



Seasons
with Chef Binks

FALL RECIPE WORKBOOK

{ Chef Binks }

Steven Binks is an accomplished chef and successful entrepreneur in Western New York. His flair for fine foods and passion for healthy living have brought him an eclectic audience. The list of those who have enjoyed his meals would staff an international government summit: presidents, the Governor of the Great Lakes, and the Premier of Quebec and Ontario all have appreciated Binks' culinary craftsmanship. His cooking and management skills make him one of the most well respected members of the food service industry, but he is also celebrated for his dynamic and colorful personality. Chef Binks is recognized for his weekly appearances on "Daybreak," "The Healthy Zone" and other nationally syndicated TV and radio shows.

The classically French trained chef found success at a young age: By age 19, he received his Associates Degree in Culinary Arts and continued to complete a five-year apprenticeship through the American Culinary Federation (ACF). At age 23, he opened one of the largest catering companies in upstate New York that ran for 20 years. In addition, he continued opening banquet facilities, three restaurants, and two signature catering companies—all under the umbrella of the "Chef Binks" brand. Among all his success, he considers his greatest accomplishment, The Seasons Meal System.

Chef Binks is proud to be focusing all his attention on Seasons. For the first time in his career, he is dedicated to making people happy through their food choices, and gearing his menu towards stabilizing their metabolism. Chef Binks feels a certain vibrancy in working on Seasons—exclusively designing delicious food to help individuals across America get healthy.

Chef Binks was recently inducted into the prestigious Chaîne des Rôtisseurs—an international society founded in Paris in 1950 for the recognition and appreciation of culinary excellence.

Chef Binks' talent and entrepreneurial spirit are the roots for his success; His passion for healthy living steers the way for the Seasons Meal System and all the lives he begins to change.

{ Introduction }

This isn't a diet; This is a way of life. And everyone deserves good food in their life.

There are plenty of good reasons why losing weight hasn't worked for you in the past. You didn't have time, you didn't feel nourished, you couldn't afford the 'health food' that was supposedly the only surefire way to get rid of that excess fat. Most options for weight loss are temporary. They require an unrealistic investment from resources you don't have. They don't work with you, so they can't be sustainable.

Seasons is different, for a lot of reasons. Firstly, we love food. You won't find a recipe for tofu-stuffed bison grass in our dinner section. Steaks are for dinner. Cream sauce is for dinner. Why have a book full of recipes that no one wants to eat?

Secondly, Seasons is a teaching tool. We aren't giving you a fish, as the saying goes. We're going to make you the best fisherman you can be, so you can lose weight, you can keep it off and stay in the best shape of your life—for your whole life. This includes learning how to manage your time, your money and your taste buds when it comes to healthy eating.

Finally, we think it's time to bridge the gap between professional chefs and foodies everywhere. Seasons is based off the idea that you use fresh vegetables that are at their peak. Do frozen peas do the job? Sure. But there's nothing quite like a fresh Acorn Squash in September.

What you need is a pep talk, someone to understand why you've failed in the past. Most importantly, you need a sustainable series of lifestyle adjustments that you can keep in your healthy-living tool box and to take with you wherever you go. No one is perfect, but we think we can get you feeling pretty darn close.



Seasons

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{ Breakfast }

Breakfast is truly the most important meal of your day. Your metabolism is most vulnerable when you wake up in the morning, and we want to give it the right start. Lean sources of protein and slow releasing carbs are the MVP's of breakfast, and this section will help you learn how to ensure a healthy and delicious start to your morning.

One of the biggest challenges in the morning is the race against the clock. We look down at our large coffee or slice of toast and convince ourselves it'll keep us full until lunch. Did we read your mind? No. We've all been there, and it isn't our fault. Demanding work schedules, taking care of kids and a hundred other things keep us from getting the right start in the morning. We're here to help. By giving you the right tools—recipes, techniques, shopping guides—this book is going to get you ready for the morning battle with the minute-hand. Most importantly, it will give you a breakfast packed with nutrients you need and flavors you love.

A sweet way to start your day, this recipe uses only the healthiest ingredients to deliver a tasty and nutritious first meal.



Apricot & Neufchatel Stuffed French Toast

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- Non-Stick spray
- 2 2/3 ozs neufchatel cream cheese (softened)
- 2/3 tbsp truvia
- 1/6 tsp ground cinnamon
- 1/6 cup chopped roasted almonds
- 1/3 tsp vanilla extract
- 8 slices sprouted grain bread
- 1 1/3 beaten eggs or egg whites
- 1/3 cup almond milk
- 1/6 tsp vanilla extract
- 1/6 tsp nutmeg
- 1 or 2 chopped dried apricots
- 1/6 cup orange extract

Directions:

1. Heat griddle (or griddle pan) to approximately 225 degrees F. Spray griddle with non-stick cooking spray.
2. Blend together filling ingredients in small bowl until light and fluffy. Set aside.
3. Using two bread slices, spread filling in the middle.
4. Mix together the eggs, almond milk, vanilla and nutmeg. Dip bread in egg mixture and cook on prepared griddle until both sides are golden brown, being careful to keep filling in bread pocket. Serve.

Tip from Binks:
Dried fruit is a great way to get all the flavor without too much sugar. Use less, taste more!



This delectable first meal uses the concept of crepes, without the mess, the fuss, or the extra carbs!



Bacon & Cheddar Cups

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 whole grain wraps, sprayed with nonstick spray and cut in half
- 1 cup shredded cheddar cheese
- 7 ozs spinach (frozen chopped, thawed and squeezed dry)
- 3 ozs mushrooms (chopped, stems and pieces drained)
- 1/2 cup olive oil mayonnaise
- 4 turkey bacon strips (cooked and crumbled)
- Salt & pepper

Directions:

1. Place wraps in muffin wells.
2. In a bowl, combine the filling ingredients, stirring until appearance is uniform.
3. Place filling in each wrap cup until nearly filled.
4. Bake uncovered for 30 minutes or until eggs are completely set. Serve warm.

Tip from Binks:

Explore other vegetable options like red pepper or green onions in these colorful breakfast cups.



Who says you can't enjoy pancakes with your new healthy lifestyle? Make these ahead of time to have a filling breakfast waiting for you on your busy days.



Whole Grain Pancakes

Serves: 4

Preparation Time: 25 minutes

Ingredients:

- 3/4 cup whole wheat flour
- 2 tbsp ground flax
- 2 tsp baking powder
- 2 tbsp macadamia nut oil
- 1 1/2 cups almond milk
- 1 tsp vanilla
- 1 tbsp truvia
- 2 egg whites
- 1/4 cup carob chocolate chips

Directions:

1. Heat a large skillet over flame, adding macadamia nut oil.
2. Mix all dry ingredients in a bowl.
3. Mix wet ingredients in a separate bowl, then fold into your dry mixture.
4. Ladle the batter, two heaping tablespoons at a time onto hot skillet. When bubbles form on top and pancake edges can be lifted easily with a spatula, flip the pancake over and finish cooking.
5. Serve.

Tip from Binks:

Carob chocolate chips are optional. Use dried blueberries or cranberries to mix things up!



A great way to jumpstart your day—
Eat all your essential food groups in
one compact cup!



Vegetable & Cheese Egg Cups

Serves: 4


Preparation Time: 25 minutes

Ingredients:

- 1 tsp olive oil
- 2 leeks, cleaned and chopped
- 2 bags of baby spinach
- Salt & pepper
- 8 eggs, beaten
- 1/2 cup plain greek yogurt
- 1/2 cup grated cheddar cheese
- Dash tarragon
- Non-stick spray

Directions:

1. Heat a large skillet over flame adding olive oil. Add leeks and spinach by the handful, allowing the contents of the pan to wilt and sizzle before adding the next handful.
2. Whisk eggs in a bowl, adding yogurt and mixing until smooth.
3. Using a muffin or cupcake pan, add vegetables to each well, filling up about halfway after spraying generously with olive oil spray.
4. Add egg mixture to wells until full, and top with shredded cheese.
5. Stir up the vegetables, cheese and egg mix to evenly distribute ingredients.
6. Bake for 20-25 minutes, or until uniformly cooked and brown on top.



Tip from Binks:
These freeze well for breakfasts later in the week!

Eggs Benedict may sound like a diet deal-breaker at the breakfast table, but our spin on the classic recipe substitutes artichokes for English muffins, with a "mock" Hollandaise sauce. Goodbye, drab diet dishes. Hello, healthy indulgence!



Artichoke Eggs Benedict with Mock Hollandaise

Serves: 4

Preparation Time: 25 minutes

Ingredients:

- 4 medium artichokes
- 4 slices Canadian bacon
- 4 eggs
- 8 tbsp Mock Hollandaise Sauce
(see recipe below)

Mock Hollandaise Sauce:

- 1/2 cups olive oil mayonnaise
- 2 tbsp macadamia nut oil
- 2 tsp fresh lemon juice
- 1 tsp Dijon mustard
- Dash tarragon

Directions:

1. Wash the fresh artichokes. Remove stems and small bottom leaves. Stand the artichokes upright in a deep saucepan and fill with 2 to 3 inches of lightly salted water. Cover and boil gently, 35 to 45 minutes. Remove from pan and stand artichokes to drain any excess water.
2. Gently open leaves of the artichokes. With a spoon, carefully remove the center petals and fuzzy center from the artichoke bottoms. Discard these parts.
3. Brown your Canadian bacon in a skillet, and poach the eggs in boiling salted water simultaneously.
4. Placing a bacon slice in each artichoke, top with a poached egg and 2 tablespoons of Mock Hollandaise Sauce. Serve immediately.

Mock Hollandaise Sauce:

1. Stir ingredients together; mix well.

Tip from Binks:

Substituting artichokes for English Muffins cuts the carbs on this dish!



Smoked Salmon has such a distinct flavor; it's nice to use every once in a while to spice up your breakfast menu. Neufchatel is a healthy substitute for the cream cheese compliment that usually appears in this dish.



Baked Neufchatel & Smoked Salmon Omelette

Serves: 4

Preparation Time: 25 minutes

Ingredients:

- 6 eggs, separated, or egg whites from carton
- Salt & pepper
- Non-stick olive oil spray
- 2 ounces herb Neufchatel cream cheese, cut up
- 4 ounces thinly sliced smoked salmon
- 2 tbsp snipped fresh parsley
- 1/2 Avocado (pureed)

Directions:

1. Preheat oven to 350 degrees F. Mix egg whites, salt and pepper thoroughly. In another bowl, lightly beat yolks with a fork. Fold whites into yolks.
2. Spray a 10-inch oven-proof skillet with nonstick spray. Heat skillet over flame.
3. Spread egg mixture into heated pan. Cook 3 to 5 minutes or until bottom of egg mixture is set.
4. Carefully place skillet in hot oven. Bake for about 3 minutes or until nearly dry, checking regularly.
5. Sprinkle with Neufchatel cream cheese, smoked salmon, and parsley. Bake again for another minute more, or until cheese is melted.
6. Remove from oven and spoon avocado puree on top of your melted cheese. Fold in half and serve hot.

Tip from Binks:
Salmon is a great source of lean protein in the morning!



Hearty breakfasts like this protein-packed omelette get your day started the right way. Try any of your other favorite fall vegetables with this dish to find your favorite.



Ham & Mozzarella Open-Faced Omelette

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 1 cup diced Canadian bacon
- 1/2 cup mozzarella cheese
- 4 large egg whites
- 1 cup broccoli, chopped

Directions:

1. Saute broccoli in a hot pan with ham until brown and broccoli is softened.
2. Prepare omelette shell in pan by cooking egg until almost entirely done.
3. Place ingredients on top, sprinkling with cheese. Place on baking tray.
4. Bake in 350 degree oven until cheese is melted, about 3 minutes.

Tip from Binks:
Remember to trim any fat off
your ham or Canadian bacon
before serving.



This unique flavor combination keeps your fall breakfast menu interesting. Arugula packs a punch in this open-faced omelette while the flavor and texture of ricotta cheese adds a nice surprise!



Bacon, Egg & Ricotta Omelette with Arugula

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 cups egg substitute
- 8 tbsp skim ricotta cheese, divided, with additional for garnish
- Salt & pepper
- 2 cups arugula, baby, triple-washed, packed, divided
- 4 teaspoons pecorino romano cheese, grated, divided
- 2 tbsp oil, extra-virgin olive
- 2 strips bacon, crumbled or cut into small pieces

Tip from Binks:

Be very careful with bacon.
Use it only for flavor—cook out
and squeeze any excess fat!

Directions:

1. Heat a non-stick pan over medium-high heat. Put the pieces of bacon in, cooking off the rest of the fat. It will turn into a liquid (oil)—when this happens, put it on a plate with paper towels on top. The paper towels will soak up the fat. Squeeze out as much as possible with more paper towels on top.
2. Cook the arugula in the non-stick pan over medium heat with a dash of olive oil and pepper, until a little wilted. Be careful as this cooks very fast. Place cooked arugula on paper towel to soak up any excess liquid.
3. In a heated non-stick pan, cook egg substitute. Before all the liquid sets, add cooked arugula and bacon. Cook as open-faced omelette.
4. Sprinkle with romano cheese. Top with a few small dollops of ricotta cheese.
5. Serve and enjoy!



Zucchini, red peppers and snow peas make an appearance in this unique breakfast dish that brings Asian-inspired flavors to the breakfast table.



Oriental Vegetable & Egg Bake

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1/2 onion (thinly sliced)
- 1 3/4 garlic (cloves mashed)
- 1/2 cup red pepper (sliced thin)
- 3/5 cup zucchini (sliced thin or shredded)
- 4 ounces shiitake mushrooms (sliced, any variety will work)
- 1/3 cup low sodium soy sauce
- 1/6 cup rice vinegar
- 3/5 cabbage (purple, thinly sliced)
- 1/2 cup egg whites
- 1/6 cup sesame seed oil
- 1/3 cup wheat germ (or flax seeds)
- 1/3 cup chopped almonds
- 1 1/6 tsp fresh ginger (chopped)



Directions:

1. Preheat the oven to 350 degrees F and spray a baking dish with non-stick cooking spray.
2. Sauté the garlic and onion in a pan until the onion begins to brown.
3. Add the carrots, zucchini and red pepper to the pan and sauté for a few minutes until the vegetables begin to soften, releasing natural sugars and browning slightly.
4. Add the mushrooms and cabbage to the pan and stir all the vegetables together, combining their flavors. Add the soy sauce and rice vinegar to the mixture.
5. In a large bowl, beat the eggs and add the remaining ingredients.
6. When the cabbage is soft, add the vegetables to the large bowl and stir immediately.
7. Pour the mixture into the prepared pan and bake for 20-30 minutes until the egg sets. Serve hot.

*Tip from Binks:
Be sure to use low-sodium soy
sauce in this recipe!*

Cottage cheese adds unique flavor and texture to this protein-packed breakfast!



Zesty Classic Strata with Ham & Cheese

Serves: 4

Preparation Time: 40 minutes

Ingredients:

- 2 cups egg substitute
- 1 cup cottage cheese
- 1 cup ham (diced)
- 1 cup cheddar cheese (grated)
- 1 1/2 cups small whole wheat grain cubes
- 1/4 cup jalapeno peppers (sliced, add more to taste)
- 1 1/2 green onions (chopped)
- Salt and pepper to taste



Directions:

1. Preheat oven to 375 degrees F and spray an 8-inch baking pan with non-stick spray.
2. Mix all ingredients in a large bowl. Let it sit for about 15 minutes to allow bread to soak up the egg.
3. Pour mixture into the baking pan.
4. Bake for about 25-30 minutes, or until the eggs are firmly set and golden brown on top and around edges. (The internal temperature should reach about 165 degrees F). Serve warm.

*Tip from Binks:
The softer the cheese, the
better it is for you!*

Nice, spicy and fresh—
Enjoy a fall harvest with a little kick!



Fall Harvest Strata with Chilies and Zucchini

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 2/3 zucchini (diced)
- 2/3 tbsp all-purpose whole grain flour
- 1/3 tsp salt
- 1/6 cup almond milk
- 2 eggs (lightly beaten)
- 1 1/3 oz. green chilies (chopped)
- 1 1/3 cups shredded Colby jack cheese
- 2/3 tbsp macadamia nut oil



Directions:

1. Mix whole grain flour and almond milk to eggs.
2. In a non-stick pan, Sauté zucchini with macadamia nut oil until tender—about 3-4 minutes until a little brown.
3. Transfer to a non-stick sprayed baking dish. (Spray non-stick cooking spray ahead of time)
4. Pour egg mixture, vegetables and cheese into baking dish.
5. Bake, uncovered, at 325 degrees F for 25 minutes or until edges are lightly browned and an inserted knife comes out clean.
6. Let stand for 5 minutes to cool and solidify before cutting and serving.

Tip from Binks:

Depending on your oven, you may have to turn up the temperature to 350 or even 400 degrees F. Also, try turning the strata dish around, if it isn't cooking evenly! Regardless, you should expect great results from this dish!

This unique flavor combination keeps your fall breakfast menu interesting, keeping you on track to staying healthy and feeling good.



Egg & Canadian Bacon with Lemon-Dill Mushrooms

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 large eggs
- 4 slices Canadian bacon or turkey bacon
- 1 lemon (for zest)
- 2 tbsp. fresh dill (1 tbsp dried)
- Approx. 1 cup sliced mushrooms
- 1 tbsp olive oil
- 2 cloves fresh garlic
- 1 tsp black pepper

Directions:

1. In a medium frying pan or skillet, sauté down the sliced mushrooms in olive oil, black pepper & chopped cloves of garlic on medium heat until cooked through. Once done, place the mushrooms in a small dish and mix with fresh dill and the zest of one lemon. Cover and let rest until ready for the sandwich.
2. Spray both sides of bread and toast in pan.
3. While the mushrooms marinate, fry four large eggs over medium-high heat along with four slices of Canadian bacon until cooked to desired firmness. Serve on sliced sprouted grain bread topped with mushrooms.

Tip from Binks:

You can use any whole grain bread, I prefer the texture of sprouted grain bread in this dish.



Fresh seasonal flavors come together in this protein-packed sandwich. Enjoy with Provolone cheese for a truly Italian feel.



Fried Egg, Peppers & Provolone Sandwich

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 tbsp macadamia nut oil
- 4 large eggs
- 2 bell peppers (roasted/grilled)
- 4 slices provolone cheese
- 4 tbsp olive oil mayonnaise
- 1/4 tsp sea salt
- 1 tsp dried basil
- 1/2 tsp black pepper
- 8 whole grain sandwich rounds

Directions:

1. In a small bowl, mix mayo, sea salt, dried basil, black pepper and stir until fully combined.
2. In a large skillet, heat oil and crack eggs in pan and cook until desired doneness. Place cheese on top of eggs to melt slightly in pan.
3. After cheese has melted, place each egg on a toasted slice of bread.
4. Season eggs with salt and pepper. Spread mayonnaise mixture over remaining slices of bread and cover eggs with red pepper and top slice of bread to make 4 sandwiches. Serve warm.

*Tip from Binks:
Roasted red peppers are
delicious this time of year!*



Spice up breakfast time with this delicious yet nutritional sandwich.



Cajun Chicken & Egg Sandwich

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 (4 ounce) skinless, boneless chicken breast halves, cooked
- 2 tsp macadamia nut oil
- 1 teaspoon Cajun seasoning
- 8 whole grain sandwich rounds
- 2 1/2 cups egg substitute
- 4 slices pepper jack cheese
- Approx. 2 cups of fresh spinach leaves
- 1/2 onion sliced thin

Tip from Binks:

Feel free to experiment with different ingredients—perhaps arugula instead of spinach. Add your favorite vegetables, spices and lean sources of protein to this open-faced sandwich.

Directions:

1. Heat macadamia nut oil in a non-stick pan. Add onions and spinach. Sprinkle with a pinch of Cajun seasoning.
2. In another non-stick pan, heat macadamia nut oil and add egg substitute. Cook thoroughly.
3. Add some chicken to the vegetable pan. Sprinkle with a little more Cajun seasoning.
4. Spray a cookie sheet with non-stick cooking spray. Lay out the bread rounds.
5. Prepare the open-faced sandwich by layering egg on top of bread rounds. Sprinkle cheese on egg and fold. Top with the vegetable and chicken mix. Sprinkle with a little more cheese.
6. Lightly spray open-faced sandwich with non-stick spray.
7. Bake in a 350-degree oven until cheese is melted, only a few minutes.



You can't go wrong with this low-fat version of a breakfast classic. Just another great part of incorporating flavors you love into your new healthy lifestyle.



Fried Egg & Turkey Sausage Sandwich

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 4 eggs
- 8 whole grain sandwich round halves
- Pinch sage & paprika
- Ground turkey, 1 lb
- Fresh ginger to taste
- 1/2 cup shredded cheddar cheese

Directions:

1. Mix turkey sausage and spice blend, form into patty shapes and cook to 160 degrees on non stick pan.
2. Prepare fried egg to desired doneness, adding cheese on top to melt just before cooked.
3. Stack ingredients and serve.

Tip from Binks:
Cook a lot of this sausage at once and freeze it for later in the week!



The perfect way to incorporate rich, root vegetables to warm up a chilly, fall morning. The aroma of these roasted Fall veggies are sure to inspire you to jumpstart your day!



Roasted Root Vegetable & Muenster Cheese Strata

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 2 medium sized turnip in 1/2 inch cubes
- 2 fennel bulbs diced
- 2 leeks, chopped fine and washed well
- 8 large egg whites, lightly beaten
- Salt and pepper
- Pinch of nutmeg
- Non-stick spray
- 2 tbs olive oil
- 1 cup almond milk
- 2 cups Greek unflavored yogurt
- 3 cups small whole wheat bread cubes (day old)
- 2 cups shredded Muenster cheese

Directions:

1. Preheat oven to 350 degrees F. Spray 10-inch casserole dish with non-stick spray.
2. Coat root vegetables, fennel and leeks with non-stick spray. Roast on sheet tray until tender, about 20 minutes.
3. Combine chopped turnips, fennel, and leeks in a bowl with olive oil, salt and pepper. Mix eggs, almond milk, and yogurt together adding salt, pepper and nutmeg to taste.
4. Arrange a single layer of bread cubes in the bottom of your casserole dish.
5. Add a layer of root vegetables and then cheese. Repeat layering process until all ingredients are used. Compress the layers into dish with hands. Then, slowly pour egg mixture into dish until it occupies any free space, and all layers are held together absorbing the mixture.
6. Bake for 25 minutes in 350 degree oven. Serve warm.

Tip from Binks:

Don't get rid of stale whole grain bread, it comes in handy for dishes like this!



Why not begin your day with the flavors of Italy? Indulge in this Caprese-inspired dish, that gives an edge to the most important meal of the day.



Tomato, Basil & Mozzarella Strata

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 4 slices whole grain bread, toasted and cubed
- 1 large tomato, chopped (2 cups)
- 2/3 green onion, thin sliced
- 2/3 cup shredded mozzarella cheese
- 2 eggs, slightly beaten
- 1 cup almond milk
- 1 1/3 tablespoons macadamia nut oil
- 2/3 teaspoon basil
- 2/3 teaspoon garlic salt
- 1/4 teaspoon pepper

Directions:

1. Heat oven to 350 degrees F.
2. Combine bread, tomatoes, onion, and mozzarella cheese in a large mixing bowl and set aside.
3. Spray a 10 inch baking dish with non-stick spray and spoon bread mixture into dish.
4. Mix eggs, almond milk, macadamia nut oil, basil, garlic salt, and pepper to taste, and pour over bread mixture in the baking dish, spreading evenly.
5. Bake uncovered for about 30 minutes or until set completely. Insert a knife into the middle of the dish to see if it's finished. When your knife comes out clean, its time to take your strata out of the oven and serve warm.

Tip from Binks:

Don't overdo it on the tomato slices in this dish, they raise your blood sugar!



Goat Cheese and roasted red pepper
combine beautifully in this quick and easy
breakfast dish. Add chives or other fall
vegetables to find your favorite combinations.



Breakfast Wrap with Goat Cheese, Red Pepper and Chives

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1/3 cup goat cheese
- 2 tbsp. fresh chives
- 2 large red bell peppers
- 4 large eggs
- 4 whole grain wraps (6")
- 1/4 tsp. sea salt
- 1/4 tsp. pepper

Directions:

1. Lightly spray small nonstick skillet with cooking spray and heat over medium-high heat.
2. Mix chopped veggies, seasonings and eggs in a bowl.
3. Add mixture to pan, sprinkling with cheese.
4. Cook 1 to 2 minutes without stirring until edges and bottom begin to set and peppers soften. Stir gently to scramble and cook 1 additional minute or until eggs are set.
5. Place egg mixture in a warmed wrap; sprinkle with chives and fold wrap. Serve immediately.

Tip from Binks:
The softer the cheese, the less saturated fat it contains.



Eggs, hot peppers and cheese come together in this Mexican-inspired breakfast wrap.



Southwestern Breakfast Wrap

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 tomatoes (chopped)
- 1/2 tbsp olive oil
- 1 green bell pepper (thinly sliced)
- 8 beaten eggs
- 1/2 tsp salt
- Black pepper (ground, taste)
- 1 1/4 cup shredded monterey jack cheese
- 4 flour tortillas (12 inch)
- 1/4 cup sour cream
- 4 whole grain wraps (6")

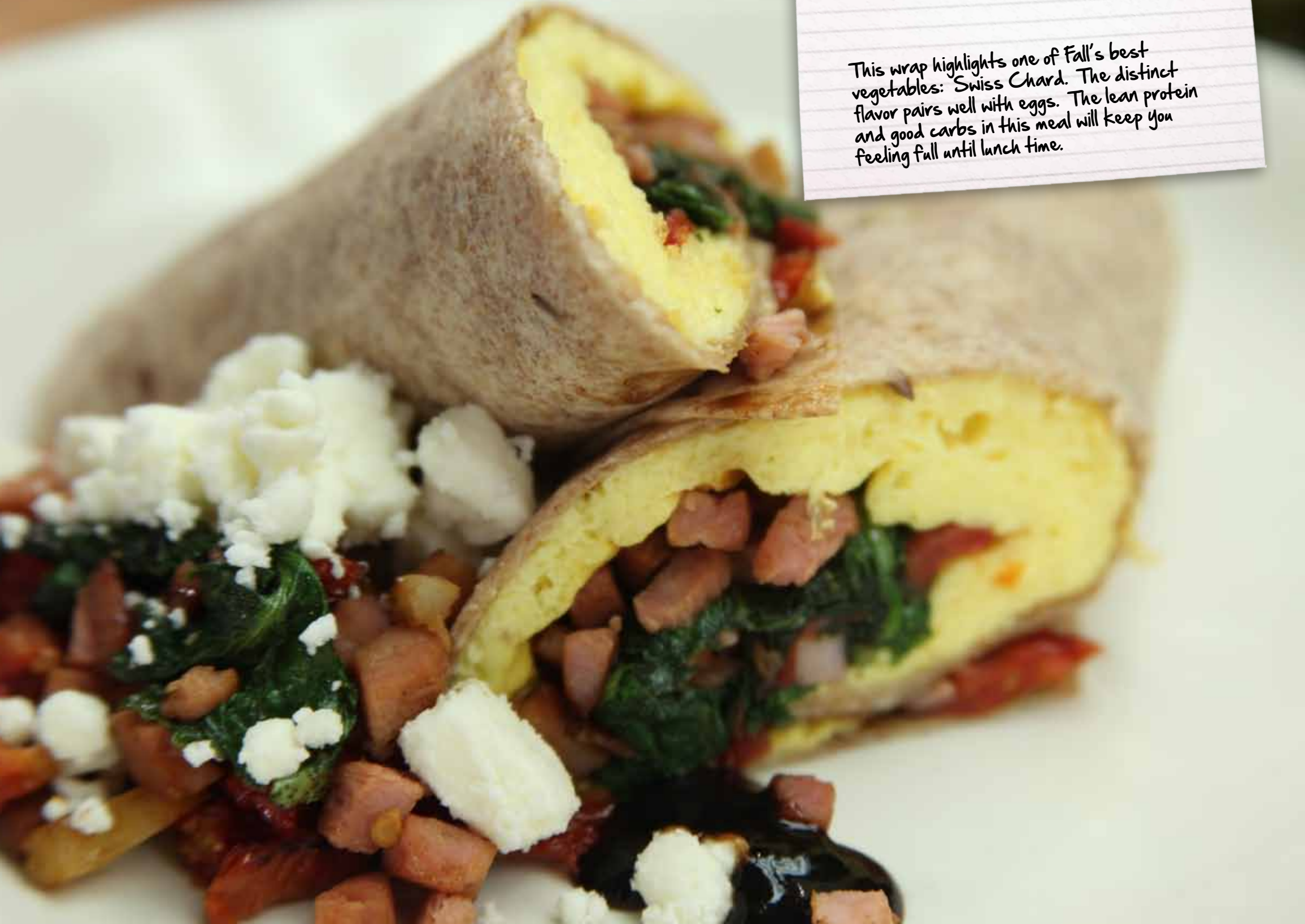
Tip from Binks:

If you buy salsa from the store for this recipe, read the label to make sure it's low sodium.



Directions:

1. In a large skillet, heat the oil over medium heat. Add the bell peppers, and sauté them 5 to 10 minutes, or until soft.
2. Add the eggs, and turn the heat to low. Stir occasionally with a wooden spoon, letting cook until they begin to set. Take the skillet off the heat and sprinkle in salt, pepper, 1 cup Monterey Jack cheese and the drained tomatoes; stirring gently.
3. Lay whole grain wrap out to fill. Spread about 2/3 cup of the egg filling down the middle of the wrap. Drop 1 tablespoon of the sour cream on top of the eggs. Fold in the sides of the tortilla to partly cover the egg mixture, then roll the tortilla, folding in the outer edges as you roll, to enclose the egg mixture completely. Continue this process with the remaining filling and the wraps.
4. Place the filled wraps close together in a 10x16 inch casserole dish. At this point you can cover the dish and chill it for up to 24 hours (if desired)
5. Pour the salsa over the filled wraps, and sprinkle them with the 1/2 cup grated cheese. Cover the dish with foil, and bake for 15 minutes at 350 degrees (25 minutes if it has been chilled). Serve hot.



This wrap highlights one of Fall's best vegetables: Swiss Chard. The distinct flavor pairs well with eggs. The lean protein and good carbs in this meal will keep you feeling full until lunch time.

Swiss Chard, Ham and Cheese Breakfast Wrap

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 4 1/2 cups Swiss chard (leaves torn in half and cut into strips)
- 1/2 tsp garlic (minced)
- 1/4 cup tomato (sun-dried, soaked if not in oil)
- 4 eggs
- 1 cup egg whites
- 2 tsps macadamia nut oil
- 1/4 cup feta (crumbled)
- 1 cup balsamic vinegar
- 1 pinch Truvia
- 4 whole grain wraps

Tip from Binks:

Swiss Chard is a little more bitter than spinach or arugula, keep that in mind when using it in your recipes.



Directions:

1. For balsamic vinegar reduction, in a small pot, stir together vinegar and Truvia, reduce by 2/3.
2. Steam chard leaves 1 1/2 minutes.
3. Heat oil over medium heat; add garlic and cook 30 seconds. Add chard and tomatoes and cook 1 1/2 minutes or until heated through. Season with salt and pepper to taste and keep warm.
4. In a mixing bowl whisk eggs or egg substitute, and salt and pepper to taste.
5. In a small nonstick pan, melt butter over medium heat. Pour egg mixture into pan and do not stir. Cook 4-5 minutes, or until eggs are completely set.
6. Layer egg and remaining ingredients and roll wrap.
7. Grab the handle of the pan from underneath and tilt the pan to a 45 degree angle and place over a plate; loosen omelet from pan with spatula.
8. Using the pan, slide the omelet onto the plate while folding.



Seasons

{ Lunch }

So we've taken care of a protein-packed breakfast, now it's on to your mid-day meal. Typically, we go for huge three-course meals, giant sandwiches and enough soup for six people. But in order to change how we think about lunch, we have to remember the modifications we've made to our breakfast menu.

Remember that slice of toast? Or maybe it's a toaster pastry, a muffin or Danish. Regardless, that was keeping you full for about an hour and a half (if you're lucky). By the time we get to lunch, your blood sugar is so low you may actually possess the ability to eat a large member of the livestock family.

But that's not going to happen because we've given breakfast a makeover. You're full of lean protein and slow releasing carbs, and when lunch rolls around, you've barely noticed the time. You're full and focused on getting through your day.

Lunch means sustaining the healthy start you've given yourself in the morning. Grilled chicken, roast turkey and other lean cuts of meat are going to satisfy your appetite, while delicious flavor combinations and perfect side dish recipes take care of your cravings.

A new twist on bruschetta—Incorporating lean protein with fall vegetables will keep you satisfied!



Beef Bruschetta

Serves: 4

Preparation Time: 35 minutes

Ingredients:

- 2 garlic cloves, unpeeled
- 1 1/2 cups roasted red peppers, chopped rinsed and patted dry
- 10 to 12 ounces beef sirloin steak
- 2 tsp macadamia nut oil
- 4 oz. feta cheese
- 4 tbsp low fat sour cream
- 10-15 arugula leaves
- 1 loaf whole grain french baguette bread, cut into 1/2-inch slices

For Pesto:


- 1 cup fresh basil
- 3/4 cup parmesan cheese, grated
- 1/2 cup raw shelled pistachios, toasted
- 1/4 cup extra-virgin olive oil

Directions:

1. Season both sides of sirloin steak with salt and pepper.
2. Heat oil in a skillet over medium heat; place the steak in the skillet and cook until medium-rare, turning steak once. Saute arugula in oil with garlic.
3. Remove steak from skillet; cover with foil and allow steak to rest.
4. Place feta cheese and sour cream in a food processor; process until smooth.
5. Slice steak very thinly, cutting against the grain.
6. Spray bread with cooking spray and toast on stove.
7. Spread cheese mixture evenly over bread slices. Top each slice with pesto, arugula leaves, roasted red pepper, and one to two slices of steak. Serve immediately. For your pesto, you'll only need to add your ingredients to food processor and pulse about 20 times.

Tip from Binks:
Can't find a whole grain baguette?
A whole grain pita will do just fine.





It can't get much better than this. A healthier design for an American classic, this recipe makes no concessions on flavor and still cuts calories.

Pulled BBQ Chicken & Coleslaw Pita

Serves: 4

Preparation Time: 25 minutes
(plus three hours to chill coleslaw)

Ingredients:

- 1 tbsp macadamia nut oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 (14-ounce) can low-sodium tomato sauce
- 1/4 cup tomato paste
- 1/2 cup water
- 1/3 cup apple cider vinegar
- 1 tbsp Truvia
- 1/4 tsp ground black pepper
- 1 whole rotisserie chicken, skin removed, meat shredded into thin strips, about 4 cups
- 4 whole grain pita pockets

Coleslaw:

- 7 cups shredded cabbage
- 3 tbsp olive oil mayo
- 1 tsp shallots
- 3 tbsp apple cider vinegar
- 2 tsp sweet mustard
- Salt to taste

Directions:

Chicken:


1. Heat the oil in a large sauté pan over medium heat.
2. Add onions, allowing them to cook until translucent, or about 5 minutes.
3. Add garlic to pan and let cook for an additional 2 minutes.
4. Add tomato sauce, tomato paste, water, vinegar, Truvia, pepper and bring to a brief boil. Reduce heat to medium-low and let simmer for 15 minutes, checking regularly to ensure the heat is low enough to avoid burning.
5. Add chopped chicken, stirring in to fully coat in the sauce, and return to a simmer for another ten minutes.

Coleslaw:

1. In a large bowl, whisk together the mayo, apple cider vinegar, shallots, sweet mustard and salt.
2. Add two cups of the cabbage, and toss thoroughly. Continue adding small amounts, until everything is mixed thoroughly.

Tip from Binks:
For best tasting coleslaw, refrigerate
3 or more hours before serving.





What better way to welcome fall than a garden-fresh salad that incorporates some seasonal flavors? Try this dish with a balsamic dressing for a really nice texture compliment.

Turkey Walnut Salad

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 2 cups bite-size chunks of cooked skinless turkey (or chicken) breast
- 2 tbsp shallots (minced)
- 1 1/3 tbsp balsamic vinegar
- 2/3 tbsp red wine vinegar
- 1 tsp extra virgin olive oil
- Salt & pepper to taste
- 8 cups escarole or spinach (torn)
- 1/2 cup sliced belgian endive
- 1 1/3 cups radicchio torn
- 1 or 2 dried apricots, chopped
- 2 tbsp crushed walnuts or pecans


Directions:

1. Combine shallots, red wine vinegar, balsamic vinegar extra virgin olive oil, salt and pepper in a large bowl, stirring with a whisk.
2. Add greens, tossing enough to get a full coating. Add remaining ingredients.
3. Serve with about one teaspoon crushed walnuts on top.

Tip from Binks:

Be careful when adding fresh fruits to salads as they will raise your blood sugar. Use dried fruits (in much smaller quantities) instead.





Eggplant & zucchini are packed with essential vitamins and minerals. Here's a creative and delicious way to use them in a well-balanced mid-day meal.

Ratatouille & Cold Chicken Pita

Serves: 4

Preparation Time: 25 minutes
(plus three hours to chill coleslaw)

Ingredients:

- 2 tbsp olive oil
- 3 cloves garlic, minced
- 2 tsp dried parsley
- 1 eggplant, cut into 1/2 inch cubes
- Salt to taste
- 2 zucchini, sliced
- 1 large onion, sliced into rings
- 2 cups sliced fresh mushrooms
- 1 green bell pepper, sliced
- 1 skinless rotisserie chicken, shredded
- 1/2 cup shredded colby cheese
- 2-3 tbsp tomato sauce
- 4 pita pockets


Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Coat bottom and sides of a 1 1/2 quart casserole dish with 1 tablespoon olive oil.
2. Heat remaining 1 tablespoon olive oil in a medium skillet over medium heat. Sauté garlic until lightly browned. Mix in parsley and eggplant. Sauté until eggplant is soft, about 10 minutes. Season with salt to taste.
3. Spread eggplant mixture evenly across bottom of prepared casserole dish. Sprinkle with a few tablespoons of tomato sauce. Spread zucchini in an even layer over top.
4. Bake in preheated oven for about 45 minutes.
5. Toast pita pocket and melt Colby cheese on one of the inside surfaces. Stuff with cold shredded chicken and ratatouille (either hot or chilled). Fold and serve.

Tip from Binks:

Rotisserie chicken has a great flavor, and it's super convenient. Just remember that the skin is full of saturated fat and should be removed before serving.





No matter how old you are, it's hard to resist this classic lunch dish. Enjoy the food you love and keep your body happy with this healthy twist on a lunch-time favorite.

Spicy Oven - Fried Tenders with Sweet Potato Fries

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 1/2 cup whole grain flour
- 1 egg
- 1 tbsp water
- 1 cup whole grain crispy bread crumbs
- 4 skinless boneless chicken breasts
- 4 tsp paprika
- 2 tsp garlic powder
- 2 tsp salt
- 2 tsp pepper
- 2 tsp cayenne pepper
- 3-4 tsp olive oil to toss fries in
- 5 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips


Directions:

1. Preheat oven to 425 degrees.
2. Trim chicken breast. Rinse under running water and pat dry.
3. Put 1/4 cup flour in a pan. Separate your egg and place white in second pan and then whip with fork. Discard yoke. In a third pan, place remaining 1/4 cup flour and all other ingredients. Mix well.
4. Coat chicken in egg white and dredge in flour and bread crumb mixture. Shake off excess and bake for about 30 minutes or until chicken is thoroughly cooked. Spray with cooking spray to make sure it crisps up.

Fries:

5. Preheat oven to 450 degrees.
6. Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. (optional, these cook just fine without oil).
7. Sprinkle with salt, pepper and cajun seasoning.
8. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd.
9. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.





The aroma of these Asian flavors will make your mouth water. This is better (and much healthier) than any take-out you might be "craving".

Korean Beef with Scallions & Wild Rice

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 1/2 lbs lean skirt steak
- 3 tbsp macadamia nut oil
- 1/2 lb shiitake mushroom sliced
- 1/2 cup reduced sodium soy sauce
- 2 tbsp sesame oil
- 2 tbsp Truvia
- 1 1/2 cups wild rice
- 4 cloves cloves garlic (minced)
- 4 scallions (thinly sliced)
- 1-3 chili peppers (dried hot red)
- 2 carrots (grated)
- 1 tsp garlic

Directions:

1. Slice beef thinly across the grain into pieces about 3-inches long
2. Cook the rice in boiling water about 10-13 minutes or until tender; Drain.
3. While rice is cooking, add scallions for flavor. Cook mushrooms in oil in a small skillet until softened, then remove and drain.
4. Add the garlic, scallions and hot peppers to the skillet with the drained mushrooms and cook on high for about 1 minute or until pepper becomes aromatic, then add carrot and soy sauce (Truvia to taste).
5. Sauté steak and mushrooms with garlic.
6. Cook the meat for 2-3 minutes but try not to overcook (as this is usually served on the rare side).
7. Serve rice topped with beef mixture and toss together until mixed.

Tip from Binks:
Cook rice and freeze in large batches to save time in future cooking!



A refreshing and satisfying blend of Mexican flavors, this salad leaves you full and feeling great.



Taco Salad

Serves: 4


Preparation Time: 20 minutes

Ingredients:


- 4 cups shredded dark mixed greens
- 1/2 red onion, chopped
- 1 small red bell pepper, chopped
- 2 cups brown or wild rice
- 4 whole grain tortilla bowls
- 4 tomatoes, seeded, chopped
- 1 cup sliced olives
- 1-1/4 cups shredded cheddar cheese
- 1-1/2 cups guacamole
- 1/2 cup low fat sour cream
- 1/4 cup finely chopped fresh cilantro
- 3 green onions, sliced (green and white parts)
- whole grain pita chips (about 4 ounces)

Directions:

1. In a large pan, sauté together red onion and bell pepper in rice.
2. Serve rice topped with tomatoes, olives, cheese, guacamole, sour cream, cilantro, and green onions, with pita chips on the side.
3. Add grilled chicken, if desired.



Tip from Binks:
Lean protein can be added to any vegetarian dish to increase nutritional density.



Artichokes and Italian Cheese take a great idea and make it even better. Enjoy this delicious variation of the ordinary quesadilla when it's time for a midday pick-me-up.

Turkey & Artichoke Quesadilla

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 cups artichoke hearts, drained and chopped
- 1/4 cup olive oil mayonnaise
- 1/2 cup grated parmesan cheese
- 1 clove garlic, finely chopped
- 4 10" whole wheat tortillas
- 1 cup shredded turkey breast
- 1/2 cup shredded mozzarella cheese


Directions:

1. Combine artichokes, mayonnaise, parmesan cheese and garlic in medium bowl. Evenly spread mayonnaise mixture on 2 tortillas, then top with turkey, mozzarella cheese and remaining tortillas.
2. Cook quesadillas in 12-inch nonstick skillet sprayed with nonstick cooking spray over medium-high heat, turning once. Cook until golden brown and cheese is melted.

Tip from Binks:

These freeze really well, perfect for a busy day when you don't have time to make lunch!



A close-up photograph of a bowl of yellow squash soup. The soup has a thick, creamy texture and a vibrant yellow-orange color. In the center of the bowl, there is a dollop of white cream, possibly ricotta or mascarpone, which is slightly melting into the soup. Behind the cream, there are several fresh green leaves, likely spinach or basil, used as a garnish. The bowl is white, and the background is out of focus.

There's nothing like a delicious squash soup to make you appreciate the cooler weather. This quick and healthy recipe lets you enjoy a popular dish without the added calories.

Curried Butternut Squash Soup

Serves: 4

Preparation Time: 30 minutes plus 45 minutes roasting time

Ingredients:

- 1 medium butternut squash
- 1 liter of vegetable stock
- 1 small onion
- 2 cloves of garlic
- 2 good pinches of ras-al-hanout
- 4 teaspoons reduced fat sour cream
- Salt & pepper

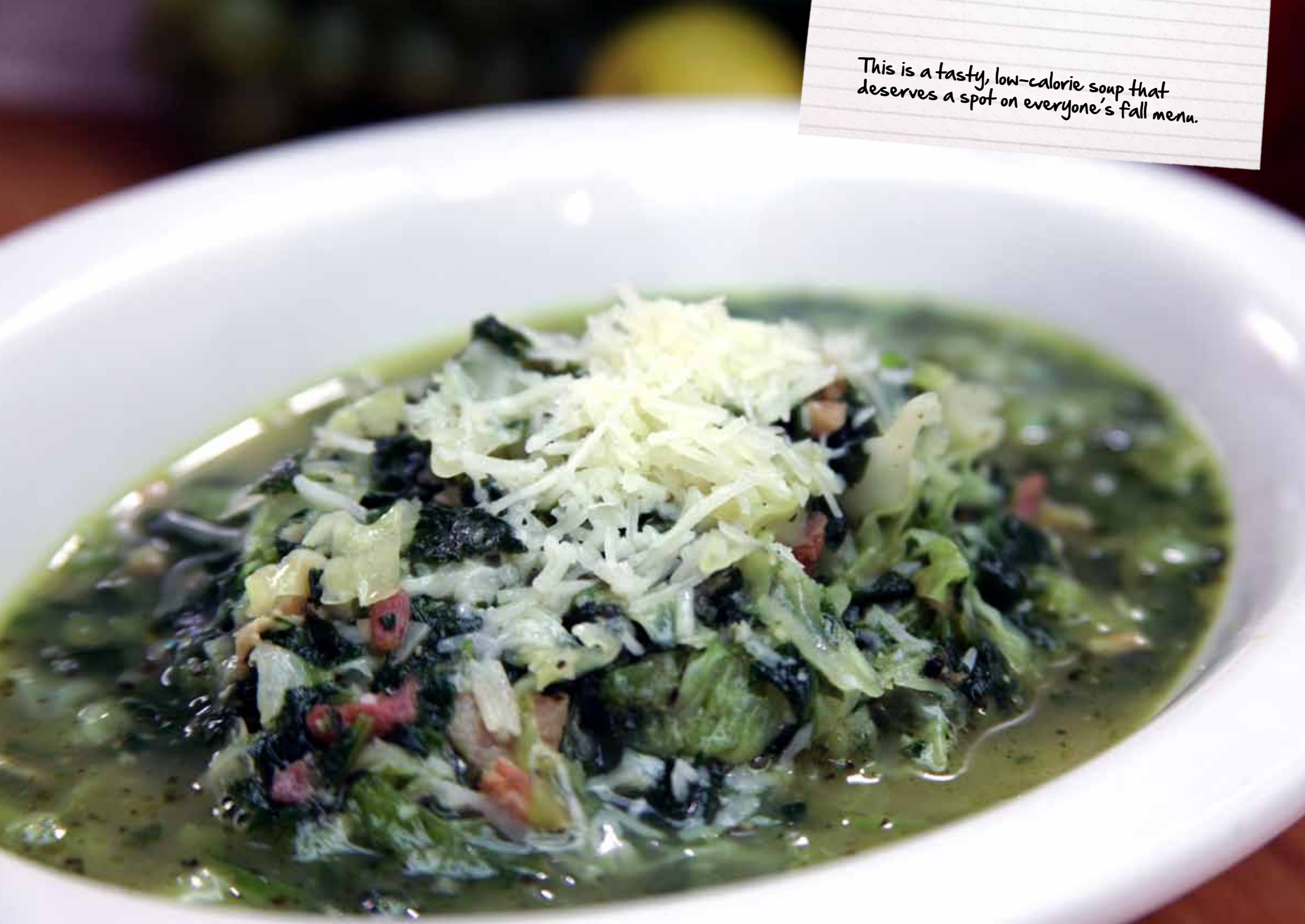
Tip from Binks:
Ras-al-hanout is Arabic for 'best of the shop', a mix of the best spices a seller has.

Directions:

1. Preheat the oven to 350 degrees.
2. Cut the butternut squash in half, scooping out seeds to use as a garnish.
3. Drizzle with olive oil and roast for about 45 minutes.
4. Roast seeds with salt and pepper for about 10-15 minutes.
5. Check regularly for softness using a fork.
6. Chop the onion and garlic and saute gently in a little olive oil until the onion goes clear.
7. Scoop out the flesh of the squash, dice and add to the onion and garlic mixture. Fry for about a minute then remove from heat.
8. Add about half the stock to the pan with the onions, garlic and squash. Blend until smooth. Add more stock until the soup reaches a desirable consistency
9. Season to taste with the ras-al-hanout and continue to blend, making sure the soup doesn't boil! Garnish with the roasted squash seeds, a teaspoon of reduced fat sour cream and serve with warm pita bread.



This is a tasty, low-calorie soup that
deserves a spot on everyone's fall menu.



Cabbage Soup

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 3 quarts low-sodium chicken or vegetable stock
- 1 cabbage, stalks removed, outer leaves separated, washed, and roughly chopped
- 2 large handfuls of kale, stalks removed, leaves washed and roughly chopped
- 1 clove garlic, unpeeled and halved
- Olive oil
- 8 slices turkey bacon, coarsely chopped
- 3 sprigs fresh rosemary, leaves only
- 1 small bunch fresh sage, leaves only
- 1 cup spinach

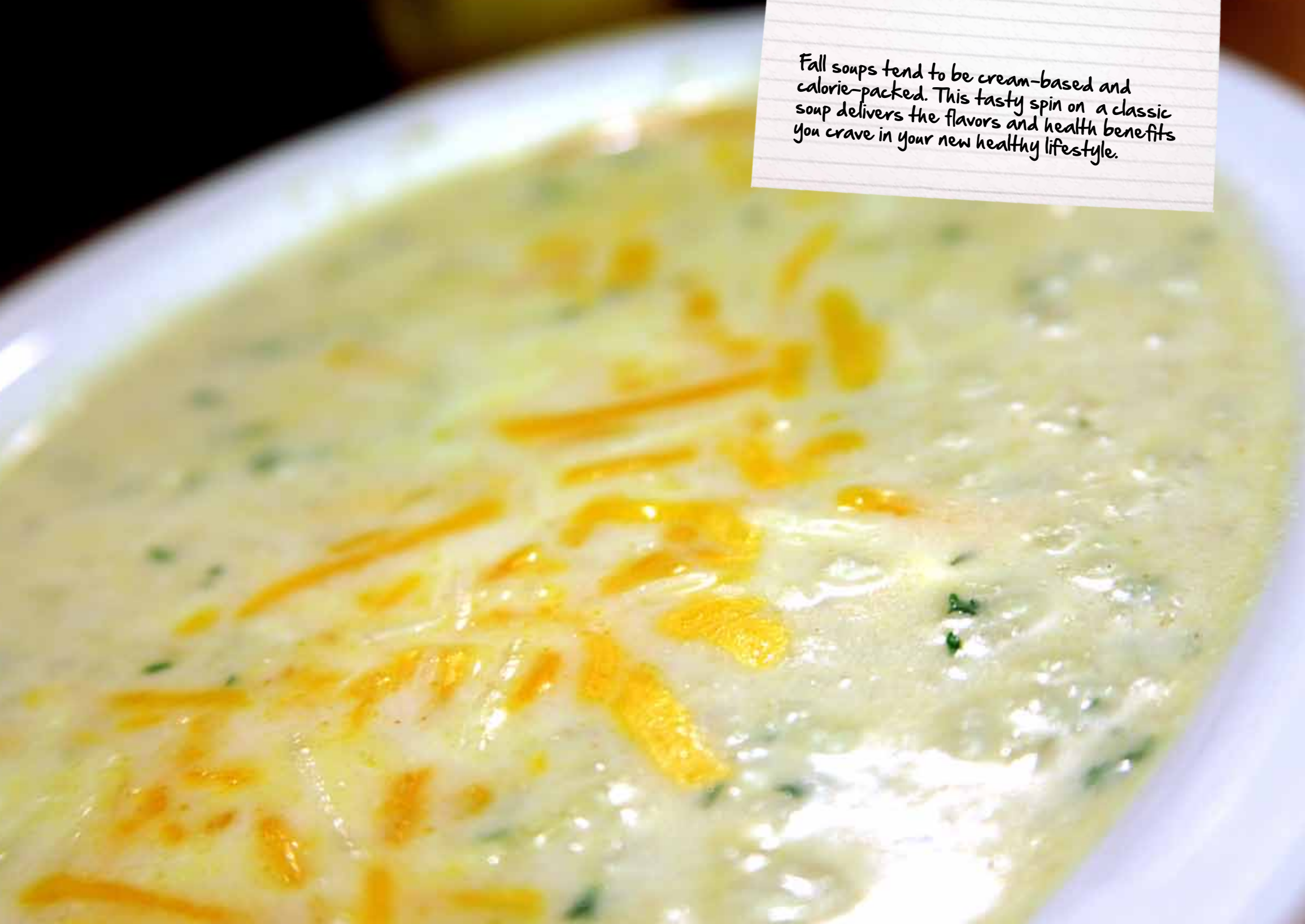
Directions:

1. Place stock in a large saucepan and bring to a boil over medium-high heat. Add cabbage and kale and cook until softened with olive oil and garlic. Transfer cabbage to a large bowl and set stock aside. Add turkey bacon and spinach.
2. Allow mixture to simmer down for about 20 minutes, allowing cabbage to break down.
3. Serve garnished with parmesan cheese.

Tip from Binks:

Parmesan cheese adds a lot of flavor to this dish, without having to use very much. The harder the cheese, the more saturated fat it contains.



A close-up photograph of a bowl of creamy, light-colored soup. The soup is garnished with several strands of bright orange shredded cheddar cheese and small pieces of finely chopped green herbs, likely parsley. The bowl is white and the background is dark and out of focus.

Fall soups tend to be cream-based and calorie-packed. This tasty spin on a classic soup delivers the flavors and health benefits you crave in your new healthy lifestyle.

Cream of Cauliflower Soup

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 1 head cauliflower, washed and broken into flowerets
- 1/4 cup chopped onion
- 1/2 garlic clove, minced
- 1 1/4 vegetable bouillon cubes
- 1 5/8 ounces reduced-fat cream cheese, softened
- 1/2 cup almond milk
- 1/4 tsp salt, to taste
- 1/4 tsp pepper
- 1/4 tsp paprika
- 7/8 tsp parsley
- 1 cup shredded cheddar cheese

Directions:

1. Place cauliflower flowerets, chopped onion, and garlic in a large pot. Add water so mixture is barely covered. Add bouillon cubes to pot and bring to a boil, let cook for 10-12 minutes, or until cauliflower is quite tender.
2. Reduce heat and add in cream cheese and almond milk, stirring well.
3. Add in salt, pepper, paprika and parsley, stirring well.
4. Add in shredded cheese stirring frequently until thoroughly heated and cheese is melted.
5. Remove pot from heat. Purée in batches to desired thickness in blender or food processor. Serve hot.

Tip from Binks:

A soup like this seems heavy. But when made with the right ingredients it can be really light! Perfect for the colder weather.



Beans are a wonderful source of protein.
This soup is sure to taste great and keep
you feeling full.



Escarole Soup

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 2 tbsp olive oil
- 2 garlic cloves, chopped
- 1 pound escarole, chopped
- Salt & Pepper
- 4 cups low-salt chicken broth
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1/2 cup parmesan cheese

Directions:

1. Heat 2 tablespoons of olive oil in a large pot over medium heat, stove-top.
2. Add the garlic and saute about 30 seconds or until fragrant.
3. Add the escarole and sauté for about 2 minutes, or until wilted.
4. Add a pinch of salt, chicken broth, beans, and parmesan cheese.
5. Cover and simmer until the beans are heated through, should take about 5 minutes.
6. Season with salt and pepper, to taste.

Tip from Binks:

This soup doesn't freeze as well as others. Keep that in mind when deciding how much to make!



Roasted Red Pepper, Provolone cheese
and pesto sauce make this panini a
must-have on any lunch menu.



Turkey Salami Panini

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 8 whole grain sandwich rounds
- 10-12 slices turkey salami
- 4 triangles Provolone cheese
- 2 roasted red peppers cut into strips

Pesto:

- 2 tbsp coarsely chopped walnuts or pine nuts
- 2 garlic cloves, peeled
- 3 tbsp extra-virgin olive oil
- 4 cups basil leaves (about 4 ounces)
- 1/2 cup (2 ounces) grated fresh parmesan cheese
- 1/4 tsp salt



Directions:

1. For each sandwich, place cheese on one piece of bread and pesto sauce on other.
2. Add salami and red peppers.
3. Heat on panini press until done.

Pesto:

1. Drop nuts and garlic through food chute with food processor on; Process until minced.
2. Add oil and pulse 3 times.
3. Add basil, cheese, and salt; Process until finely minced, scraping sides of bowl once.

Tip from Binks:

Making your own pesto is a great option for this recipe. It freezes very well so you can use it often without going through the hassle of making it.

Make this as a wrap, or grilled sandwich! All the delicious flavors of a reuben, without the extra fat.



Smoked Turkey & Gruyère Panini with Apricot Mustard Spread



Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 8 slices whole grain sandwich rounds
- 1 or 2 sliced dried apricots
- Few tablespoons mustard
- 16 ozs turkey breast (sliced)
- 4 slices sweet onion
- 2 tbsp roasted red pepper chopped
- 8 ozs gruyere cheese
- 2 cups loosely packed arugula

Directions:

1. Preheat press to medium high and spray with nonstick spray.
2. Mix apricots and mustard. Spread on one piece of bread.
3. On other piece of bread, place turkey, onion slice, roasted red peppers, arugula and cheese.
4. Place bread spread with mustard on top of other side of sandwich and put on Panini press.

Tip from Binks:

I love whole grain sandwich rounds— you get the sandwich shape without all the extra carbs from too much bread.



The hummus and arugula will liven up your lunch. They add a very healthy and easy twist on your go-to turkey sandwich.

Red Onion, Turkey & Swiss Panini with Arugula

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- Hummus
- 8 slices whole grain sandwich rounds
- 8 ounces thinly sliced smoked turkey breast
- 2 roasted red peppers, well-drained, cut into 1/2-inch strips
- 4 ounces very thinly sliced baby Swiss cheese
- 4 ounces very thinly sliced red onion, optional
- 1 cup baby arugula

Directions:

1. Preheat panini press while assembling ingredients.
2. Spread hummus on sandwich rounds.
3. Build the sandwiches in this order: smoked turkey, roasted peppers, arugula, cheese, onion, using equal amounts of each item on each sandwich.
4. Arrange sandwiches evenly spaced on the bottom grill plate of the preheated press. Apply light pressure to handle for about 15 seconds. Grill panini for 3 to 4 minutes. Cut in half on the diagonal and serve warm.

Tip from Binks:

If you don't have a panini press, invest in one! They are very versatile and come in handy for lunches!



Spinach is a great alternative to lettuce. It's full of fiber and essential vitamins for your new, healthy lifestyle, but it dresses up your lunch time panini too!



Grilled Lemon Chicken with Fontina & Baby Spinach Panini

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- 4 boneless skinless chicken breasts, grilled
- 8 slices whole grain sandwich rounds
- 1/4 cup basil pesto
- 1 large tomato, sliced
- 6 ounces Italian Fontina or goat cheese, shredded
- 2 ounces fresh bagged baby spinach


Directions:

1. Grill chicken on Panini press to reheat.
2. Spread pesto on sandwich rounds.
3. Add chicken, Fontina cheese, tomatoes and spinach to each.
4. Grill in panini press until brown and cheese is melted.

Tip from Binks:

Basil pesto freezes very well.
Make it ahead of time for use when
it's not in season.





Who says you can't indulge in a reuben when you're trying to be healthy? It's all about how you make it ...

Smoked Turkey Reuben

Serves: 4

Preparation Time: 15 minutes

Ingredients:


- 2 tbsp Dijon mustard
- 8 slices whole grain sandwich rounds
- 4 (1-ounce) slices reduced-fat, reduced-sodium Swiss cheese
- 8 ounces smoked turkey, thinly sliced
- 2/3 cup sauerkraut, drained and rinsed
- 1/4 cup fat-free Thousand Island dressing
- 1 tbsp macadamia nut oil

Directions:

1. Spread about 3/4 teaspoon mustard over each wrap. Place 1 cheese slice on each. Divide turkey evenly over cheese. Top each serving with 2 1/2 tablespoons sauerkraut (be sure to squeeze all the liquid out) and 1 tablespoon dressing.
2. Heat 1 1/2 teaspoons macadamia nut oil in a large nonstick skillet over medium-high heat. Add folded wrap to pan; top with another heavy skillet. Cook 3 minutes on each side or until golden; remove from pan, and keep warm. Repeat for remaining wraps. Serve warm.

Tip from Binks:
Go easy on the Thousand Island dressing, you don't need much to get a lot of flavor!





Enjoy this spicy favorite grilled or cold.
Remember to stick with whole-grain wraps
when adding this recipe to your lunch menu!

Roasted Chicken & Hot Pepper Wrap

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 3 hot peppers
- 4 tbsp olive oil mayo, mixed with adobo flavor to taste
- 1 skinless rotisserie chicken, cut into strips
- 1 cup shredded Swiss cheese
- 4 six inch whole grain wraps
- 4 slices crumbled turkey bacon (cooked)

Directions:

1. Heat a pan and toast the hot peppers (with nonstick spray), turning them over and pressing down on them with tongs frequently, until they're fragrant and their insides have changed color slightly, about 1 minute. (you can also use a Panini press)
2. Spread mayo on wraps.
3. Lay out your wraps, combine ingredients and fold. Serve warm or cold.

Tip from Binks:
When you cook your turkey bacon, pat dry with paper towels to remove excess fat.



This Greek-influenced lunch is a quick and easy way to enjoy fall's best vegetables!



Grilled Greek Chicken & Artichokes Wrap

Serves: 4

Preparation Time: 15 minutes

Ingredients:

- 1/2 cup olive oil mayonaise
- 2 ounces crumbled feta cheese
- 4 six inch whole grain wraps
- 2 cups shredded grilled chicken
- 1 cup chopped canned artichoke hearts
- 1/2 cup chopped roasted red peppers
- 1/4 cup jarred pepperoncini peppers
- 1 cucumber sliced thin
- 1/2 small red onion sliced thin
- 4 cups loosely packed baby spinach leaves, washed and drained

Directions:

1. Spread one side of each tortilla evenly with about 2 tablespoons of the feta mixed with the mayo.
2. Place 1/2 cup of the shredded chicken in the center of each tortilla.
3. Top the chicken with artichoke hearts, roasted red peppers, pepperoncini peppers, cucumber, red onion, and fresh spinach leaves, dividing evenly among the four tortillas.
4. Fold the sides of each tortilla toward the center over the filling. Start at the bottom, roll away from you, like a log, pressing the rolled portion firmly while rolling and tucking in the sides as you go.
5. Cut in half and serve.

Tip from Binks:

Always check labels when it comes to wraps! Enriched white flour can be hiding even in whole wheat products.



Smoked poultry is not just great for lunch sandwiches or dinner. It's actually an awesome source of protein and flavor to add into your breakfast—try this wrap with smoked turkey breast!



Smoked Turkey Breast, Eggs & Gouda Wrap

Serves: 4

Preparation Time: 10 minutes

Ingredients:

- Four 3-4oz. pieces smoked turkey breast
- 2 cups egg substitute
- 4 slices 1/4" Smoked Gouda Cheese
- 1/4 tsp sea salt
- 1/4 tsp pepper
- 1/2 tsp cajun seasoning
- 1/2 tbsp macadamia oil
- 4 whole grain wraps (6")

Directions:

1. Heat macadamia oil in a pan stovetop. Add the smoked turkey and let it sizzle in the oil.
2. Mix egg, sea salt, pepper and Cajun seasoning in a bowl.
3. Add egg mixture to pan, evenly distributing. Allow to cook all the way through.
4. Add Gouda cheese, letting it melt atop cooked egg.
5. Remove from heat, waiting for cheese to finish melting.
6. Layer whole grain wrap with cooked egg and cheese and turkey breast, and fold.
7. Spray wrap with non-stick cooking spray. Put back into heated pan to sear each side.
8. Repeat same process for remaining wraps.

Tip from Binks:

This would be a great snack as well. Cut into thirds and have a piece to get those lean proteins and slow releasing carbs.






Seasons

{ Snacks }

Think about your body's fuel tank around 2:30 p.m. You're feeling tired, you have a few hours before dinner, and your blood sugar is crying for attention. Let's skip the coffee cake or doughnuts that are staring you down from the break room, and go for an expertly designed combination of whole grains and lean protein that will fill you up (and avoid the crash) in a way those tempting office predators can't.

Refuel and energize yourself, keeping your metabolism stable while you work hard. These recipes include flavors you love with nutrition your body needs.

A close-up photograph of a glass bowl filled with cooked oatmeal. The oatmeal is a light beige color and has a thick, porridge-like consistency. On top of the oatmeal, several whole almonds are arranged in a small cluster. The almonds are a rich brown color and have a smooth, slightly glossy surface. The bowl is made of clear glass and sits on a light-colored wooden surface. In the background, a blurred yellow object, possibly a banana, is visible. A white, lined paper note is placed in the upper right corner of the image, containing text.

Packed with omega 3's and protein, this snack will definitely tide you over until dinner, and satisfy any cravings!

Almond Butter

Serves: 4

Preparation Time: 5 minutes

Ingredients:

- 1/4 cup toasted almonds
- 1/2 tsp macadamia nut oil

Directions:

1. Place the almonds in a food processor. Process on high until ground almonds begin to form a ball.
2. Drizzle macadamia nut oil over almonds and continue to process, stopping occasionally to scrape sides of the bowl with a spatula as needed. Store in an airtight container.

*Tip from Binks:
Make large batches of this
and store for portioning
throughout the week!*





This snack has the good fats you need for your new healthy lifestyle. Spread a little on whole wheat to get you through your day.

Cashew Butter

Serves: 4

Preparation Time: 5 minutes

Ingredients:

- 1/4 cup unsalted roasted cashews
- 1/2 tsp macadamia nut oil
- 1/4 tsp salt


Directions:

1. Place the cashews in a food processor. Process on high until ground cashews begin to form a ball.
2. Drizzle macadamia nut oil over cashews and continue to process, stopping occasionally to scrape sides of the bowl with a spatula as needed.

Tip from Binks:

Cashews are highly perishable and can turn rancid quickly due to their high oil content. Store in airtight containers in the refrigerator.





A great twist on a healthy snack staple.
The bite of ginger will give your mouth a
delightful surprise.

Ginger Garlic Hummus

Serves: 4

Preparation Time: 5 minutes

Ingredients:

- 1 1/3 garlic clove (peeled)
- 1 1/3 pieces peeled fresh ginger (about 1 inch)
- 2 2/3 cups garbanzo beans (drained)
- 3 tbsp liquid reserved from garbanzo beans
- 1/3 cup cashew butter (smooth)
- 4 tbsp rice vinegar (unseasoned)
- 2 tsp soy sauce (low sodium)
- 2/3 tsp chili garlic sauce
- 1/3 cup fresh cilantro (chopped)
- 1 1/3 green onion (chopped)


Directions:

1. Using on/off turns, mince garlic and ginger in processor. Add beans, reserved bean liquid, cashew butter, rice vinegar, soy sauce and chili-garlic sauce.
2. Process mixture to coarse puree. Add cilantro and green onion; process to combine. Serve chilled or room temperature.

Tip from Binks:

Be sure to use low sodium soy sauce in this recipe!





This snack packs in extra protein to this leaner cheese. Enjoy and stay satisfied between meal times.

Gorgonzola & Walnut Neufchatel

Serves: 4

Preparation Time: 5 minutes

Ingredients:


- 1 ounce Neufchatel cheese (room temperature)
- 1/2 tbsp Truvia
- 2 tbsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1 cup walnut
- 1/4 ounce Gorgonzola cheese

Directions:

1. In a small bowl beat together the Neufchatel cheese, Truvia, gorgonzola and spices.
2. In a food processor finely chop the walnuts.

Tip from Binks:
Neufchatel cheese has 1/3 the fat of regular cream cheese. 1 Tablespoon is 1 serving.



A close-up photograph of a glass bowl filled with a thick, creamy, orange-colored spread. The spread has a slightly textured appearance with small flecks of red and green. It is garnished with a fresh green herb, possibly parsley, on top. The bowl is placed on a light-colored wooden surface. In the background, there is a blurred green object and a red object.

This spread will heat up the body with warm flavors of curry and chutney.

Roasted Red Pepper & Curry Neufchatel

Serves: 4

Preparation Time: 5 minutes

Ingredients:

- 3 1/5 oz Neufchatel cheese
- 4 oz mango chutney
- 3/4 tbsp curry powder or cumin
- 1/4 cup pistachios
- 1/4 cup chopped roasted red pepper

Directions:

1. Chop the pistachios in the food processor. Pulse.
2. Add roasted red pepper, curry powder, chutney and cheese. Continue pulsing until you reach a smooth consistency.
3. Serve and enjoy!

Tip from Binks:

Chutney is an awesome ingredient with super flavor, but use sparingly as it is loaded with sugar!



This Mediterranean delight is low in saturated fats. Loaded with nutrients like vitamin B6 and amino acids, this snack is healthy and truly satisfying.



Kalamata Olive & Garlic Hummus

Serves: 4

Preparation Time: 5 minutes

Ingredients:

- 1 cups garbanzo beans (rinsed and drained)
- 1/4 cup tahini
- 2 garlic cloves
- 1/4 cup fresh lemon juice
- 1 teaspoon cayenne
- 3 tbsp macadamia nut oil
- 1 cup kalamata olives
- 2 tbsp capers
- 1 red bell pepper (seeded and sliced)
- 1 tsp ground cumin
- 3 tbsp fresh parsley

Directions:

1. Combine all ingredients in a food processor and puree. Serve either chilled or room temperature.



Tip from Binks:
This is a great dip for vegetables!



Seasons

{ Dinner }

Our dining culture dictates dinner as the largest meal, full of heavy carbs and huge portions. This is the meal that benefits the most from the lessons in this book. What we're proposing might shock you, but here it goes: You can eat everything you love, just by making those dishes with better ingredients. Do you like steak? How about pasta? Flip through this section, you'll be surprised to see all your old favorites.

Portion control is easy when you aren't suffering from hunger pains. Staying full during the day will keep you from mindlessly shoveling leftovers in your mouth in front of the open fridge. It's that easy. Right ingredients and the right amounts of food will help you lose weight, drop body fat and get in shape.

Traditional Asian flavors come through in this healthy version of a dinner favorite.



Five - Spice Beef Stir - Fry with Cabbage & Wild Rice

Serves: 4

Preparation Time: 20 minutes

Ingredients:

FOR THE SAUCE:

- 1/2 cup chicken stock
 - 1 tablespoon soy sauce
 - 1/8 teaspoon Chinese Five - Spice powder
 - 1/2 teaspoon sesame oil
 - 1/2 teaspoon Truvia
 - 1/2 teaspoon rice wine vinegar
-
- 1/2 cup water
 - 1 teaspoon arrowroot
 - 3 cloves garlic, chopped
 - 3/4 pound sliced beef, flank steak
 - 1 small head cabbage, shredded or raddichio
 - 1 small onion, cut into strips
 - 1 green pepper sliced
 - 1 1/3 cups wild rice
 - 2 tablespoons macadamia nut oil


Directions:

1. Boil wild rice until tender. About ten minutes.
2. Mix the ingredients for the Five-Spice sauce, leaving out the arrowroot-water mixture.
3. Heat a large skillet over medium-high heat and add oil. Sauté garlic for about a minute, add in the onions and cook until they become clear. About 3 minutes.
4. Add in beef sliced on bias, turning it on both sides.
5. Stir contents of the pan until beef is evenly brown.
6. Stir in cabbage, and cook until vegetables are tender, and beef is fully cooked. Stir in Five-Spice sauce. Add the dissolved arrowroot in water.
7. Season with desired amount of pepper. Continue to cook and stir contents until sauce thickens. Serve over wild rice.

Tip from Binks:

Stir - Fry is usually packed with salt. Make sure you're replacing regular Soy Sauce with a low - sodium variety.





A protein-rich dinner with a light pesto flavor. What more could you ask from a recipe that makes a graceful transition from summer to fall.

Flatiron Steak with Pesto Olive Oil Drizzle

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 Flatiron steaks
- 1 cup walnuts or pine nuts
- Coarse salt and ground pepper
- 8 cups (4 ounces) lightly packed fresh basil leaves
- 2 garlic cloves, coarsely chopped
- 1 1/3 cup extra-virgin olive oil
- Pinch parmesan cheese

Tip from Binks:

A cheap steak doesn't have to mean an unhealthy one. Trim your meat before serving and you can eat healthy without breaking the bank.



Directions:

1. Prepare the grill or barbecue (medium-high heat).
2. Sprinkle the steaks with salt and pepper and drizzle with 2 tablespoons of olive oil.
3. Grill to your preference, when finished, transfer the steaks to a cutting board and tent with foil, letting stand for about 10 minutes.
4. Serve sliced with pesto drizzle (directions follow).
5. Preheat oven to 350 degrees. Spread nuts evenly on a rimmed baking sheet; toast in oven until golden and fragrant, tossing once, 8 to 10 minutes. Let cool completely.
6. Meanwhile, bring 4 cups salted water to a boil; add basil, and submerge with a spoon. Immediately drain in a colander. Rinse with cold water until cool, then pat basil completely dry in paper towels.
7. In a food processor, combine nuts, parmesan, basil, and garlic; season generously with salt and pepper. Process until nuts are finely chopped. With machine running, pour oil in a steady stream through the feed tube; process until smooth and thin enough to drizzle

You can't get much more 'All-American'
than this: Comfort food at its finest, with
the healthiest of ingredients.



Meatloaf with Mock Mashed Potatoes

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 1/2 tbsp macadamia nut oil
- 1 stalk celery, finely chopped
- 1/2 small onion, finely chopped
- 1/2 clove garlic, crushed
- 1 pound lean ground beef
- 1/3 cup fresh whole grain bread crumbs
- 1/5 cup almond milk
- 2 tbsp egg white (from the carton is fine)
- 1 or 2 tbsp ketchup
- 1 medium head cauliflower
- 1 tbsp neufchatel cream cheese, softened
- 1/4 cup low fat sour cream
- 1/4 cup parmesan cheese
- 1/2 tsp minced garlic
- 1/8 tsp straight chicken base or bullion

Directions:

1. Preheat oven to 350 degrees F.
2. Transfer vegetables to large bowl and mix into meat.
3. Add bread crumbs, milk, egg whites, 1 or 2 tablespoons ketchup; mix with hands until well combined but not over mixed.
4. In baking pan, shape meat mixture into loaf.
5. Bake meatloaf for about an hour, or until temperature in center reads 160 degrees.
6. Remove from oven and let stand for about 10 minutes before removing from pan to ensure easier slicing. Serve hot.
7. Clean and cut cauliflower into small pieces. Cook in boiling water until tender, or about 6 minutes.
8. Drain, but do not allow it to cool, patting dry with layers of paper towels.
9. Using a food processor, purée the hot cauliflower with the remaining ingredients until almost smooth, reflecting a mashed potato-like consistency. Serve garnished with chives.

Tip from Binks:

Cauliflower is a great substitute for white potatoes. It has the same consistency as the classic comfort food that everyone loves.



Using some of fall's best flavors and vegetables, this recipe includes a cooking style that cuts down on fat by using a few simple tricks.



Pan - Roasted Flank Steak with Caramelized Onions

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- Macadamia nut oil for pan
- 1 fennel bulb
- Salt & pepper
- 1 lb sirloin steak
- 1 large onion sliced thin

Directions:

1. Pan sear steak for about 3 or 4 minutes to seal in flavor in a small amount of macadamia nut oil.
2. Put in oven with fennel bulb seasoned with salt & pepper, cook to desired doneness.
3. Caramelize onions in leftover macadamia nut oil from steak.
4. Remove steak and fennel from oven and remove fennel core.
5. Serve steak sliced on bias, breaking down fatty connective tissues in steak. Serve with fennel & onions.

Tip from Binks:

Pan-searing steaks seals in their juices and flavors. Even if you decide to roast a cut, pan-sear it first to prevent it from drying out.



A modern and time-saving twist on a French classic, this stacked-vegetable side accompanies a lightly marinated yet flavor-packed grilled steak.



Marinated Steakhouse Steak with Ratatouille

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2 lb sirloin steak
- 1 onion
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp oregano
- Sliced peppers, eggplant, zucchini, tomatoes and any of your other favorite fall vegetables
- 1/2 cup parmesan cheese

Directions:

1. Mix lemon juice, olive oil, oregano and place marinade in bag with steaks overnight.
2. Cook eggplant in pan for a few minutes to give it a head start on the other grilling vegetables.
3. Grill steak and partially cook vegetables on grill.
4. Layer veggies on top of each other in pan, sprinkling with parmesan cheese.
5. Place vegetables in oven for about 20 minutes, serve grilled steak over ratatouille.

Tip from Binks:
Ratatouille is a classic French dish. This is a much easier way of preparing it!



Make no concessions in this delectable Italian classic. Enjoy everything in moderation to stay happy and healthy this fall.



Chicken Breast Stuffed with Fig & Prosciutto

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 4 fresh or dried figs
- 2 pounds of large boneless, skinless chicken breasts
- 2 ounces of very thin sliced prosciutto
- 8 fresh sage or basil leaves
- Salt & freshly ground black pepper
- 1/2 cup of whole grain flour, for dredging
- 1 cup of chicken stock

Tip from Binks:

Prosciutto is extremely high in salt. We just want to utilize the flavor from this ingredient, so don't use it in excess.



Directions:

1. Wash and dry the chicken breasts and trim off any fat. Remove the fillets (the long cylindrical strips of meat on the inside of the breasts).
2. Cut each breast lengthwise into two halves. Lay one of the half breasts at the edge of a cutting board. Cut a deep horizontal pocket in the breast, being careful not to pierce the top, bottom, or far side.
3. Brown prosciutto in pan for about 3 or 4 minutes.
4. Squeeze between paper towels to remove extra fat.
5. Add fig and prosciutto to inside of chicken breast. Fold over, cover chicken in flour.
6. Cook chicken in olive or macadamia nut oil briefly to sear outside and seal in flavor.
7. Place on baking sheet and cook in oven at 450 until chicken is cooked thoroughly.

Greek yogurt makes a beautiful and healthy crust on a roasted chicken. Try this recipe which combines the best of Greek flavors with a creamy yogurt taste.



Spicy Roast Chicken with Greek Yogurt

Serves: 4

Preparation Time: 1 hour 30 minutes

Ingredients:

- 1 tsp garlic
- 1 tsp ginger
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp tumeric
- 1 tsp crushed red pepper (or to taste)
- 1 tsp garlic paste
- 1 roasting chicken
- 1 cup greek yogurt

Directions:

1. Put yogurt in bowl with garlic, ginger, cumin, chili powder, tumeric, crushed red pepper and garlic paste.
2. Stir paste together and cover chicken in marinade. The Greek yogurt will create a cooling effect on the spicy marinade as well as make a delicious crust.
3. Place entire chicken on sheet tray, using any extra marinade to cover chicken further. Cook for 1 hour.
4. Remove from oven and serve.

Tip from Binks:
Experiment with the amount of spices in your marinade until you find a combination you like best.



Not quite ready to say 'good-bye' to summer flavors? Spicy Indian-style turkey with a refreshing cilantro chutney uses the best of both seasons.



Indian Turkey Brochettes with Cilantro Chutney

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 2/3 cups fat-free plain thick Greek yogurt
- 2 tbsp minced flat-leaf parsley
- 3 cloves garlic, crushed through a press
- 1 tsp garam masala
- 1/2 tsp (each) paprika, ground coriander, cumin, red pepper, and turmeric
- 1 1/4 pounds boneless turkey breast, cut into (1 1/2-inch) chunks

CHUTNEY:

- 3/4 cup (packed) cilantro paste
- 3/4 cup green chili garlic paste
- 1/2 cups fat-free plain thick Greek yogurt
- 1/2 tsp ground cumin
- 1 small onion, thinly sliced

Directions:

1. Combine spices, garlic and greek yogurt in bowl with turkey.
2. Seal bag; turn bag to coat. Marinate in refrigerator at least 12 hours, or overnight.
3. Thread turkey onto 12-inch skewers. Grill over medium-high heat, turning frequently and brushing with vegetable oil, 12 minutes, or until turkey is cooked through. Let skewers rest 3 minutes
4. Combine ingredients for chutney and stir. Serve over kabobs.

Tip from Binks:

The greek yogurt in this recipe balances your hot spices. It's also low in sugar, so you don't have to compromise to get the flavors you love.



A healthy version of a Greek favorite. Plus, the lemon marinade makes this delicious recipe feel lighter, perfect for one of fall's warmer nights.



Chicken Souvlaki

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 4 chicken breasts, diced
- 1 tablespoon Greek flavored olive oil
- 1 pinch oregano
- lemon juice for sauce, to taste, 1 teaspoon for marinade
- 1 sliced zucchini & 1 or 2 tomatoes
- 1 pinch dill
- 1 cup greek yogurt (used for sauce)
- grated cucumber for sauce (to taste)

Directions:

1. Place marinade (olive oil, spices and 1 teaspoon lemon juice) and chicken in plastic bag for 24 hours.
2. Grill zucchini and tomatoes with chicken and serve with cucumber, dill and yogurt with a bit of lemon juice for a tzatziki sauce.

Tip from Binks:

It's nice to stay light as we make the transition from summer. Lemon marinades help keep food from tasting too heavy.



Who says Italian is off the diet menu?
Enjoy this healthy twist on a classic
dish that includes some of fall's most
flavorful vegetables.



Spaghetti Squash Pomodoro

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 1 large spaghetti squash
- chopped tomatoes or sun-dried tomatoes
- 1 tbsp macadamia nut oil
- Pinch basil & oregano
- Salt & pepper
- 1 tsp white wine vinegar
- 1 rotisserie chicken

Directions:

1. Preheat oven to 375°F.
2. Halve squash lengthwise and scoop out seeds.
3. Coat a baking sheet with cooking spray; lay halves, flesh side down, on sheet.
4. Bake 1 hour or until you can easily pierce shell. While squash bakes, sauté garlic, tomato and onion in oil over medium heat 5 minutes. Add seasonings and white wine vinegar, cooking for about 5 minutes.
5. Lower heat if sauce begins to boil. Remove squash from oven. Scrape crosswise to pull strands from shell.
6. Serve either vegetarian or with rotisserie chicken on the side.

Tip from Binks:
Got a carb craving? Satisfy it with this recipe that tastes just like spaghetti, without all the carbohydrates.



Why not try something new in the kitchen?
The cooking style of this dish is unique, so
you won't lose interest in achieving your
healthy-eating goals.



Cherry Snapper Sambal

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 4 cherry snapper fillets
- 3 fresh limes; juice of
- 1/2 tsp red chili garlic paste (sambal oelek)
- 2 ripe Roma tomatoes; medium dice
- 1/2 yellow Spanish onion; medium dice
- 2 1/2 tsp fresh cilantro; finely chopped

Directions:

1. Soak the fish in 3/4 of the lime juice for 3 hours in the refrigerator. Drain off the liquid and discard.
2. Mix the fish with the red chili garlic paste, tomatoes, onion, cilantro, and the remaining lime juice. Season with salt and pepper to taste.
3. The fish is cooked by the lime's acidity rather than by heat. If you'd rather put the fish in the oven, the dish will turn out fine, this method just gives it a different texture. Add kosher salt & black pepper to taste.

Tip from Binks:

There are plenty of fish in the sea, you know. Try experimenting with Tilapia or Cod.





You can't beat the fall-fresh flavor combinations in this dish. It's also a great excuse to get the grill out for one last farewell to summer!

Grilled Tuna with Capers

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 2 tbsp olive oil, divided
- 6 fish fillets, about 2 pounds
- 1 tsp dried dill
- 3/4 tsp lemon-pepper seasoning
- 1/2 tsp salt
- 1/4 cup onion, chopped
- 1 cup olive oil mayonnaise
- 1 (2 ounce) jar pimentos, diced and drained
- 1 tbsp capers

For Sauce:

- 1 tsp capers
- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- 1/4 tsp black pepper, cracked
- 2 lemons, thinly sliced
- 2 limes, thinly sliced
- fresh parsley sprig

Directions:

1. Brush your fish with 1 tablespoon of olive oil. Sprinkle fillets with dillweed, lemon-pepper seasoning, and salt.
2. While the fish is on the grill, prepare your sauce. Sauté the onion in 1 tablespoon olive oil with a pinch of dill, lemon juice and parsley over medium-high heat, stirring constantly until tender. Remove from heat. Cook over low heat, stirring frequently, just until heated. This process takes about 7 to 10 minutes, so start it according to the thickness of your fish.
3. Arrange lemon and lime slices around the fillets. Garnish with parsley sprigs, if desired. Spoon the sauce over the fillets and serve.

Tip from Binks:

Tuna is rich in Omega-3 fatty acids. Don't let their name fool you, they're actually here to help you and your heart stay healthy.



Combining the light texture and flavor of Orange Roughy with the intense ginger-garlic marinade, this baked dish is reminiscent of Asian stir-fry flavors, without the extra sodium.



Orange Roughy in a Ginger Garlic Sauce

Serves: 4


Preparation Time: 30 minutes

Ingredients:


- 2/3 cup dry sherry or vermouth or rice wine
- 1/2 cup low sodium soy sauce
- 1/8 cup sesame oil
- 1/2 cup green onion, finely chopped
- 2 tsp ginger, freshly grated
- 2 tsp garlic, finely chopped
- 4 orange roughy fillets (cod, sole, or flounder may be substituted)

Directions:

1. Preheat the oven to 400 degrees Mix the sherry or vermouth, soy sauce, sesame oil, onion, ginger, and garlic in a small bowl.
2. Place the fish fillets in an ovenproof casserole dish. Drizzle the marinade over the fish and bake for 12 minutes or until the fish flakes easily.



Tip from Binks:
Store unused ginger in the freezer
for when you need it next!



A hint of breakfast at dinner time—
This amazing quiche is great for anytime,
but especially on a cool, fall night.

Crustless Quiche with Smoked Salmon

Serves: 4

Preparation Time: 1 hour

Ingredients:

- 5 egg whites
- 1 cup almond milk
- 1/2 cups parsley, chopped
- 2 whole green onions, diced
- 1 1/2 cup smoked salmon, flaked into bite-size pieces
- 1/4 cups parmesan cheese, grated
- 1 tbsp whole grain flour
- 1/2 tsp sea salt
- 1/4 tsp fresh ground pepper


Directions:

1. In a large bowl, beat eggs. Add almond milk, parsley, green onions and salmon. In a small bowl, combine cheese, flour, salt and pepper.
2. Stir into egg mixture
3. Reduce oven to 325 degrees and bake quiche 45 minutes or until a knife inserted into the center comes out clean. Cool for 5 minutes. Cut into wedges and serve immediately.

Tip from Binks:

It's really important to make the switch to whole grain flour. White flour doesn't provide nearly as much fiber, or keep you feeling full like whole grain does.





This sounds like a diet deal-breaker, but this light cream sauce only uses the healthiest ingredients to compliment the fish and keep you on track without sacrificing the foods and flavors you love.

Broiled Sole in a Light Cream Sauce

Serves: 4

Preparation Time: 45 minutes

Ingredients:

- 1 tbsp fresh chopped parsley
- 3 green onions, chopped
- 1 tsp salt
- 1/8 tsp pepper
- 1 cup dry white wine
- 1/2 cup water
- 2 1/2 pounds sole fillets, or any light fish
- 3 tbsp macadamia nut oil, divided
- 2 tbsp arrowroot
- 1 cup almond milk

Directions:

1. Place fish in lightly oiled baking dish, cook about eight minutes.
2. Meanwhile, in a large saucepan put two tablespoons oil; stir in the garlic and white wine.
3. Continue cooking, stirring constantly, add arrowroot until thickened. Add parmesan cheese or mustard if desired. Adjust sauce to taste based on texture, color etc.
4. Add remaining oil; pour over fish. Place fish under broiler until nicely browned.

Tip from Binks:

Cream sauce is a 'can-do' if you use the right stuff. It's time your diet and your cravings get along, don't you think?



Don't pack up the grill just yet! This dish makes a great transition from summer into fall, combining the best of both seasons. Vitamin-rich peppers and lean cuts of protein-packed lamb make a satisfying dish that also cuts calories.



Lamb Brochettes

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1/2 cup lemon juice
- 2 tbsp dried oregano
- 4 tsp olive oil
- 1 pound lean lamb chops, trimmed of fat and cut into 1 inch cubes
- 1 large green pepper, cut into 1-inch pieces
- 1 large onion, cut into 1-inch wedges


Directions:

1. In a small bowl, combine the lemon juice, oregano and oil.
2. Set aside 1/4 cup for basting; cover and refrigerate.
3. Remove cartilage and extra fat from meat.
4. Add lamb, onion and green pepper to skewers.
5. Put brochettes in plastic bag with marinade for about two hours.
6. Grill brochettes, being careful not to overcook lamb. Serve.

Tip from Binks:

Lamb is a fantastic fall flavor, just be sure to trim off the extra fat!





This oven-baked dish uses a tangy mustard-parmesan rub to give it a full flavor without a heavy sauce. Fresh herbs and olive oil add to the variety of textures in this low-fat fall dinner.

Parmesan Encrusted Pork Loin

Serves: 4

Preparation Time: 30 minutes

Ingredients:


- 3/4 cup parmesan cheese, grated
- 1/4 tsp basil leaves dried (you can also use fresh)
- 1/4 tsp garlic powder
- 1/4 tsp oregano leaves dried (you can also use fresh)
- 1 dash black pepper
- 1/4 tsp thyme leaves
- 1/4 cup dijon mustard, whole grain adds a nice texture
- 2 tbsp olive oil (if your rub ends up too dry)
- 2 lbs pork chops (top loin, lean, boneless)

Tip from Binks:
Not feeling pork for dinner? No biggie, go ahead and substitute chicken breasts in this recipe.



Directions:

1. Preheat oven to 400 degrees.
2. Line baking sheet with parchment or wax paper and set aside.
3. In a small bowl whisk together mustard, oil, and spices to make a paste.
4. Season the pork chops with pepper, then put your paste on top of the chops with the mustard mixture.
5. Press the grated parmesan cheese into both sides of the chops. This is a great way to get flavor into the meat without all the added sugar of a marinade. This cooking style literally drains most of the fat right off into the pan. Don't forget to trim any remaining fat once it's on your plate.
6. Place the chops on the prepared baking sheet. Bake for about 15 to 20 minutes. The coating should be browned and slightly crispy with a nice seared crust and the pork should be cooked all the way through.



The distinct flavor of cabbage and olive oil compliments a pan-roasted tenderloin in this fall dish that is easy to prepare, with ingredients everyone has in their pantry.

Pan Roasted Pork with Roasted Cabbage

Serves: 4

Preparation Time: 1 hour, marinate overnight

Ingredients:

- 4 pork chops or 2 lb pork loin roast
- Salt and pepper
- 1 tsp garlic powder
- 1 head cabbage

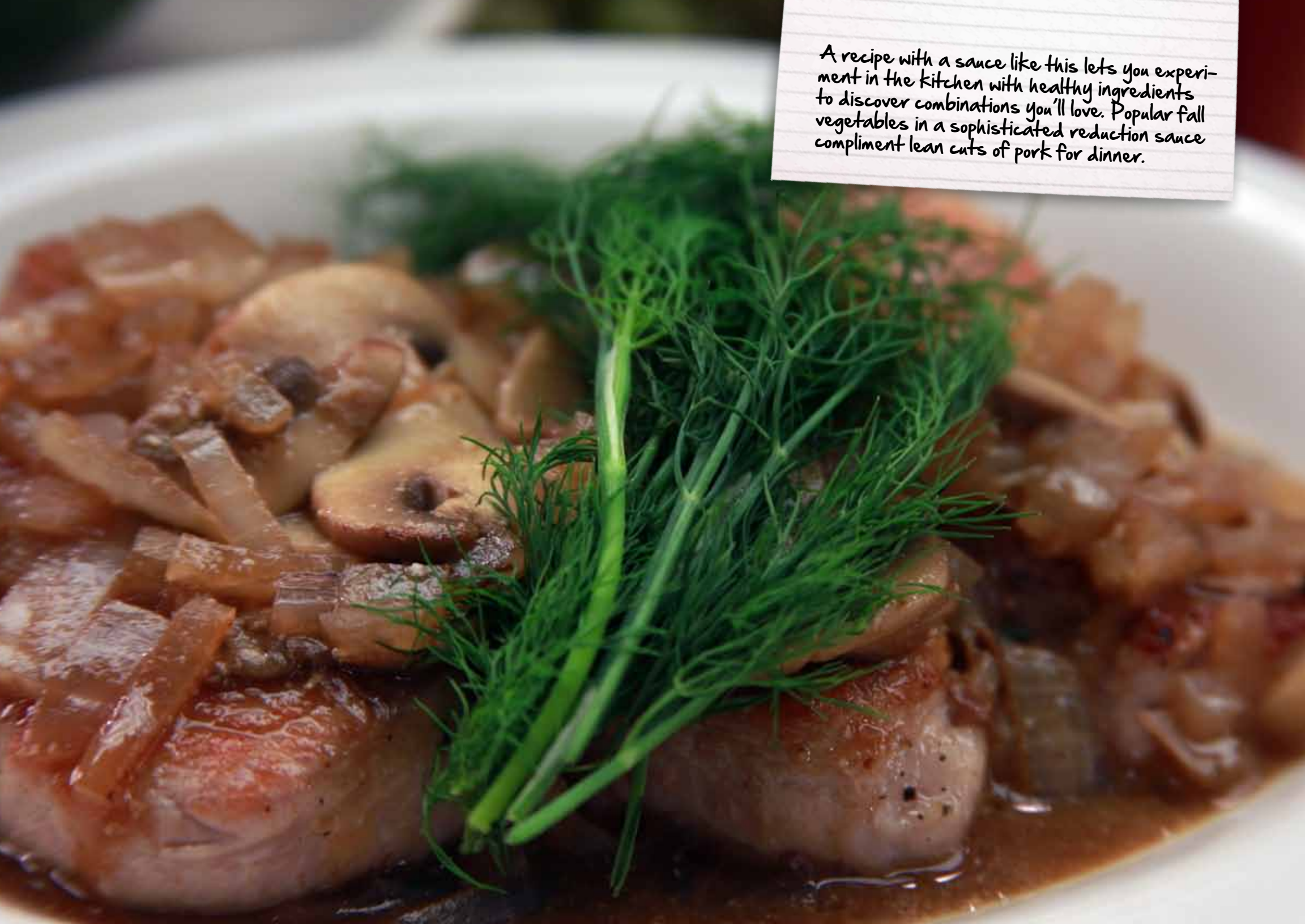


Directions:

1. First, season the pork with salt, pepper, and garlic powder. Then brown the chops in a heavy pot until very brown, but not burnt.
2. This is key since the cabbage will get its color and flavor from the caramelization of the pork. After pork is sufficiently brown on all sides, take a head of green cabbage, core it, and cut it into eighths. Lower heat to med-low to low, add cabbage and a little more salt, cover and simmer for 1 hour. Stir, keep simmering and stirring until pork is falling apart and cabbage is brown and totally wilted.

Tip from Binks:

Pan roasting locks in flavors and juices. This cooking style also allows flavors from other ingredients to permeate your lean cuts of meat.



A recipe with a sauce like this lets you experiment in the kitchen with healthy ingredients to discover combinations you'll love. Popular fall vegetables in a sophisticated reduction sauce compliment lean cuts of pork for dinner.

Pork Medallions with a Mushroom Dill Sauce

Serves: 4

Preparation Time: 20 minutes

Ingredients:

- 1 1/2 pounds pork tenderloin, sliced into 6 to 8 pieces
- 4 tbsp olive oil
- 12 ounces sliced mushrooms
- 1/2 cup chopped onion
- Salt and freshly ground pepper, to taste
- 1/4 cup dry white or red wine
- 1 cup beef broth, low sodium
- 1 tbsp low fat sour cream
- 1 tsp chopped fresh dill, or 1/2 tsp dried
- Arrowroot for sauce (to desired thickness)

Directions:

1. Flatten pork to about 1/2-inch thick with a meat mallet, if necessary. Remove as much fat as possible.
2. In a large skillet over medium heat, melt 2 tablespoons of olive oil and cook the pork for 6 to 8 minutes to sear the sides and seal in the flavor. Remove from heat.
3. Sauté onions and mushrooms in olive oil and cook for a few minutes. Add wine & beef stock.
4. Mix all ingredients together & bring to a boil before adding small amounts of arrowroot at a time to thicken. Add sour cream for color & texture.
5. Serve over pork.

Tip from Binks:

Arrowroot is a healthy cornstarch substitute that you can use as a thickening agent in sauces



Easy ingredients and preparation make this a go-to recipe for busy nights. Black and red pepper coupled with thyme and fresh lemon wedges make a refreshing and flavorful rub for pork.



Sonoran Spiced Pork Chops

Serves: 4

Preparation Time: 30 minutes

Ingredients:

- 1 tbsp ground coriander
- 1 tbsp paprika
- 1 tbsp dried thyme
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp ground red pepper
- 4 (4-ounce) boneless center-cut loin pork chops (about 3/4 inch thick)
- Cooking spray
- 4 lemon wedges




Directions:

1. Combine first 7 ingredients in a small bowl; sprinkle spice mixture onto both sides of pork chops and rub very gently into meat.
2. Place chops on rack of a broiler pan coated with cooking spray; broil 6 to 8 minutes on each side or until desired degree of doneness, 130 or 140 degrees for medium-rare.
3. Serve with lemon wedges. Trim off fat before eating!

Tip from Binks:

Be careful when cooking, burning the spices can seriously ruin the meats' flavor.

A close-up photograph of a dish featuring sliced pork tenderloin, roasted root vegetables, and fresh parsley. The pork is sliced into thick, pinkish-brown pieces. The root vegetables, including what appears to be parsnips and carrots, are roasted to a golden-brown color. Fresh green parsley leaves are scattered over the top of the dish. The background is blurred, focusing attention on the food.

A fabulous dinner for the fall season, the combination of roasted root vegetables and delicious sliced pork tenderloin give you the comforting feel of cooler-weather cooking, without the added calories.

Marinated Pork Tenderloin with Roasted Root Vegetables

Serves: 4

Preparation Time: 1 hour, marinate overnight

Ingredients:

- 1/1-1.5 lb pork tenderloin
- 1/4 cup soy sauce (I used low sodium)
- 2 tbsp dry red or white wine
- 1 tbsp Truvia
- 1 tsp honey
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 2 green onions, green parts only, chopped
- 5 parsnips, chopped
- 2 rutabagas, chopped
- 5 turnips, chopped, root only

Directions:

1. Combine marinade ingredients in a measuring cup and whisk to combine. Pour over pork tenderloin in a plastic bag, and marinate overnight.
2. Preheat oven to 350 degrees.
3. Bake the pork for about 35 minutes, or until temperature reads 145 degrees. This is going to burn off any extra sugar from the honey in your marinade, leaving it in the pan. Allow meat to rest 10 minutes before slicing on a bias.
4. Add the chopped root vegetables about 15 minutes into the pork cooking. Serve by sprinkling root vegetables over sliced pork.

Tip from Binks:

Looking for a little more spice?
Try adding a pinch of cinnamon
to your marinade.





{CABBAGE}



{BROCCOLI}



{GARLIC}



{POTATOES}



{RADICCHIO}



{TURNIPS}



{ACORN
SQUASH}



{PARSNIPS}



{BELGIAN
ENDIVE}



{CELERY}

{ Vegetable Index }

Cabbage: Most commonly used in coleslaw, cabbage is branching out in American cuisine as a more versatile, leafy vegetable. Cabbage is very low in calories and high in vitamin C.

Broccoli: Always a crowd-pleaser, this member of the cabbage family can be cooked in a range of styles. A nutrient-packed fall favorite, broccoli contains vitamins and minerals to help lower cholesterol and act as an anti-inflammatory.

Garlic: Grow it at home or pick it up in your local produce department. Either way, this onion-relative has long been esteemed for its antioxidant content and distinct flavor.

Potatoes: You may think dieting means excluding this starch, but cooked potatoes provide carbohydrates and other nutrients that you shouldn't go without, even on a diet. Vitamin B6 is also present in this tuber, which has been proven to reduce stress and help maintain a low blood pressure. Sweet potatoes are an even healthier alternative to most white potatoes.

Radichio: Zesty and bitter, the flavor of this fall vegetable is highly recognizable for its presence in salad and tapenade. Used in history as an analgesic, the health benefits of radicchio are well known by culinary experts around the world.

Turnips: Before cooked, this root vegetable has a similar smell to cabbage. Known mainly for their health benefits, turnips contain vitamin A and folate. This fall crop also makes a great addition to stews or pork dishes.

Acorn Squash: Served best with rice, meat or mixed with other vegetables, this squash variety stores very well and can be cooked in a number of ways. With a similar texture to other squash, it's fiber rich and packed with potassium.

Parsnips: Paler in color and sweeter in taste than its carrot-relative, the parsnip is found most commonly in soups and casseroles. This is a great alternative to carrots, as it has a much higher potassium and fiber level yet can be cooked the same ways.

Belgian Endive: Tangy and tender, this white vegetable is incredibly low in calories and adds a flavor boost to any dish. Put in salads with any vinegar or oil based dressing, add to salmon or dips. The versatility of this leafy vegetable makes it very popular this season.

Celery: Unmistakable crunchy texture and fresh flavor make celery a household staple. Add to soups, stir-fry and other dishes for an unbeatable calorie-burner and fiber booster.



Seasons

Chef Binks

I remember being a young kid and looking in the fridge one day after school. My mom was passionate about cooking, and a very talented woman who managed to feed her family something remarkable for dinner every night. We always had unique and delicious food stacked in our fridge; an array of colors, textures and smells waiting for whoever opened its heavy doors.

What I remember most about that particular day, however, wasn't my usual fascination with this assortment of food. I glanced down at a diet soda can belonging to my father, reading its label and doing a double take, blinking and reading again.

'Contains ingredients known to cause cancer in rats in California'.

I was stunned, how could this company that had promised my overweight father a weight-loss solution, put ingredients in their drinks that caused cancer? And more importantly, how desperate was he to lose weight that he would take that risk?

I lost my father at a young age, and as I got older, I heard more and more about the struggles of other people to lose weight and drop body fat. This is when I decided it was my responsibility to use the knowledge I gained as a classically trained French chef and the experience I had in nutrition to help stop this epidemic.

My love of food, and appreciation for subtleties in recipes is made very clear in this book. I don't believe in making mediocre meals, life is too short not to enjoy your food! I also have a wife and three boys, so I fully understand the need for speed when it comes to serving dinner, and the unlikely chance of getting a delicate soufflé to rise when it's football season.

I'm not perfect, I have cheat days. What I do, I do because I want my boys to grow up with a father who's happy and healthy. Seasons is for everyone, because everyone deserves a long and healthy life.

Enjoy in good health!

Chef Binks





Seasons

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