

Dinner LITE 500 Menu

LOW Calories, BIG Flavor!

LITE Meat Entree

Balsamic Strawberry Marinated Pork Tenderloin - LITE 300

A delicious lean cut of pork tenderloin expertly marinated with strawberries and fine balsamic, pan seared and roasted in the oven until done. Finished with a pan glaze reduction with fresh thyme.

Per Serving (excluding unknown items): 300 Calories; 9g Fat (27.9% calories from fat); 37g Protein; 17g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 2524mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Fat.

Fennel Orange Rubbed Flank Steak - LITE 331

Zesty orange and fennel blended with earthy spices bring out the most flavor from this dish. Flank is rubbed, seared and finished in the oven and served with a pan orange butter sauce.

Per Serving (excluding unknown items): 331 Calories; 19g Fat (51.7% calories from fat); 24g Protein; 16g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 3312mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 2 Fat.

Ginger Marinated Pork Tenderloin - LITE 253

Tenderloin is marinated in a flavorful blend of soy sauce, ginger, orange juice and garlic. Pan seared or grilled and then roasted with a ginger glaze made from a pan reduction.

Per Serving (excluding unknown items): 253 Calories; 8g Fat (33.0% calories from fat); 31g Protein; 7g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 1101mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Herb Crusted Filet of Beef w/ caramelized onions - LITE 392

Sweet caramelized balsamic flavored onions top these herb crusted 4 oz petit filets that are oven roasted to perfection.

Per Serving (excluding unknown items): 392 Calories; 29g Fat (66.0% calories from fat); 23g Protein; 11g Carbohydrate; 2g Dietary Fiber; 81mg Cholesterol; 485mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Herb Rubbed Steaks with Olives Provencale - LITE 319

NY strip steaks are delicately seasoned, pan roasted and finished with a light tomato sauce garnished with kalamata olives.

Per Serving (excluding unknown items): 319 Calories; 21g Fat (63.7% calories from fat); 22g Protein; 5g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 366mg Sodium. Exchanges: 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.

Pork and Peppers Stir Fry - 294

A light asian inspired stir fry dish made with tender strips of pork expertly stir fired with crisp tender onions and peppers then dressed in a wonderful soy sauce blend.

Per Serving (excluding unknown items): 294 Calories; 10g Fat (30.6% calories from fat); 39g Protein; 11g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 870mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Thai Style Pork Tenderloin - LITE 280

A sweet and earthy blend of thai inspired seasonings marinade this tender tenderloin which is then braised in the oven. Garnished with fresh scallions

Per Serving (excluding unknown items): 280 Calories; 7g Fat (23.7% calories from fat); 26g Protein; 28g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 2118mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 1 1/2 Other Carbohydrates.

Walnut Crusted Center Cut Pork Chop - 363

Center cut loin chops are top pressed with walnuts flavored with worcestershire sauce and fresh sage. Pan roasted, finished with a light pan sauce and topped with crisp bacon

Per Serving (excluding unknown items): 363 Calories; 26g Fat (63.7% calories from fat); 30g Protein; 3g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 419mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

LITE Poultry Entree

Beer Infused Chicken – LITE 343

Expertly braised chicken infused with beer, gin, fresh thyme and other delicious flavors. Served in a creamy sauce made from natural juices and fresh herbs.

Per Serving (excluding unknown items): 227 Calories; 9g Fat (38.1% calories from fat); 6g Protein; 27g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 3224mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Chicken Bombay – LITE 268

A dinner favorite inspired by Indian spices and blends. Chicken is carefully cooked and tenderly encased in a light and delightful curry sauce. Garnished with almonds, tomato and fresh parsley.

Per Serving (excluding unknown items): 268 Calories; 6g Fat (19.0% calories from fat); 34g Protein; 19g Carbohydrate; 3g Dietary Fiber; 79mg Cholesterol; 381mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 1/2 Fat.

Chicken in Greek Style Cream Sauce with Grapes – 371

Chicken cutlets are pan roasted with red grapes, onion mint and thyme. Draped in a sauce made with velvety goat cheese, balsamic vinegar and toasted pine nuts. A delightful combination we think you'll love.

Per Serving (excluding unknown items): 371 Calories; 17g Fat (41.9% calories from fat); 39g Protein; 15g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 832mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Chicken Teriyaki Stir Fry – LITE 306

Thinly sliced white chicken breast marinated in traditional asian flavors, stir fried with peppers, mushrooms, carrots and snow peas. Finished with a sweet and robust sauce.

Per Serving (excluding unknown items): 306 Calories; 2g Fat (5.5% calories from fat); 32g Protein; 34g Carbohydrate; 5g Dietary Fiber; 53mg Cholesterol; 8309mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 5 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Chili Spiced Turkey with Roasted Corn salsa – LITE 256

Turkey cutlets are seasoned with traditional southwestern spices. Sauteed and finished in the oven and served with a refreshing salsa made with corn, green bell peppers, red onion and lime juice. A taste of the southwest right in your home.

Per Serving (excluding unknown items): 256 Calories; 6g Fat (21.4% calories from fat); 38g Protein; 13g Carbohydrate; 2g Dietary Fiber; 96mg Cholesterol; 359mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Creamy Coconut Chicken – LITE 293

Tenderloin chicken is seasoned, seared in a skillet and finished in a creamy coconut based sauce made with garlic, ginger, lemon zest, macadamain nuts, cilantro and more. A seductive and low cal dish for any night!

Per Serving (excluding unknown items): 293 Calories; 11g Fat (32.7% calories from fat); 40g Protein; 11g Carbohydrate; 2g Dietary Fiber; 84mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Five Spiced Chicken – LITE 220

Traditional five spices of china are used to heighten the flavors of this chicken dish. Oven roasted and served with a sweetened sherry and soy sauced concoction and high lighted with fresh scallions.

Per Serving (excluding unknown items): 220 Calories; 5g Fat (23.3% calories from fat); 32g Protein; 6g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 606mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Honey Roasted Tarragon Chicken – LITE 276

Plump chicken breast are gently marinated and then braised in a lemon and honey sauce flavored with fresh tarragon, garlic and hints of butter. A simple and tasty dish yet naturally low in calories!

Per Serving (excluding unknown items): 276 Calories; 8g Fat (25.0% calories from fat); 27g Protein; 26g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 1171mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Jalapeno Orange Chicken – LITE 341

A velvet sauce of oranges and mustard drape plump chicken breasts. A bit of a pop with fresh jalapeno and cilantro gives the dish an even brighter and fun fared twist. Try it, we think you'll love it.

Per Serving (excluding unknown items): 341 Calories; 11g Fat (31.3% calories from fat); 33g Protein; 23g Carbohydrate; 2g Dietary Fiber; 95mg Cholesterol; 313mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Pineapple Hoisin Chicken Stir Fry – LITE 407

Plump pieces of chicken are stir fried and flavored with big bold flavors. Tossed with fresh vegetables, pineapples and served with whole wheat noodles and scallions.

Per Serving (excluding unknown items): 407 Calories; 7g Fat (14.4% calories from fat); 31g Protein; 56g Carbohydrate; 8g Dietary Fiber; 53mg Cholesterol; 859mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Velvet Chicken Stir Fry with Mushrooms and Spinach – LITE 314

A delicate stir fry made with premium chicken tenders, shitake mushrooms, red peppers, onions and garlic. Dressed in a zesty soy and citrus blend.

Per Serving (excluding unknown items): 314 Calories; 5g Fat (16.0% calories from fat); 46g Protein; 19g Carbohydrate; 4g Dietary Fiber; 84mg Cholesterol; 1425mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

LITE Seafood Entree

Baked Cod with Cranberry Panko Topping – LITE 319

A zesty crumb topping makes this cod dish a sensation. Oven roasted to perfection making it a New England favorite.

Per Serving (excluding unknown items): 319 Calories; 9g Fat (27.2% calories from fat); 34g Protein; 23g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 327mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Broiled Miso Cod – LITE 323

Broiled cod glazed with a zesty and tasty glaze made with miso, brown sugar, soy sauce and more. A delightful way to enjoy Cod.

Per Serving (excluding unknown items): 323 Calories; 10g Fat (28.1% calories from fat); 35g Protein; 23g Carbohydrate; 2g

Dietary Fiber; 73mg Cholesterol; 1866mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Broiled Salmon with Miso Glaze - LITE 249

Broiled Atlantic Salmon draped in a sweet miso glaze made with soy sauce, ginger, miso, rice wine and other japanese influenced ingredients. Served with fresh cilantro.

Per Serving (excluding unknown items): 249 Calories; 8g Fat (29.3% calories from fat); 36g Protein; 5g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 683mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1/2 Fat.

Citrus Soy Pan Glazed Swordfish - LITE 266

Plump swordfish steak expertly marinated and oven roasted in a sweet and zesty soy based sauce. Topped with fresh scallions. A Dinner Maker classic.

Per Serving (excluding unknown items): 266 Calories; 8g Fat (29.5% calories from fat); 35g Protein; 8g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 760mg Sodium. Exchanges: 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Cod with Tomato, Orange, and Dill - LITE 277

A play on mediterranean flavors where tomato and oranges are the notes used to bring this Cod dish to life. Oven roasted and served with fresh dill.

Per Serving (excluding unknown items): 277 Calories; 9g Fat (27.4% calories from fat); 33g Protein; 18g Carbohydrate; 5g Dietary Fiber; 73mg Cholesterol; 398mg Sodium. Exchanges: 4 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Ginger Salmon with Light Peach Chutney - 295

A wonderful tangy and vibrant sauce made with peaches, onions and chutney spices seduce this Salmon dish. Fresh thyme rounds out the flavors and can be enjoyed any night of the week.

Per Serving (excluding unknown items): 295 Calories; 10g Fat (29.6% calories from fat); 35g Protein; 16g Carbohydrate; 3g Dietary Fiber; 89mg Cholesterol; 118mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Grilled Swordfish with Mango-and-Pepper Barbecue Sauce - LITE 317

Pan Roasted Swordfish steaks are then topped and glazed with a fresh mango and roasted red pepper puree with BBQ sauce flavors. Simply delightful.

Per Serving (excluding unknown items): 317 Calories; 10g Fat (29.8% calories from fat); 35g Protein; 21g Carbohydrate; 2g Dietary Fiber; 66mg Cholesterol; 293mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Lemon Paprika Laced Tilapia - LITE 193

Oven baked Tilapia that is rubbed with a lemon and paprika spread and seasoned delicately. Simple and tasty.

Per Serving (excluding unknown items): 193 Calories; 5g Fat (25.5% calories from fat); 33g Protein; 3g Carbohydrate; 1g Dietary Fiber; 92mg Cholesterol; 442mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Maple thyme Glazed Salmon - LITE 267

A classic Dinner Maker menu item made low calorie. Pan seared salmon is draped in a sauce made with maple syrup and mustard with hints of fresh thyme. Try it, you'll love it!

Per Serving (excluding unknown items): 267 Calories; 7g Fat (23.4% calories from fat); 35g Protein; 15g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 373mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Fat; 1 Other Carbohydrates.

Orange essence with a sweet blend of pineapple juice and soy sauce glazes a plump Atlantic Salmon which is roasted and served with fresh cracked black pepper.

Per Serving (excluding unknown items): 300 Calories; 8g Fat (25.3% calories from fat); 35g Protein; 20g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 683mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Poached Salmon with Cucumber Dill sauce - LITE 307

A light poached salmon dish with a delicious low cal tzatziki sauce made with fresh cucumbers, dill and greek yogurt.

Per Serving (excluding unknown items): 307 Calories; 6g Fat (25.5% calories from fat); 36g Protein; 6g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 713mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Roasted Cod Draped with Romesco Sauce - LITE 334

Perfectly roasted atlantic cod covered with a classic sweet and zesty Romesco sauce made with tomatoes, roast peppers, garlic, red wine, and more. Rustic and delicious.

Per Serving (excluding unknown items): 334 Calories; 17g Fat (44.9% calories from fat); 34g Protein; 12g Carbohydrate; 3g Dietary Fiber; 73mg Cholesterol; 681mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Romesco Dressed Shrimp Saute - 297

Classic spanish Romesco sauce made with tomatoes, nuts, bread and peppers is tossed in with tiger shrimp and served with fresh parsley.

Per Serving (excluding unknown items): 297 Calories; 12g Fat (36.2% calories from fat); 36g Protein; 10g Carbohydrate; 2g Dietary Fiber; 259mg Cholesterol; 538mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Tomato Cashew Crusted Salmon - LITE 293

A flavorful crust of tomato and cashew tops a salmon steak that is roasted just perfect and served with a little dusting of lemon zest.

Per Serving (excluding unknown items): 293 Calories; 12g Fat (36.0% calories from fat); 36g Protein; 10g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 267mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

LITE Starch side dish

Autumn Wild Rice with Vegetables - 163

Aromatic wild rice is dressed in a confetti of swiss chard, mushrooms, carrots and more. Perfect anytime and hearty during the colder seasons.

Per Serving (excluding unknown items): 163 Calories; 4g Fat (20.7% calories from fat); 6g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 106mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Braised Bulgur and Cabbage - LITE 185

A wholesome blend of tasty bulghur wheat with tender cabbage and carrots. Flavorful, hearty and nutritious.

Per Serving (excluding unknown items): 185 Calories; 4g Fat (19.2% calories from fat); 6g Protein; 33g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1094mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 1/2 Fat.

Farro Risotto with Spinach - 280

cooked in the classic risotto style, farro is expertly cooked and combined with rich spinach flavors and finished with parmesan cheese.

Per Serving (excluding unknown items): 280 Calories; 9g Fat (32.0% calories from fat); 14g Protein; 28g Carbohydrate; 5g Dietary Fiber; 8mg Cholesterol; 979mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 Fat.

Herbal Wild Rice - LITE 213

A harmonious mix of herbs including parsley, basil and cilantro heighten this wild rice dish that goes with any dish.

Per Serving (excluding unknown items): 213 Calories; 4g Fat (17.8% calories from fat); 8g Protein; 36g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2419mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.

Potato and Carrot roast with Dill - 191

Earthy and yet vibrant, the bold flavors of fresh roasted new potatoes and sweet carrots make a for a great tasting accompaniment.

Per Serving (excluding unknown items): 191 Calories; 7g Fat (29.8% calories from fat); 4g Protein; 31g Carbohydrate; 5g Dietary Fiber; 8mg Cholesterol; 73mg Sodium. Exchanges: 1 Grain(Starch); 2 Vegetable; 0 Fruit; 1 1/2 Fat.

Scallion Rice - LITE 198

Brown rice is baked in the oven pilaf style and tossed with fresh sliced scallions to make this a favorite.

Per Serving (excluding unknown items): 198 Calories; 4g Fat (16.2% calories from fat); 4g Protein; 38g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 363mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Southeast Corn Rice Pilaf - LITE 181

Per Serving (excluding unknown items): 181 Calories; 3g Fat (12.4% calories from fat); 4g Protein; 37g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 98mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.

Sweet Potato Mash - LITE 184

Per Serving (excluding unknown items): 184 Calories; 4g Fat (16.6% calories from fat); 3g Protein; 37g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 585mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Zesty Garbanzo and Green Bean saute - LITE 207

Per Serving (excluding unknown items): 207 Calories; 5g Fat (20.6% calories from fat); 7g Protein; 35g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 348mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 Fat.

LITE Veg Side dish

Asparagus and Corn with Sun Dried Tomato - 124

Sauteed shallots, fresh corn and a tasty sun dried tomato blend drape crisp tender asparagus.

Per Serving (excluding unknown items): 124 Calories; 8g Fat (43.6% calories from fat); 3g Protein; 20g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 67mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.

Autumn Wild Rice with Vegetables - 163

Aromatic wild rice is dressed in a confetti of swiss chard, mushrooms, carrots and more. Perfect anytime and hearty during the colder seasons.

Per Serving (excluding unknown items): 163 Calories; 4g Fat (20.7% calories from fat); 6g Protein; 28g Carbohydrate; 4g Dietary

Fiber; 0mg Cholesterol; 106mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Broccoli Amandine - LITE 94

Per Serving (excluding unknown items): 94 Calories; 7g Fat (56.8% calories from fat); 5g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Carrot and Rutabaga with Dill - LITE 81

Per Serving (excluding unknown items): 81 Calories; 4g Fat (38.9% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 79mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Carrot tarragon Roast with Rutabaga and asparagus - LITE 145

Per Serving (excluding unknown items): 145 Calories; 9g Fat (51.4% calories from fat); 3g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 101mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

Cauliflower Ragout w/ Tomato - LITE 95

Per Serving (excluding unknown items): 95 Calories; 6g Fat (55.2% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 18mg Cholesterol; 1310mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Nutty Summer Squash with Parmesan Cheese - LITE 117

Per Serving (excluding unknown items): 117 Calories; 10g Fat (69.9% calories from fat); 4g Protein; 5g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 156mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

Orange Ginger Green Beans - LITE 82

Per Serving (excluding unknown items): 82 Calories; 4g Fat (36.3% calories from fat); 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 1/2 Fat.

Oven Roasted Vegetables - LITE 65

Per Serving (excluding unknown items): 65 Calories; 5g Fat (60.6% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fat.

Potato and Carrot roast with Dill - 191

Earthy and yet vibrant, the bold flavors of fresh roasted new potatoes and sweet carrots make a for a great tasting accompaniment.

Per Serving (excluding unknown items): 191 Calories; 7g Fat (29.8% calories from fat); 4g Protein; 31g Carbohydrate; 5g Dietary Fiber; 8mg Cholesterol; 73mg Sodium. Exchanges: 1 Grain(Starch); 2 Vegetable; 0 Fruit; 1 1/2 Fat.

Ratatouille - LITE 128

Per Serving (excluding unknown items): 128 Calories; 7g Fat (54.9% calories from fat); 2g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1279mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1 1/2 Fat.

Saute Swiss chard with Red Onions - 120

Per Serving (excluding unknown items): 120 Calories; 7g Fat (48.5% calories from fat); 5g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 485mg Sodium. Exchanges: 2 Vegetable; 0 Fruit; 1 1/2 Fat.

Per Serving (excluding unknown items): 133 Calories; 7g Fat (47.9% calories from fat); 3g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.

Zucchini with Carrots and Onions Saute - LITE 130

Per Serving (excluding unknown items): 130 Calories; 7g Fat (46.1% calories from fat); 3g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1107mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 1 1/2 Fat.
