



Holiday

COOKBOOK



Happy Holidays from Medical Weight Loss Clinic

Here at Medical Weight Loss Clinic, we believe you should be able to savor the delectable dishes you want without hindering your weight loss goals.

The holiday season is packed with parties and festivities. It's not only a time for gathering with our friends and family, but it's also a time for eating!

We have developed healthier versions of holiday recipes to help you stay on track while participating in all that the holidays have to offer. These delicious and nutritious recipes will be sure to help you keep your waistline and tastebuds happy throughout the season!

For additional recipes with and without nutritional supplements, please visit

[mwlc.com/recipes](https://www.mwlc.com/recipes)





APPETIZERS





Strawberry Shrimp Ceviche Cocktail



Makes 1-2 servings

Ingredients:

1/3 cup Strawberries, stemmed and quartered
1 serving Shrimp, cooked, peeled, and deveined
¼ medium Red Onion, diced
½ Tbsp Jalapeno, diced and seeded
½ medium Cucumber, peeled, seeded, and diced
½ Avocado, cubed
1 Tbsp Cilantro, chopped

Dressing:

1/3 cup Strawberries, stemmed and chopped	½ tsp. Honey
½ small Tomato, diced	¼ Lime, juiced
1 tsp. White Wine Vinegar	1/8 tsp. Worcestershire Sauce
	Dash of Salt and ground Black Pepper

Preparation:

Pulse dressing ingredients in a blender or food processor until smooth.

In a large bowl, combine shrimp, onion, jalapeno, cucumber, avocado, and dressing.

Cover and refrigerate for 30 minutes. Gently combine cilantro and strawberries prior to serving.



Spicy Tuna Bites



Makes 12 servings

Ingredients:

- ½ lb Tuna (Sushi grade)
- 1 Tbsp Green Onion
- ¼ cup Non-Fat Plain Greek Yogurt
- 1 ½ tsp. Sriracha Sauce
- ¼ tsp Garlic Powder
- Salt, to taste
- 1 Cucumber
- 1 Nori Seaweed

Preparation:

Slice cucumbers into ¼ inch thick rounds. Mix tuna, green onion, yogurt, sriracha, garlic powder, and salt until combined. Add a spoonful on top of a cucumber slice.

Garnish with seaweed and serve.



Healthy Deviled Eggs

Makes 24 eggs; 1 serving size = 2 halves

Ingredients:

12 large Eggs, hard boiled
¼ cup Cottage Cheese, Low-Fat 1%
1 Tbsp Dijon Mustard
Salt and Black Pepper, to taste
Fresh Dill or Chives (garnish)

Preparation:

Place eggs in a large pot and cover with water. Bring water to a boil and continue boiling for 15 minutes.

Drain boiling water and run cold water over eggs. Cool for 30 minutes. Peel eggs and cut in half lengthwise.

Remove yolks and place in a small bowl, placing the whites on a serving platter. Mash the yolks with a fork and stir in the cottage cheese and mustard. Add salt and pepper to taste.

Evenly spoon the yolk mixture into the egg whites, chill, and serve.

Garnish with freshly chopped chives or dill.



BEVERAGES





Grapefruit Moscow Mule

Makes 1 serving

Ingredients:

¼ cup Grapefruit juice, fresh squeezed

¼ cup Selzter Water

¼ cup Ginger Beer

1 ½ oz. Vodka

2 tsp. juice from a fresh Lime

Preparation:

Combine ingredients and pour over ice. Garnish with slice of lime.





Cranberry Mocktail



Makes 6 servings

Ingredients:

2 cups Cranberry juice, chilled (no sugar added)
2 cups Lime Seltzer Water, chilled
Frozen Cranberries or Limes

Preparation:

Divide the cranberry juice among six champagne glasses. Top with lime seltzer water. Garnish with a few frozen cranberries or lime twist and serve.



BREAKFAST





Quick Oatmeal



Makes 1 serving

Ingredients:

1 cup Water or Fat-Free Milk
1 serving Quick Cook Oats
1 tsp. Honey or Brown Sugar
1 pinch Cinnamon

Preparation:

Stovetop: Combine water (or milk) in a small saucepan. Bring to a boil. Stir in oats and reduce heat to medium; cook for 1 minute. Remove from heat, cover, and let stand for 2 to 3 minutes.

Microwave: Combine water (or milk) and oats in a 2-cup microwave-safe bowl. Microwave on High for 1 1/2 to 2 minutes. Stir before serving.

Serve with your favorite toppings, such as milk, sweetener, cinnamon, dried fruits, and nuts.



Healthy Breakfast Egg Muffins

Makes 2 servings

Ingredients:

6 large Eggs
¼ cup Almond Milk
½ cup fresh Spinach, chopped
⅓ cup fresh Tomatoes, chopped
⅓ cup shredded Cheddar Cheese
2 Green Onions, chopped
Unflavored Non-Stick Cooking Spray
Dash of Salt and Black Pepper

Preparation:

Preheat the oven to 350 degrees F. Grease a muffin tin with unflavored non-stick cooking spray.

In a large bowl, whisk together the eggs, milk and a pinch of salt and pepper.

Stir in the spinach, tomatoes, cheese, and green onions.

Divide the mixture evenly between the 6 muffin pan cups. Bake for 20-25 minutes or until the egg muffins are set and firm in the center.

Remove the muffins from the oven and allow them to cool for 5 minutes in the pan. Use a butter knife to loosen the muffins from the cups. Serve warm.





DESSERTS





Strawberry Chocolate Greek Yogurt Bark

Makes 32 servings

Ingredients:

3 cups Plain Greek Yogurt, Low-Fat
1 tsp. Maple Syrup Extract
1 tsp. Vanilla Extract
1 ½ cups Strawberries, sliced
¼ cup Mini Chocolate Chips

Preparation:

Line a large rimmed baking sheet with parchment paper.

Stir yogurt and extracts in a medium bowl. Spread the mixture on the parchment lined baking sheet into a 10 inch by 15 inch rectangle. Spread the strawberries on top and sprinkle with chocolate chips.

Freeze until very firm, or at least 3 hours. To serve, break or cut into smaller pieces (approximately 32).





Caramelized Spiced Pears

Makes 6 servings

Ingredients:

3 Pears (ripe but firm)
1 Tbsp juice from a fresh Lemon
2 packets Brown Sugar Stevia
Unflavored Non-Stick Cooking Spray
½ tsp. Ground Cinnamon
½ tsp. Ground Ginger
¼ tsp. Ground Cloves
Pinch of Salt

Preparation:

Cut pears into ¼ inch slices and toss in a medium bowl with the lemon juice. Spray a deep skillet or Dutch oven over medium heat; stir in the pears. Reduce heat to medium-low and cook, for 10 minutes, stirring once after 5 minutes.

Combine stevia, cinnamon, ginger, cloves, and salt in a small bowl. After the pears have cooked for 10 minutes, stir the spiced mixture into the pears. Increase the heat to medium, stirring often until the pears are tender and glazed, about 4-6 minutes depending on the type of pears.

Serve warm.





PROTEIN



Chicken Shawarma

Makes 4 servings

Ingredients:

2 tsp. Olive Oil

1 small Onion, chopped

4 servings Chicken Breast,
boneless/skinless cut into strips

½ cup Fat-Free, Low-Sodium Chicken Broth

4 medium Garlic cloves, minced

1 tsp. Ground Cumin

1 tsp. Paprika

½ tsp. Ground Turmeric

½ tsp. Pepper (coarsely ground)

¼ tsp. Salt

2 cups Romaine Lettuce

1 medium Tomato, sliced

1 medium Tomato, chopped, divided use

½ medium unpeeled cucumber, sliced

½ medium unpeeled cucumber, chopped, divided use

2 Tbsp Low-Fat Feta Cheese, crumbled

2 Tbsp Italian Flat-Leaf Parsley, minced



Preparation:

Heat the oil in the pressure cooker on saute. Cook the onion for 3 minutes, or until soft, stirring frequently. Add the chicken and cook for 4 to 6 minutes, or until lightly browned, stirring frequently. Turn off the pressure cooker.

Stir in the broth, garlic, cumin, paprika, turmeric, pepper, and salt. Secure the lid. Cook on high pressure for 4 minutes. Quickly release the pressure.

Arrange as follows on a platter: romaine lettuce, sliced tomato, and sliced cucumber. Using a slotted spoon, place the chicken on the cucumbers. Top with the remaining chopped cucumber and chopped tomato. Sprinkle with feta and parsley.

Fish Tacos

Makes 4 servings; 1 serving = 2 tacos

Ingredients:

Fish

4 servings of skinless firm white fish
such as Cod, Snapper, or Mahi Mahi

½ tsp. Cumin

½ tsp. Salt

¾ tsp. Lime Chili Seasoning
(such as Tajin Classic)

Sauce

¼ cup Fat-Free Greek Yogurt
1 Tbsp juice from a fresh Lime
¾ tsp. Lime Chili Seasoning
(such as Tajin Classic)

Slaw

¼ cup Cilantro, chopped
1 cup White Cabbage, sliced
1 cup Red Cabbage, sliced
¼ cup Carrots, shredded



3 Tbsp Light Mayo
1-2 Tbsp Water (if needed)

1 Tbsp Olive Oil
1 Tbsp juice from a fresh Lime
Dash of Salt
8 Tortillas
Lime wedges for serving

Preparation:

Pre-heat a skillet and spray with olive oil. Season the fish with salt, cumin and Tajin, then cook each side 4-5 minutes until each side is just opaque and charred. Break up the fish into large pieces.

Combine the ingredients for the sauce in a small bowl and refrigerate until ready to serve. Combine slaw ingredients and refrigerate.

Char the tortillas over an open flame about 30 seconds on each side.

Assemble tacos by placing slaw on the bottom of each tortilla, then fish and a drizzle of sauce. Serve with lime wedges.

Zucchini Lasagna Roll Ups

Makes 6 servings

Ingredients:

- 1 Zucchini, sliced lengthwise into 1/8 thick strips
- 1 serving Ground Pork Sausage, casing removed
- Dash of Salt and freshly Ground Black Pepper
- 1 serving Part-Skim Ricotta Cheese
- ¼ cup freshly grated Parmesan
- 1-2 Tbsp fresh Basil leaves
- 1 clove Garlic, minced
- 1 cup Marinara Sauce, divided
- ½ cup shredded Mozzarella, divided



Preparation:

Line a baking sheet with paper towels. Lay zucchini slices flat in a single layer onto the prepared baking sheet. Sprinkle each side with dash of salt; let stand 15 minutes.

Spray a large skillet with unflavored non-stick cooking spray and over, cook Italian sausage until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.

In a medium bowl, combine sausage, ricotta, Parmesan, basil and garlic; season with salt and pepper, to taste.

Preheat oven to 400 degrees F.

Spread 1/2 cup marinara sauce onto the bottom of a 10-inch oven-proof skillet; set aside. Spread 1 tablespoon ricotta mixture evenly along each zucchini slice; sprinkle with 1 tablespoon mozzarella cheese. Roll up and place in the prepared skillet; repeat with remaining zucchini slices and filling. Top with remaining 1/2 cup marinara sauce and sprinkle with remaining ½ cup mozzarella.

Place into oven and bake for 25-30 minutes, or until lasagna rolls are heated through and the cheese is beginning to brown. Serve immediately.



Scallops and Cherry Tomatoes

Makes 1 serving

Ingredients:

1 serving Scallops
1 Tbsp Olive Oil
5 small Cherry Tomatoes
1 clove Garlic, minced
½ cup Low-Sodium Vegetable Broth
Splash of dry White Wine
Dash of fresh ground Black Pepper
1 Tbsp Parsley, chopped

Preparation:

Pat scallops dry. Heat oil in a cast-iron skillet over medium high heat. Add the scallops and cook, flipping once until browned on both sides (about 5 minutes total). Transfer to a plate and tent with foil to keep warm.

Add tomatoes, garlic and pepper to the pan and cook, stirring once, until browned on one side and starting to burst. Add wine and broth, stirring and scraping up any bits in the pan until the liquid is reduced by half. Serve sauce over scallops and garnish with parsley.





SALADS





Arugula Berry Salad



Makes 1 serving

Ingredients:

1 cup Baby Arugula

1 serving Crumbled Goat Cheese

2/3 cup Blueberries and Strawberries (sliced)

1 serving Balsamic Glaze or Vinegar

Preparation:

Place arugula in a salad bowl. Top with sliced strawberries, whole blueberries and crumbled goat cheese.

Drizzle balsamic glaze or vinegar on top and serve.



Cucumber and Tomato Salad

Makes 1 serving

Ingredients:

½ medium Cucumber

1 small Tomato

¼ medium Red Onion

Drizzle of Red Wine Vinegar and Olive Oil

Salt and Pepper to taste

Preparation:

Combine all ingredients in a bowl and serve.





Fruit Salad with Lemon-Mint Yogurt Dressing

Makes 6 servings

Ingredients:

- ½ cup Fat-Free Vanilla Yogurt
- 1 Tbsp fresh Mint, chopped
- 1 tsp. Honey
- ½ tsp. grated Lemon zest
- 1 Tbsp juice from a fresh Lemon
- ½ cup Cantaloupe
- ½ cup Blackberries
- ½ cup Raspberries
- ½ cup fresh Pineapple chunks
- 4 sprigs fresh Mint (optional)

Preparation:

In a small bowl, whisk together the dressing ingredients.

In a medium bowl, gently stir together the salad ingredients except the mint, being careful to not crush the berries. Spoon onto small dishes and drizzle with dressing.

Garnish with mint.





SALAD DRESSING





Dijon Salad Dressing



Serves 6

Ingredients:

2 Tbsp Dijon Mustard

¼ cup Olive Oil

1/3 cup Rice Vinegar (unseasoned/unsalted)

1 packet Splenda Brown Sugar

1 tsp. Dash Herb Seasoning Blend

Preparation:

Combine ingredients in a jar or small dish and stir until mixed.

Chill until ready to serve. Refrigerate dressing for up to 2 weeks.



Creamy Caesar Dressing

Serves 6

Ingredients:

- ¼ cup Fat-Free Buttermilk
- 2 Tbsp Fat-Free Mayonnaise
- ½ Tbsp Dijon Mustard
- ½ tsp. Garlic, minced
- ¼ tsp. Anchovy Paste
- ¼ tsp. Black Pepper
- ¼ tsp. Salt

Preparation:

Add all ingredients to a small bowl and whisk.

Refrigerate any leftovers.





SOUPS





Low-Fat Cream of Pumpkin Soup



Makes 6 servings

Ingredients:

- 1 Tbsp Olive Oil
- 1 small yellow Onion, finely chopped
- 2 cloves Garlic
- 1 Tbsp Curry Powder
- 1 tsp. Cumin
- 3 cups Fat-Free, Low-Sodium Chicken Broth
- 1 15-oz can Pumpkin
- 1 12-oz can Evaporated Fat-Free Milk
- Ground Black Pepper, to taste

Preparation:

Heat oil in a large saucepan and over a medium heat. Add onion and garlic, cooking until softened. Stir in curry powder and cumin, cooking for 1 minute. Add chicken broth and pumpkin.

Reduce heat to low and simmer for 20 minutes. Add evaporated fat-free milk and cook for 2 minutes.

Transfer soup to a blender and blend until smooth.



Turkey and Lentil Soup



Makes 4-6 servings

Ingredients:

2 tsp. Olive Oil
1 large Onion, finely chopped
2 medium Carrots, diced
1 large stalk Celery, sliced
4 oz. Cremini Mushrooms, sliced
1 Tbsp Curry Powder
1 cup Green Lentils, rinsed
4 cups Fat-Free, Low-Sodium Chicken Broth
1 14-oz can Petite Diced Tomatoes
1 ½ cups cooked and cubed White Meat Turkey
Ground Black Pepper, to taste

Preparation:

Heat oil in a large Dutch oven or soup pot. Add onion, carrots, celery, and mushrooms and sautee until softened. Stir in curry powder and cook for 1 minute. Add lentils, followed by chicken broth and tomatoes.

Bring the soup to a boil, then cover and simmer for 25 minutes or until the lentils are cooked.

Stir in the turkey and simmer for 2-3 more minutes. Serve and enjoy!