

Lasagna Stuffed Peppers

DIRECTIONS

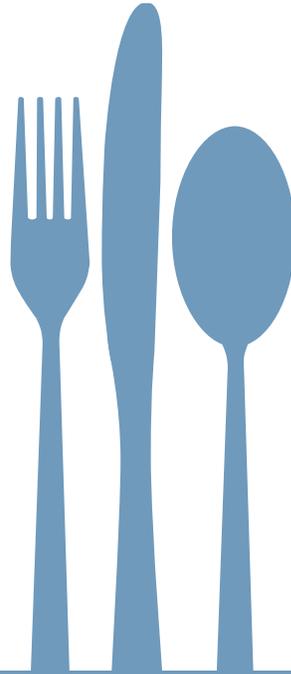
1. Preheat oven to 400 degrees. Line a baking sheet with aluminum foil.
2. Slice bell peppers in half lengthwise and remove inside. Place halves on baking sheet and bake for 20 minutes.
3. Mix seasoning into sauce.
4. Remove peppers and fill with 1/4 cup sauce in each. Spoon 2 tbsp. ricotta cheese on top and another 1 tbsp. sauce. Top with 2 tbsp. mozzarella cheese on each. Sprinkle all with Parmesan cheese.
5. Bake for another 15 minutes.



**8 grams carbohydrates
per pepper slice**

INGREDIENTS

- 1 red, orange, yellow, and green bell pepper
- 2.5 cups tomato sauce
- 1 cup ricotta cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 tbsp. Italian seasoning



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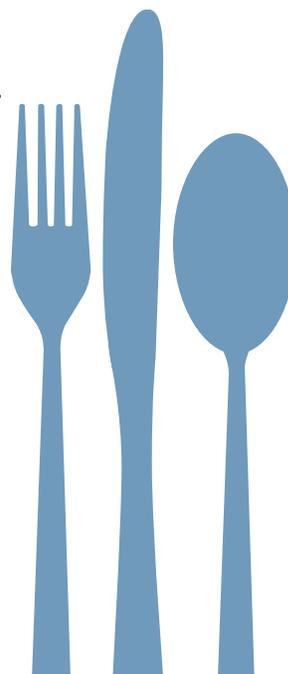
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Cauliflower Fried Rice

DIRECTIONS

1. Add the carrots, onion and garlic to a large pan with oil. Cook until soft.
2. Pulse cauliflower florets through a food processor until fine texture, add to vegetables.
3. Scramble eggs and chop into pieces, add to pan.
4. Add soy sauce and black pepper.



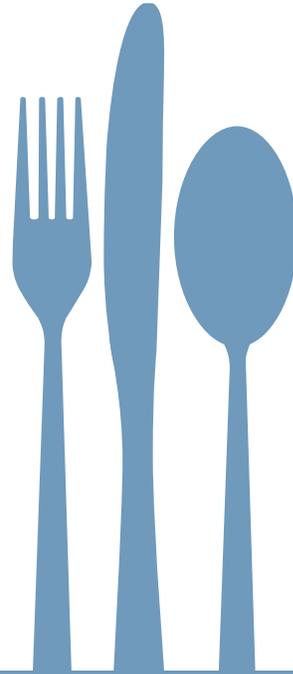
CABARRUS
HEALTH
ALLIANCE

5 grams

carbohydrates per cup

INGREDIENTS

- 1 onion, chopped
- 2 carrots, chopped
- 2 cloves minced garlic
- Cauliflower head
- 2 eggs
- 3 tbsp. low-sodium soy sauce
- 1 tbsp. sesame oil
- Black pepper to taste



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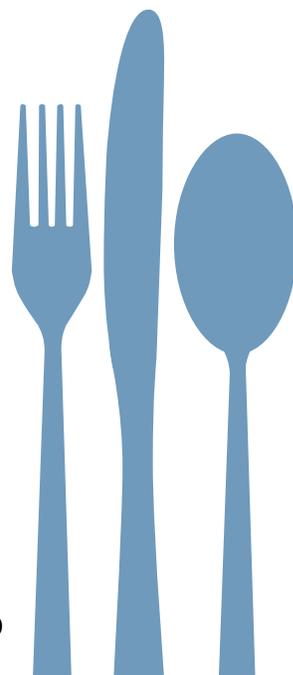
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- Black pepper to taste



Spaghetti Squash Caprese

DIRECTIONS

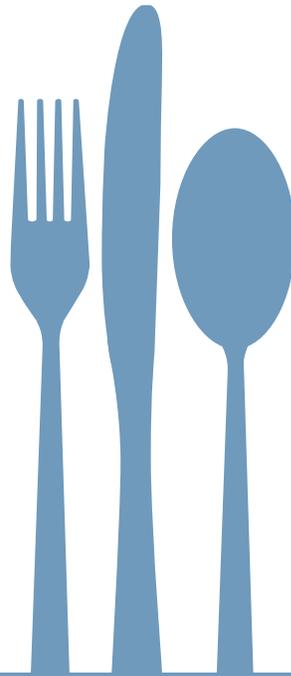
1. Preheat oven to 375 degrees.
2. Drizzle each half of spaghetti squash with olive oil and place cut side down on baking sheet. Bake for 40 minutes or until tender.
3. Shred the squash into “spaghetti” with a fork.
4. Heat a large skillet, add olive oil and garlic. Add in tomatoes. Toss in the spaghetti squash.
5. Turn off heat and add in mozzarella and basil.



CABARRUS
HEALTH
ALLIANCE

8 grams

carbohydrates per cup



INGREDIENTS

- 1 medium spaghetti squash, seeds removed cut in half
- 2 Tbsp. olive oil
- 2 cloves minced garlic
- 1 pint grape tomatoes, halved
- Fresh mozzarella balls
- Fresh basil, sliced

Spaghetti Squash Caprese

DIRECTIONS

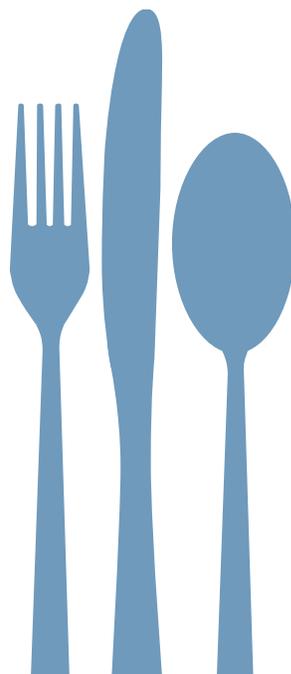
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HEALTH
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- 2 cloves minced garlic
- 1 pint grape tomatoes, halved
- Fresh mozzarella balls
- Fresh basil, sliced

Pumpkin Chili

DIRECTIONS

1. In a large pot cook onion and garlic.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce and simmer for 20 minutes.

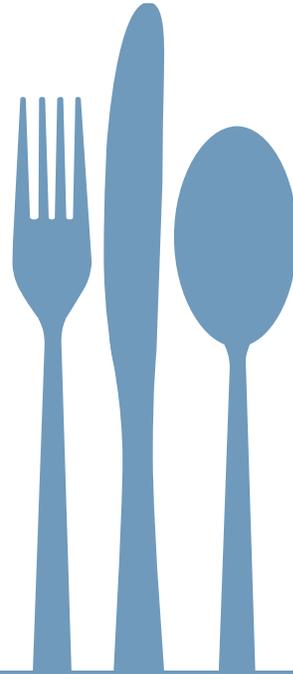
15 grams
carbohydrates
per cup



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 4 cloves minced garlic
- 1 cup pumpkin puree
- 1 cup canned tomatoes
- 1 cup vegetable stock
- 1 can black beans
- 1 can garbanzo beans
- 1 Tbsp. cumin
- 2 Tbsp. chili powder



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