

Body Make Over Cooking Class

February 22, 2020

Veggie Frittata Muffins

Serving Size: 3 muffins, makes 12 muffins

175 Calories, 15.75g protein, 5g carbohydrate, 10g fat (per 1 serving)

INGREDIENTS

6	each	Whole eggs
4	each	Egg Whites
1/3	cup	Unsweetened Almond Milk
1/4	tsp	Dijon Mustard
1	cup	Chopped Kale
1	cup	Cherry Tomatoes, halved
1/4	cup	Green Onions, chopped
2	TBLS	Dill, chopped
3	TBL	Goat Cheese
		salt & pepper to taste

INSTRUCTIONS

Preheat the oven to 350F

In large bowl whisk together eggs, egg whites, almond milk, dijon, mustard and season with salt and pepper to taste.

Spray muffin tin with non stick cooking spray. Pour a small amount of egg mixture in each cup. Divide kale, tomatoes, green onions and goat cheese between the cups and then pour remaining egg mixture on top.

Bake for 20-22 minutes until set.

Soba Noodle Salad Bowl

Servers 2

For the Soba Noodles

336.5 Calories, 13.5g protein, 52g carbohydrate, 8.5g fat (per 1 serving)

For the Dressing

21 Calories, 1g protein, 0.5g carbohydrate, 1g fat (per 1 serving)

For the Soba Noodles & Dressing

357.5 Calories, 14.5g protein, 52.5g carbohydrate, 9.5g fat (per 1 serving)

INGREDIENTS

For the Soba Noodles			For the Sesame Dressing		
4	oz	Soba Noodles	1/4	cup	Rice Wine Vinegar
1/2	ea	Avocado, Sliced	2	tsp	Soy Sauce, low sodium
1/2	cup	Edamame, cooked	1/2	tsp	Sesame Oil
1/2	cup	Grated Carrots	1	tsp	Grated Ginger
1/4	cup	fresh mint leaves	1/2	tsp	garlic, minced
1	cup	Baby Spinach			
2	each	Red Raddish			
1	tsp	Sesame Seeds			
1	ea	Lemon			

INSTRUCTIONS

Make the dressing: in small bowl combine all dressing ingredients. set aside

Cook your soba noodles in unsalted water according to package, drain and rinse with cold water. Toss the dressing, noodles and spinach and divide between the two bowls.

Split the carrots, mint, and radish between the two bowls. Squeeze lemon on the avocado slices and split between the two bowls. Sprinkle with sesame seeds.

Shrimp Pad Thai with Zoodles

Serves 2

For the Pad Thai

336 Calories, 26g protein, 23.5g carbohydrate, 17g fat (per 1 serving)

For the Sauce

37.5 Calories, 1.5g protein, 6g carbohydrate, 0g fat (per 1 serving)

For the Soba Noodles & Dressing

336 Calories, 27.5g protein, 29.5g carbohydrate, 17g fat (per 1 serving)

INGREDIENTS

For the Pad Thai			For the Sauce		
6	oz	Shrimp, peeled, deveined and tails off	2	TBL	Tamarind Paste
2	cups	Zucchini noodles	1	TBL	Fish Sauce
1	tsp	Extra Virgin Olive Oil	1	TBL	Rice Wine Vin
1	clove	Garlic, minced	2	tsp	Soy Sauce, low sodium
1	ea	large egg	1	tsp	Sriracha (or to taste)
1	cup	Grated Carrots			
1/2	cup	Edamame			
1/2	cup	Green Onions, sliced thin			
1/4	cup	Peanuts, chopped			
1/4	cup	Fresh Cilantro			
1	ea	Lime, cut in Wedges			
		salt & pepper to taste			

FOR THE SAUCE

Stir together tamarind, fish sauce, vinegar, soy and sriracha.

FOR THE PAD THAI

Heat 1tsp of olive oil in a non stick skillet or wok over medium-high heat. Add the garlic, then crack the egg into the skillet. Break apart the egg with the spatula and let cook for 30 seconds, until almost set. Add noodles and sauce and stir to coat. Add the carrots, edamame, and green onions, cook for about one minute. Taste and adjust seasoning with salt and pepper. Sprinkle on cilantro and peanuts. Serve with lime wedges and hot sauce.

