drain noodles and add to sauce; mix well. Serves 4-5.

Serve with cucumbers and Italian dressing or tossed salad (no iceberg—just deep, leafy greens).

## Baked Ziti

*I make this every other week with leftover Monday night meatballs and sauce. Remember to serve it as a "side" with a nice helping of meatballs, or cubed chicken sautéed in zesty Italian dressing.*

1 lb. whole-what ziti pasta  
½ cup retained water while cooking pasta  
26 oz. sauce and meatballs, with meatballs set aside of desired  
1 container 15 oz. ricotta cheese  
2 c. shredded mozzarella cheese, divided  
¼ cup parmesan cheese

Preheat oven to 350 degrees. Cook pasta as directed. (Don't forget to reserve ½ cup cooking water.) Mix sauce, ricotta and pasta cooking water in large bowl. Add pasta and 1 cup mozzarella cheese; mix lightly. Add to 13" x 9" baking pan. Top with parmesan cheese and remaining mozzarella. Cover with aluminum foil and bake 30 minutes. Uncover and bake another 5 minutes until cheese is melted. Serves 6-10.

## Zesty Macaroni and Cheese

*Yet another recipe my mom used to make. It's a different twist on mac-n-cheese, but oh-so-tasty!*

2 tbsp. oil  
2 tbsp. flour  
½ onion, chopped  
2 cloves garlic  
1 15 oz. can tomato sauce  
1 tsp. black pepper  
2 cups shredded cheese (I use sharp cheddar or pizza blend)  
4 cups uncooked elbow noodles

Begin boiling water for pasta and cook as directed. Drain and set aside while preparing cheese mixture. In large non-stick skillet, mix oil and flour until a paste. Add chopped onion and garlic; sauté until soft over medium-high heat. Add tomato sauce and pepper. Stir until bubbly. Reduce heat to low and add cheese. Gently stir until melted. Add noodles to cheese mixture and mix well; serve immediately. 6-8 servings.

My favorite side veggie with this is sliced beets.

## Wagon Wheel Pasta

*I found this recipe in a magazine and adapted it to my family's tastes. The kids just love it!*

4 tbsp. butter, divided  
1 ½ cups red pepper, chopped into ½-inch cubes  
1 ½ cups frozen crinkle carrots  
1 onion, chopped  
2 breasts boneless chicken, chopped into 1-inch cubes  
1 packet taco seasoning  
2 cups shredded Mexican or taco-blend cheese  
1 box wagon wheel pasta

Boil water and prepare pasta as directed; drain and set aside. In large non-stick skillet, melt 2 tbsp. butter. Add vegetables and sauté for 3-5 minutes or until soft. Remove from pan with slotted spoon; retain in bowl. Melt remaining 2 tbsp. butter. Toss chicken in taco seasoning until coated. Add to pan with butter and cook until chicken is no longer pink. Return vegetables to pan and add cheese. Stir until melted. Remove from heat. Add pasta and mix well. (You may not use all the pasta—it depends on how saucy and cheesy your family likes this dish.) Serves 6-8.

I've made this with diced tomatoes if I didn't have red pepper on hand. You could also add corn or kidney beans/chili beans, if you like.



## Quick and Easy Pasta and Veggies

*This is a “template” recipe you can use for hot or cold pasta dishes. It’s quick, it’s easy and it works great for using up leftover meats and vegetables on hand.*

### MEAT:

- 2-3 c. boneless chicken, cut into cubes
- 2-3 c. pork, cut into strips
- 2-3 c. beef, cut into strips

### PASTA (1 lb. package):

- Barilla whole-wheat spaghetti
- Barilla whole-wheat rotini
- Barilla whole-wheat penne
- Barilla farfalle

### SAUCE:

- 1/2 cup zesty Italian dressing
- 1/2 cup Asian Toasted Sesame dressing
- 1/2 cup ranch dressing

### VEGGIES:

- red pepper strips
- yellow pepper strips
- peas
- julienne or sliced carrots
- cherry tomatoes
- olives
- mushrooms
- sliced onions
- broccoli florets

### GARNISH:

- Parmesan cheese
- black pepper

Cook pasta as directed. Meanwhile, stir-fry meat and veggies in sauce. Add more or less sauce to taste. Drain pasta; add to meat and veggie mixture and toss. Garnish with cheese and pepper. Serves 5-6.

During the summer, this makes for a cool meal on hot evenings. In the fall and winter, it’s comfort food without all the fuss. Experiment with different flavors to see what your family likes best.

## MAIN DISHES

### Frito Chicken

*This is adapted from a Gooseberry Patch recipe I found.*

6 boneless chicken breasts, trimmed  
2 10 <sup>3</sup>/<sub>4</sub> oz. cans cream of chicken soup  
2 c. shredded Mexican cheese or taco cheese blend, divided  
1 packet taco seasoning  
2 c. crushed Fritos

Preheat oven to 450 degrees. Lightly spray glass 13" x 9" baking dish. Place chicken in bottom of dish. Combine soup, one cup cheese and taco seasoning. Pour over chicken. Bake 45 minutes. Remove from oven and top with remaining one cup cheese and crushed Fritos. Bake another 5 minutes or until cheese melts. Makes 6 servings.

Serve with sauteed green beans or steamed corn.

## Simple Crock Pot Sauce and Meatballs

*I took my Italian friend Karen's recipe and made it my own. I make this every Monday night, so it's ready and waiting when we get home from the dance studio and baseball practice.*

1 28 oz. can crushed tomatoes  
1 15 oz. can tomato paste  
2-4 cloves garlic, minced  
1 onion, chopped (or substitute a few shakes of minced onion, dry)  
1/4 c. parmesan cheese  
oregano  
basil  
red pepper flakes  
black pepper  
dash salt  
dash sugar  
homemade or frozen meatballs, Italian-style

In 4-quart crock pot, combine crushed tomatoes and tomato paste. Fill ½ crushed tomato can with water and add to sauce. Mix thoroughly. Add garlic, onions and parmesan cheese. Add oregano and basil to taste. Add one or two shakes of red pepper flakes; add too much and the sauce will be very spicy. Throw in a dash of salt and pepper as well as a dash of sugar to counteract the acidity. Finally, stir in half a 5 lb. bag of Italian meatballs or one dozen homemade meatballs. Cover and cook on Low for 4-6 hours. Around 10-12 servings. Freezes well.

Serve over Barilla Whole Wheat spaghetti with a fresh salad.

## Cate's Pot Roast

*A great way to use inexpensive meat. Wait until you smell this cooking!*

2 c. water  
5-6 lb. beef pot roast  
1 oz.-package onion soup mix  
1 .7 oz-package Italian salad dressing mix  
1 .87 oz-package brown gravy mix

Add water to 5 or 6-quart slow cooker, then add roast. Combine all the mixes and sprinkle over meat. Cook on Low for 6 to 7 hours. Serves 6 to 8.

Serve with hot boiled or mashed potatoes and steamed baby or sliced carrots.

## Meatloaf Special

*I like to add stuffing mix to my meatloaf (thanks, [www.kraftfoods.com](http://www.kraftfoods.com)). It's about the same amount of carbs as crushed crackers or bread crumbs but has a lot more flavor. Reduce carbs even more by using half a box of mix versus an entire box.*

2 lbs. ground turkey or 90% lean beef  
1 box Stove Top whole wheat chicken stuffing mix  
2 egg whites  
½ cup water  
1 onion, chopped  
1 tbsp. Worcestershire sauce  
Dash of black pepper

Heat oven to 375 degrees. Mix all ingredients together. Shape into a loaf and bake 55 to 60 minutes in shallow roasting pan. Serves 6-8.

Tastes great the next day as sandwiches with ketchup!

Cut cook time in half and make mini-meatloaves by using a muffin pan. Fill each muffin slot with meatloaf mixture and cook for 30-35 minutes. The kids will love it!

## Easy Parmesan-Garlic Chicken

*Total credit for this recipe goes to [www.kraftfoods.com](http://www.kraftfoods.com), where I found it. It's so incredibly simple, so amazingly delicious, and so unbelievably savory...your mouth will water while it's cooking.*

½ cup parmesan cheese  
1 envelope Italian dressing mix  
½ tsp. garlic powder  
6 boneless skinless chicken breast halves (about 2 lb.)

Heat oven to 400 degrees. Mix cheese, dressing mix and garlic powder. Wet chicken and coat in mixture. Place in shallow baking dish and bake 20 to 25 minutes. Serves 6.

Also tastes great cold and sliced up on salads.

## Tomato Sandwich

*Taste great any time, but especially good with a warm bowl of soup or after a fresh crop of tomatoes. A favorite from my childhood..*

One ripe tomato  
Two slices all-natural wheat bread  
1 tbsp. Miracle Whip  
black pepper

Toast both slices of bread. Slice tomato. Spread Miracle Whip on one slice of bread and sprinkle with pepper. Layer tomatoes on top, then cover with remaining slice of bread. The sandwich is easier to eat if it's cut in half! (Thanks for the recipe, Dad.)

## Cucumber Sandwich

*Totally refreshing on a hot summer day.*

1 cucumber, sliced  
1 tbsp. Miracle Whip  
2 slices all-natural wheat bread  
black pepper

Spread one slice of bread with Miracle Whip. Sprinkle with pepper. Add cucumbers, then top with remaining slice of bread. (Thanks, Mom.)



## Stir-Fry Slaw

*Easy and good for you.*

1 tbsp. oil  
1 package shredded broccoli and/or cabbage slaw  
1 lb. boneless skinless chicken breasts  
1/3 c. Szechuan stir-fry sauce or Hoisin sauce

Heat oil in large stir-fry nonstick skillet. Add chicken and stir-fry until no longer pink. Add slaw and sauce. Stir-fry 5 minutes or until slaw is tender but crispy. Serves 3-4.

Add additional vegetables or water chestnuts, if desired. Tastes great with brown rice. Have fun and try eating with chopsticks!

## Juicy Roast Chicken

*A great Sunday dinner.*

1 3 to 7 lb. roasting chicken  
4 oz. cream cheese  
1 tsp. lemon juice  
orange zest  
melted butter

Heat oven to 350 degrees. Wash and prepare chicken and place in roasting pan. Carefully separate the skin from the breast meat. Mix the cream cheese, lemon juice and orange zest. Stuff between skin and chicken breasts. Lightly brush skin with butter and place in oven. Bake 1 ½ to 2 ½ hours or until chicken reaches 165 degrees. Let stand 10 minutes before carving. Serves 6-12.

I always do this as a “mini-Thanksgiving” dinner, complete with mashed potatoes, chicken gravy (Boston Market brand), vegetables and stuffing.

## VEGGIES

### Garlic and Onion Green Beans

*My good friend Carrie shared this recipe with me. I just use a bit less butter.*

1 package frozen green beans, whole  
2-3 tbsp. butter  
1-2 cloves fresh garlic  
½ onion, sliced

Melt butter in stir-fry pan or large nonstick skillet. Add garlic and onion; sauté 1-2 minutes. Add frozen green beans and stir-fry 10-12 minutes over medium-high heat, tossing constantly. Serve when beans are cooked but still a bit crispy.

## Best Frozen Veggies

*Sounds strange, eh? Well, here's how I cook frozen veggies and make them taste fresh-from-the garden. Don't drown them in water...*

Any style frozen veggie  
1 glass 1.5 qt. or 2-qt. dish

Put frozen veggies in glass dish with lid. Do NOT add water. Cook 3-4 minutes in microwave on HIGH. Stir and add savory black pepper or other spices. Cook on HIGH until microwave cook time as per package is reached. Let veggies sit one minute. Stir, and serve.

When cooked this way, no extra water is added. No soggy veggies! The vitamins and minerals (and taste) aren't boiled out of the vegetables. If you need your veggies to be a bit softer, just sauté them in a bit of chicken stock instead of microwaving. You can add frozen veggies to a hot skillet, no problem.

No matter what you do, skip canned vegetables, if at all possible. They're loaded with extra sugar and salt, and have little nutritive value.

## Tasty Mashed Potatoes

*Who says you can't eat mashed potatoes if you're cutting carbs to lose weight? The trick is to use lower-carb and lower-fat ingredients, and eat smaller portions. Go for it!*

8-10 round white potatoes, or 6-8 russet potatoes

1/4 cup skim milk

2 tbsp. butter

1/4 cup sour cream

Peel potatoes and cut into 1-inch cubes. Boil in water for 20-39 minutes over medium heat. Drain potatoes and add to large bowl. Add milk, butter, sour cream and a dash of salt. Mix with a hand blender until smooth and fluffy. Adjust milk and sour cream until desired texture is reached. Serves 6-8.

## Outback House Salad

*Our family loves Outback restaurants. This is our version of their delicious house salad, complete with spicy ranch dressing.*

- 1 bag green leafy romaine lettuce
- 2 Roma tomatoes, sliced into thick  $\frac{1}{4}$  circles
- 1 red onion, cut into quarters and then sliced
- 1 cup coarsely shredded cheddar, Colby and Monterey Jack cheese
- 1 bag thick garlic croutons

Place lettuce on four plates. Add tomatoes, onions, cheese and croutons as toppings. Serve with zesty ranch dressing or peppercorn ranch dressing.

## Holiday Salad

*Mmmm, nothing says Christmas like cranberries. Sure, they have some sugar, but they're a fruit, so "real people" should eat them as often as possible. ☺*

Leafy green mix (romaine and spring mix)  
¼ cup dried cranberries  
¼ cup sliced almonds  
balsamic vinaigrette dressing

Fill large plate with lettuce. Top with cranberries and almonds and drizzle with dressing.

Add tiny sliced cucumbers and shredded carrots if more veggies are preferred. Try with walnuts, too!

## Grilled Packet Veggies

*So simple and easy. So savory. Try them at your next barbecue.*

2 carrots, sliced lengthwise  
1 green zucchini, sliced crosswise  
1 yellow zucchini, sliced crosswise  
1 red onion, sliced  
1 package cherry tomatoes  
zesty Italian dressing

Layer veggies in packets made from Reynolds non-stick aluminum foil. Drizzle with Italian dressing and top with dash of salt and pepper. Close packets, but not tightly (the steam needs room to move). Grill away from direct heat 15-20 minutes. Open packets carefully, and garnish with parmesan cheese, if desired. Serves 4-5.



## Easy Veggie Italiano

*I made this up one day with veggies I had on hand. It goes great with pasta dishes, and it's super-easy, super-crispy, and super-fresh!*

1 to 2 cucumbers, cut into half-slices  
2 tomatoes, cut into wedges  
2 cups baby carrots, cut in half  
¼ cup zesty or fresh-made Italian dressing  
1 tbsp. parmesan cheese

Toss vegetables and dressing in medium-sized serving bowl. Sprinkle with parmesan cheese. Add more or less dressing to taste.

## DESSERTS

### **Berries N' Cream**

*This is by far my favorite “no-carb” dessert.*

1 c. strawberries or blueberries  
Redi-Whip whipped cream

Spray berries with whipped cream. Sprinkle with cinnamon or just enjoy plain!

## **Peanut-Butter Cup Sundaes**

*Normally I'm not a fan of sugar substitutes. But every once in a while, it's good to enjoy something decadent with fewer sugar and carbs.*

No-sugar vanilla ice-cream  
Peanut butter ice cream sauce  
No-sugar hot fudge  
Redi-Whip whipped cream  
Crushed or chopped peanuts

Top vanilla ice cream with peanut butter sauce. Add warm hot fudge. Top with whipped cream and peanuts.

## Sharp-n-Sweet Tarts

*This isn't exactly a new recipe, but I never had this combination until I was in the hospital with my second baby, and they brought this to me as an evening snack. It was so good I still treat myself 10 years later.*

1 Granny Smith (or other variety) apple, sliced 8 ways  
8 slices extra-sharp cheddar cheese  
1 bunch red grapes

Place cheese slices on apples. Munch with grapes. Tart and sweet—yum!

## Molly's Banana Treat

*My kids made chocolates for me one Mother's Day, and these were my youngest's idea. Again, not necessarily original, but perfect heaven for those of us who don't (or can't) indulge in high-sugar sweets.*

½ bar semi-sweet chocolate (or dark chocolate)

6 bananas

12 popsicle sticks or skewers

Melt chocolate as directed. Peel bananas and slice in half, cross-wise. Place bananas flat-side down on waxed paper and put sticks or skewers in ends of bananas (as a handle). Dip bananas in melted chocolate; let excess chocolate drip back into pan. Refrigerate 2 hours. Makes 12 servings.

Roll bananas in chopped peanuts, coconut, sprinkles, or anything else you fancy.

## Crazy Corn

*My friend Karen makes this for her kids. Now mine love it, too. Pretty high in fiber and relatively low on the sugar scale. Shhh—don't tell the kids, but grown-ups like it, too.*

One bag natural microwave popcorn, or homemade popcorn  
2 cups colored mini-marshmallows

Mix marshmallows in with popped corn. Serve with a smile!

## ABOUT THE AUTHOR

Cate Brizzell and her husband Chris developed the “Real People Don’t Diet” weight-loss strategy in June of 2006. By the time her e-book of the same name was published in January of 2007 the couple had lost nearly 60 pounds combined.

A freelance author and stay-at-home mom, Cate manages website design and content for local corporate clients. She founded and maintains several websites of her own, including

[www.home-budget-help.com](http://www.home-budget-help.com) and [www.moms-make-money-online.com](http://www.moms-make-money-online.com), as well as [www.RealPeopleDontDiet.com](http://www.RealPeopleDontDiet.com).



Cate lives with her husband and three children in upstate New York where she enjoys homeschooling, Jane Austen novels, scrapbooking, golf and traveling to tropical destinations whenever possible!