

Stage 3 (Soft Diet) Recipes



Open-Faced Feta Omelet

Recipe adapted from Kraft Foods at www.kraftfoods.com

2 frozen BOCA® meatless breakfast links, chopped into small pieces
½ cup torn fresh spinach leaves
¼ cup cholesterol-free egg product (like Egg Beaters®)
1 Tbsp. Athenos® Crumbled Reduced Fat Feta Cheese
1 Tbsp. finely chopped tomatoes
Dash freshly ground black pepper

Spray a small nonstick skillet with cooking spray. Add link pieces; cook and stir on medium heat 5 minutes, adding spinach the last minute. Stir in egg product, cover. Cook on medium-low 2-3 minutes or until egg product is set. Sprinkle with cheese. Remove from heat; let stand, covered, 2 minutes or until cheese is melted. After removing omelet, cook tomatoes until soft and place on top of omelet along with dash of pepper.

Makes 2 servings (consume ½ of omelet). Per 1 serving: Calories: 75, Total Fat: 3.5g, Carbohydrate: 3.5g, Fiber: 1.5g, Protein: 9g

Souper-Easy Mexican Bean Soup

Recipe courtesy of www.lapband.com

1 onion, chopped
2 cloves garlic
1 (16 ounce) can kidney beans, drained
1 (16 ounce) can pinto beans, drained
1 (16 ounce) can fat-free refried beans
1 (14.5 ounce) can Mexican style stewed tomatoes or diced tomatoes (do not drain)

Spray bottom of large saucepan with non-stick cooking spray. Sauté onion and garlic for 3-5 minutes. Add the rest of the ingredients, stirring until combined. If soup needs to be thinned out, stir in a little vegetable broth, chicken broth or water. Serve when hot! Remember to chew thoroughly before swallowing!

Serving size ½ cup. Recipe makes 12 servings. Per 1 serving: Calories: 120, Total Fat: 0, Carbohydrate: 22g, Fiber: 8g, Protein: 7g



Family Night Meatloaf

Recipe courtesy of www.lapband.com

1 ½ pounds lean ground beef
1 egg plus 1 egg white, beaten together
2/3 cup quick-cooking oats
2 Tablespoons Worcestershire sauce
2 Tablespoons tomato paste
1 (14.5 ounce) can petite diced tomatoes, drained well
¼ teaspoon dried thyme
1/8 teaspoon ground allspice
1 teaspoon kosher salt
½ teaspoon fresh ground black pepper
½ small sweet onion
2 cloves garlic

Sauce for topping:

1 cup ketchup
3 Tablespoons red wine vinegar or cider vinegar
3 Tablespoons Splenda®

Heat oven to 350°F. In a small bowl, whisk ketchup, vinegar and Splenda® together. Set aside. In a large bowl, add ground beef, beaten eggs, oats, Worcestershire sauce, tomato paste, canned tomatoes, thyme, allspice, salt and pepper. Grate in the onion and garlic. (This will produce a smooth onion and garlic pulp!). Using VERY clean hands (or gloves), work all the ingredients together just until well combined. Try not to over mix. Shape into a meatloaf rectangle and place into a 9x13 inch pan lightly coated with cooking spray. Bake for 30 minutes, pour sauce over the top of the meatloaf, and bake 30 more minutes. Let rest for five minutes. Serve hot.

Recipe makes 8 servings. Per 1 serving: Calories: 170, Total Fat: 4.5g, Carbohydrate: 12g, Fiber: 7g, Protein: 19g

Tuna Salad

Recipe adapted from the *Bariatric Innovations Cookbook* by Dawn Boxell, RD

1 – 9 ounce can tuna, drained
¼ cup part-skim ricotta cheese
2 Tablespoons light mayonnaise
2 Tablespoons red wine vinegar
1 Tablespoon MT. Olive no-sugar added sweet pickle relish
2 cloves garlic, finely chopped
½ tsp. salt
¼ tsp. pepper

Combine all ingredients and mix well. Eat alone or with whole grain crackers (crackers not included in nutrient analysis).

Recipe makes 4 (1/2 cup) servings. Per 1 serving: Calories: 120, Total Fat: 3g, Carbohydrate: 5g, Fiber: 1g, Protein: 19g

FYI: This recipe originally called for 2 green onions (chopped) and 1 cup cucumbers (peeled & chopped). When you transition to Stage 4, you may add those items back in.



Mini Turkey Meatballs

Recipe courtesy of the American Diabetes Association at www.diabetes.org

1 lb. ground turkey breast (look for extra lean ground turkey)
2 large eggs
½ cup bread crumbs or ½ cup dry oats
¼ cup grated Parmesan cheese
¼ cup onions, finely diced
1 Tbsp. minced parsley
½ tsp. black pepper
Cooking spray

Combine all ingredients and mix by hand. Do not over mix. Shape into small fork-sized balls. Heat a skillet and spray with cooking spray. Cook mini meatballs until browned and done (an internal temperature of 160°F).

Recipe makes 6 servings. Per 1 serving: Calories: 140, Total Fat: 3.5g, Carbohydrate: 8g, Fiber: 1g, Protein: 18g

