

Calorie- and Protein-Rich Recipes

Sunny Orange Shake

¾ cup	vanilla-flavoured yogurt	175 mL
2 Tbsp	skim milk powder	30 mL
½ cup	orange juice	125 mL

In a blender, combine yogurt, skim milk powder and orange juice. Blend until smooth.
Serves 1. Makes 1 ¼ cups (300 mL).

Per Serving: Calories 262 Carbohydrate 50.8 g Protein 10.8 g Fat 1.9 g
Great Food Fast – Dietitians of Canada 2000

Baked Chicken and Potato Dinner

4	skinless bone-in chicken breasts	4
2	medium unpeeled russet potatoes, cut into 1-inch (2.5 cm) cubes	2
1 cup	green and/or red bell peppers, cut into 1-inch (2.5 cm) cubes	250 mL
1	medium onion, cut into 8 pieces	1
2 Tbsp	olive oil	30 mL
1 tsp	garlic powder	5 mL
1 tsp	Hungarian paprika	5 mL
¼ cup	grated Parmesan cheese	50 mL

Pat chicken breast dry with paper towel. Place one breast in each corner of the baking dish. Put potatoes, pepper and onion in center of dish. Drizzle olive oil over chicken and vegetables; sprinkle with garlic powder, paprika and cheese.

Bake in preheated 200°C (400°F) oven, stirring vegetables once halfway through cooking time, for 40 to 50 minutes or until juices run clear when chicken is pierced with a fork and vegetables are tender.
Serves 4.

Per Serving: Calories 285 Carbohydrate 33.4 g Protein 37.8 g Fat 11.0 g
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Trail Mix

½ cup	sunflower seeds	125 mL
½ cup	pumpkin seeds	125 mL
1 cup	raisins	250 mL
¾ cup	whole peanuts	175 mL
¾ cup	shredded coconut, toasted	175 mL
¾ cup	chocolate chips	175 mL

Mix all ingredients together. Store in a tightly covered container. Eat plain or serve over ice cream or frozen yogurt. Makes 4 cups (eight-1/2 cup servings).

Try substituting your favorite nuts: walnuts, cashews, almonds, brazil or pine nuts. Try adding your favorite chopped dried fruit.

Per Serving: Calories 336 Carbohydrate 26.9 g Protein 8.4 g Fat 17.9 g

Notes



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