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ACTION

FAOD FAMILY COOKBOOK

**INTERNATIONAL METABOLIC
CONFERENCE
2025**

FAOD FAMILY COOKBOOK INDEX

Breakfast

- Christopher's Pumpkin Muffins
- Pumpkin Chocolate Chip Muffins
- French Toast
- Egg Scramble Muffins
- Banana Bread Mug Cake with Blueberries
- Braylee's Turkey Breakfast Sausage
- Braylee's Cinnamon Rolls
- Applesauce Sticky Buns

Main Dishes

- Chicken Fajitas
- Southwestern Corn & Potato Soup
- Pasta Bake
- Tortilla Soup
- Tangy Italian Spaghetti
- Chicken Casserole
- Pizza
- Turkey Paprikash
- Tortellini en Brodo
- SOS Mix
- SOS Lasagna Skillet
- SOS Cheeseburger Skillet
- SOS Hamburger Stroganoff Skillet
- SOS Mexican Chicken and Rice
- Braylee's Tender Breaded Turkey Cutlets



FAOD FAMILY COOKBOOK INDEX

Main Dishes Cont.

- Pasta Salad
- Lemony Lentil Soup
- Tomato Chicken
- Magical White Bean Soup
- One Pot Stroganoff

Sides

- Pineapple Stuffing
- Canaan's Tuna & Mac n' Cheese Casserole
- Cauliflower Hummus
- Turkey Meatballs
- Nacho Cheez Sauce
- Veggie Mac

Snacks/Desserts

- Homemade Soft Pretzels
- Amazing Chocolate Cake
- "Blue Ribbon" Zucchini Bread
- Holiday Poke Cake
- Rice and Sultanas
- Potato Fruit Loaf
- Strawberry Honey Sorbet
- Faux Cheesecake
- Braylee's Sugar Cutouts
- Chocolate Peanut-Butter Rice Crispies
- Angel Food Cake
- Braylee's Banana Bread
- Braylee's Cake Donuts



Christopher's Pumpkin Muffins

BREAKFAST

Ingredients

- 2 c. flour (1 cup white; 1 cup whole wheat pastry flour) (3.4 g LCT)
- 1/2 c. sugar (1/4 cup sugar in the raw; 1/4 cup brown and white mixed)
- 3 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. ground cloves
- 1 c. canned pumpkin (0.7g LCT)
- 1/2 c. skim milk
- 2 egg whites(0.2g LCT)
- 1/2 c. mashed bananas (0.3g LCT)
- 1/2 c. raisins (0.4g LCT)



Directions

1. Preheat oven to 350°F
2. Sift dry ingredients into large bowl.
3. In a medium bowl stir pumpkin, milk, egg whites and mashed bananas until well blended.
4. Add wet ingredients to dry ingredients all at once. Stir slowly, until dry ingredients are dampened. Do not over stir.
5. Stir raisins in with only a few strokes.
6. Prepare muffin tin with cooking spray. If using muffins cups, spray these with non-stick spray as well, as these muffins can stick to the cups.
7. Fill cups 2/3 full. Bake 20-25 minutes. Then cool on wire rack.

Notes

*For the sugar I like to use the combination of different kinds of sugar because it provides the muffins with a more robust flavor, but you can just use white sugar if that is all you have available. A dash of honey can be good too!

*Freshly ground cloves with a mortar and pestle adds an extra burst of flavor!

*Total recipe has 5 g LCT. If you make 12 muffins each will have approximately 0.41g LCT.

Submitted by Stephanie Harry, LCHAD mom

Pumpkin Chocolate Chip Muffins

BREAKFAST

Ingredients

Base

- 1 (15oz) can puree pumpkin
- 1 box yellow cake mix
- 6oz. mini chocolate chips

Directions

1. Mix pumpkin and cake mix until well combined.
2. Stir in chocolate chips.
3. Scoop evenly into greased muffin pan.
4. Bake at 350 degrees F for 16-18 minutes, or until toothpick inserted in center comes out clean.
5. Makes 15-18 muffins

Notes

Depending on ingredients could be as low as 4g per muffin



Submitted by Max, age 9, VLCAD

French Toast

BREAKFAST

Ingredients

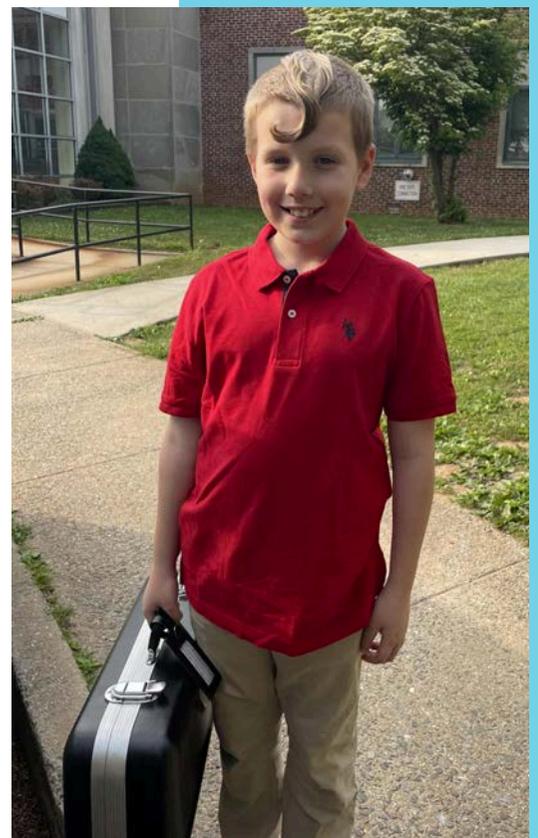
- Texas Toast bread
- Egg beaters or Egg Whites
- Cinnamon
- Sugar

Directions

1. Mix Eggs with Cinnamon in bowl
2. Dunk bread into mixture
3. Cook in pan - medium heat - few minutes each side

Notes

- To make french toast sticks slice prior to dunking in mixture
- Can make ahead and freeze



Hunter, LCHAD, Age 10

Submitted by LCHAD Mom, Christy Abrams

Egg Scramble Muffins

BREAKFAST

Ingredients

- 2 cups frozen diced potatoes
- 8 Egg whites
- 1 cup finely chopped broccoli
- 3/4 cup fat free cheddar cheese
- 3 Low-fat sausage patties
- 1/3 cup fat free milk

Directions

1. Preheat oven to 350 degrees
2. Cook sausage in skillet with 1 tbsp MCT oil- remove and roughly chop
3. Add diced potatoes to the skillet and cook until slightly browned- season to taste
4. Add broccoli and cook for 3-5 mins.
5. Scramble egg whites with fat free milk- season with salt and pepper- set aside
6. In a muffin pan, layer your potato and broccoli mixture, sausage and egg whites and top with cheese
7. Bake for 20-30 minutes depending on your oven



Submitted by VLCADD Mom, Sharickah Rogers

Banana Bread Mug Cake With Blueberries

BREAKFAST

Ingredients

- 1 large ripe banana
- ¼ cup oat flour
- 1 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ¼ cup fresh blueberries
- 1 small pinch salt
- 1/8 teaspoon aluminum free baking powder



Ingredients and Directions

1. Mash the ripe banana in a mug with a fork until mushy.
2. Combine all remaining ingredients except blueberries into the banana mash.
3. Mix until the batter is smooth and creamy.
4. Once mixed, fold in the blueberries.
5. Microwave the mug and batter on high in your microwave for 2 minutes.
6. Top with garnishes like chocolate sauce, sliced banana, fat-free whip, etc.

Notes

Banana bread mug cake with blueberries can be served as part of a breakfast, as a snack or embellished as a dessert. Adjust the sweetness to your preference and you can easily substitute other ingredients such as chocolate chips, nuts, or raisins for the blueberries in this recipe.

Submitted by Chef Glenn Noffsinger

Braylee's Turkey Breakfast Sausage

BREAKFAST

Ingredients

- 2 lbs ground turkey
- 1 tablespoon brown sugar
- 2 teaspoons salt
- 1 1/2 teaspoon black pepper
- 1 1/2 teaspoon ground sage
- 1 1/2 teaspoon ground thyme
- 1 1/2 teaspoon dried marjoram
- 1 1/2 teaspoon red pepper flakes

Directions

1. Mix ingredients all together and form into patties.
2. Cook in a skillet over medium heat until golden brown and no longer pink in the center (6-8 min).

Submitted by Brittany Prudal

Braylee's Cinnamon Rolls

BREAKFAST

Ingredients

Rolls

- 1 tablespoon dry yeast
- 1 cup warm fat free milk
- 1/3 cup white sugar
- 1/2 cup MCT oil
- 1 teaspoon salt
- 2 eggs
- 4 cups yeast

Filling

- 1/8 cup MCT oil
- 1 cup brown sugar
- 3 tablespoons cinnamon

Icing

- 1/2 cup MCT oil
- 1 1/2 cups powdered sugar
- 1 oz cream cheese
- 2-3 tablespoons whipping cream
- 1 teaspoon vanilla extract

Directions

1. Dissolve yeast in warm milk. Add the rest of the ingredients and mix well. Knead for 1-2 minutes and form a ball. Let rise until double in size (about an hour). When ready roll out to about 1/4 inch thick. Spread with filling as described below.
2. Brush oil on dough evenly (you may not need all of it) Mix cinnamon and sugar together and sprinkle over dough evenly. Roll dough and slice into 1 inch slices. Place on greased pan and let rise again. Bake for 10 minutes at 400 degrees.
3. Beat all together until fluffy. Spread icing while cinnamon rolls are still hot.

Applesauce Sticky Buns

BREAKFAST

Ingredients

Dough

- 1 1/2 cups unbleached flour
- 2 tablespoons sugar
- 1 1/2 teaspoons Rapid Rise yeast
- 1/4 teaspoon salt
- 3/4 cup plus 2 tablespoons unsweetened applesauce
- 1 egg white
- 3/4 cup whole wheat flour

Filling

- 2 tablespoons maple syrup
- 1/4 teaspoon ground cinnamon
- 1/4 cup plus 2 tablespoons dark raisins
- 3 tablespoons chopped walnuts (optional)

Glaze

- 1/3 cup maple syrup

Directions

- To make the dough, combine the unbleached flour, sugar, yeast, and salt, and stir to mix well. Set aside.
- Place the applesauce in a small saucepan, and heat until very warm (125–130 Fahrenheit). Add the applesauce to the flour mixture and stir for 1 minute. Stir in the egg white.
- Add 2 tablespoons of the whole wheat flour to the dough and stir to mix. Continue to add the flour in 2 tablespoon portions until a stiff dough is formed.

Applesauce Sticky Buns

BREAKFAST

Directions

- Sprinkle 2 tablespoons of the remaining whole wheat flour onto a flat surface, and turn the dough onto the surface. Knead the dough for 5 minutes, gradually adding enough of the remaining to form a smooth, satiny ball of dough.
- Scrape the work surface, and lightly sprinkle it with flour. Return the dough to the surface, and, using a rolling pin, roll it into a 10-x-12-inch rectangle. Combine the 2 tablespoons of maple syrup and cinnamon spreading the mixture over the dough to within 1/2 inch of the edges. Sprinkle the raisins and walnuts over the syrup, and roll the rectangle jelly-roll style, beginning at the long end.

Chicken Fajitas

MAIN DISH

Ingredients

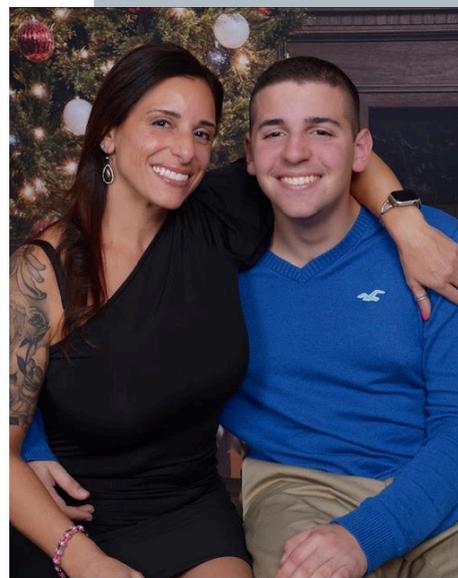
- 1 lb chicken breasts/cutlets or strips,
- 1/2 cup water
- 1 packet of your choice of fajita packet seasoning
- Flour tortilla wraps- your choice
- Low-fat or fat free mozzarella cheese (less fattening than cheddar)
- Salsa of your choice, as much as you desire
- Guacamole if desired
- Light sour cream if desired

Directions

1. Cook chicken in skillet on medium heat.
2. Mix in 1/2 cup water and 1 packet of your choice of fajita packet seasoning
3. Individually make your chicken wraps by adding the ingredients listed above

Notes

Wrap up and enjoy! :)



Michelle & Jake, LCHAD

Southwestern Corn & Potato Soup

MAIN DISH



Ingredients

- 1 cup finely chopped onions
- 2 garlic cloves, minced or pressed
- 1 small fresh chili pepper, seeded and minced
- 1/4 teaspoon salt
- 3 cups basic vegetable stock
- 2 teaspoons ground cumin
- 1 medium sweet potato, diced (about 2 cups)
- 1/2 red bell pepper, finely chopped
- 3 cups fresh or frozen corn kernels
- salt to taste
- lime wedges
- finely chopped cilantro leaves

Directions

1. In a covered soup pot, simmer onions, garlic, chili pepper and salt in 1 cup of vegetable stock for about 10 minutes, or until the onions are soft.
2. In a small bowl, make a paste with the cumin and a tablespoonful of the stock. Stir in the pot and simmer for another 1 to 2 minutes.
3. Add the sweet potatoes and the remaining stock and simmer for about 10 minutes, until sweet potatoes soften.
4. Add the bell pepper and corn and simmer, covered for another 10 minutes, or until all vegetables are tender.
5. Puree about half of the soup in a blender or food processor and return to pot. The soup will be creamy and thick. Add salt to taste and gently reheat on low heat.

Notes

If desired, serve with lime wedges and top with cilantro.

Submitted by LCHAD adult,
Annika Neilson

Pasta Bake

MAIN DISH

Ingredients

- 1 box Rotini
- 1 jar spaghetti sauce
- 1 lb lean ground beef
- Fat free mozzarella if preferred

Directions

1. Prepare noodles as directed on box
2. Brown ground beef, drain excess fat
3. Combine noodles, meat & sauce - mix
4. Spread evenly in baking dish
5. Top with cheese if desired
6. Bake in oven till warm

Notes

- Can swap ground beef for any type of preferred ground meat

Submitted by LCHAD Dad, Chris Abrams

Tortilla Soup

MAIN DISH

Ingredients

- 2 boneless skinless chicken breast (cut into bite sized pieces)
- 1 3/4 cups water
- 1 14 1/2 oz can of chicken broth (we use reduced sodium to be healthier)
- 1-2 tsp chili powder
- 1 cup salsa
- 1 large can of corn

Directions

1. Cook in slow cooker on high for 1 hour 30 min
2. Serve in soup bowls with a small amount of cheddar or Monterey Jack cheese on top in each bowl and a few tortilla chips

Submitted by LCHAD mom
Michelle Cincotti

Tangy Italian Spaghetti

MAIN DISH

Ingredients

- 1 box of spaghetti classics - Tangy Italian flavor
- Tomato Paste
- Spaghetti Noodles

Directions

1. Prep noodles as usual
2. Follow directions on package
3. Enjoy!



Submitted by LCHAD mom,
Shannon Vanderford

Chicken Casserole

MAIN DISH

Ingredients

- 2lbs boneless skinless chicken breast
- 8 red potatoes
- 10 baby carrots (or more depending on preference)
- 2 cans 97% fat free cream of chicken soup
- 2 packs of Lipton Onion Soup

Directions

- Preheat oven to 425
- Cut chicken and potatoes into cubes and place into baking dish
- Add carrots
- Dump cans of soup over chicken, potatoes, and carrots. DO NOT MIX.
- Sprinkle onion soup mix on top. DO NOT MIX.
- Bake for 90 minutes



Rory, LCHAD, Age 10

Submitted by LCHAD mom, Angie Cox

Pizza

MAIN DISH

Ingredients

- 1 can of Pillsbury Classic Pizza Crust
- 1 can of crushed tomatoes
- 1 package of Kraft Fat-Free Mozzarella Cheese
- 1 cup of Gardein Plant-Based Ground Beef
- Italian Seasoning, to taste
- Salt & Pepper, to taste

Directions

- Preheat oven to 400
- Pre-bake pizza crust according to package instructions
- Once pre-baked, add crushed tomatoes, cheese, and plant-based ground beef
- Sprinkle with salt, pepper, and Italian seasoning
- Bake for 9-12 minutes



Submitted by VLCADD Mom, Sharickah Rogers

Turkey Paprikash

MAIN DISH

Ingredients

- 1 package egg noodles
- 2 tablespoons tomato paste
- 1-2 cups Greek yogurt
- 1-2 teaspoons oil of choice
- 1 lb turkey (or chicken) breast cut into thin strips
- 1 onion, slivered
- 2 cloves of garlic
- 1 cup chicken broth
- Paprika (to taste) I use a combination of sweet Hungarian paprika, hot paprika, and smoked paprika
- Salt and pepper to taste

Directions

- Cook egg noodles according to package directions. Drain. Combine with tomato paste, Greek yogurt, and some paprika (to taste) to make it pink.
- Heat oil in large skillet over medium heat. Add onion, garlic, and turkey. Saute until turkey is cooked through. Stir in broth, salt, pepper, and more paprika. Cover, reduce heat, and simmer for 5 minutes. Remove from heat and let stand for 1 minute. Stir in the yogurt/noodle mix.

Submitted by LCHAD Mom, Beth Folcher

Tortellini en Brodo

MAIN DISH

Ingredients

- 1 box (approximately 4 cups) of low sodium veggie or chicken broth
- 1 cup of dried cheese tortellini
- 1-2 cups of spinach
- salt and pepper to taste
- siracha or hot sauce if desired

Directions

- Bring broth to boil in pot.
- Add dried pasta and cook for 10-12 minutes (cook time should be the same as water).
- Add salt or pepper to taste.
- In the last 2-3 minutes of cooking the pasta, add spinach.
- Add siracha or hot sauce before serving if preferred spicy!
- Variation: Feel free to cube up chicken breast and place to cook in broth with pasta.

Submitted by VLCADD Adult, Tasia Rechisky

SOS Mix

MAIN DISH

Ingredients

- 2 cups powdered non fat dry milk
- 3/4 cup cornstarch
- 1/4 cup instant chicken bouillon
- 2 tablespoon dried onion flakes
- 2 teaspoon Italian seasoning

Directions

- Mix together

*Used for the following recipes

Submitted by Brittany Pridal

SOS Lasagna Skillet

MAIN DISH

Ingredients

- 1 lb ground turkey or beef
- 1 onion, chopped
- 1/3 cup SOS mix (refer to page 18)
- 2 cups water
- 1/4 teaspoon basil
- 1/4 teaspoon oregano
- 1 can (16 oz) tomato sauce
- 3 cups uncooked noodles
- 1/4 cup parmesan cheese
- 2 cups fat free Mozzarella cheese

Directions

- In a large skillet, brown meat and onion together. Drain off fat.
- Add SOS mix, water, tomato sauce, uncooked noodles, and parmesan cheese.
- Bring to a boil then reduce heat and simmer for 15 minutes before stirring until thickened.
- Top with mozzarella cheese 5 minutes before serving.

Submitted by Brittany Pridal

SOS Cheeseburger Skillet

MAIN DISH

Ingredients

- 1 lb ground turkey or beef
- 1/3 cup SOS mix (refer to page 18)
- 2 cups water
- 1 1/2 cups uncooked macaroni
- 1 can (16 oz) chopped tomatoes
- 1/2 cup grated cheese
- 1/2 teaspoon Italian seasoning

Directions

- In a large skillet, brown meat and drain off fat.
- In a small bowl, whisk the SOS mix and water until well blended.
- Add to the skillet along with uncooked macaroni, tomatoes, and Italian seasoning.
- Simmer covered 20 minutes or until macaroni is tender.
- Remove from heat and stir in cheese.

Submitted by Brittany Pridal

SOS Hamburger Stroganoff Skillet

MAIN DISH

Ingredients

- 1 lb ground turkey or beef
- 1/3 cup SOS mix (refer to page 18)
- 3 cups water
- 2 cups uncooked egg noodles
- 1/2 cup fat free sour cream

Directions

- In a large skillet, brown meat and drain off fat.
- In a small bowl, whisk the SOS mix and water until well blended.
- Add to the skillet along with uncooked egg noodles and stir.
- Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender.
- Top with sour cream.
- Serve immediately.

Submitted by Brittany Pridal

SOS Mexican Chicken and Rice

MAIN DISH

Ingredients

- 1/3 cup SOS mix (refer to page 18)
- 1 3/4 cup water
- 1 cup salsa
- 1 cup whole kernel corn
- 3/4 cup uncooked rice
- 4 skinless, boneless chicken breasts
- 1/2 cup fat free cheddar cheese, shredded

Directions

- Whisk the SOS mix and water until well blended
- Add salsa, corn, and rice.
- Pour in a 2 quart shallow baking dish.
- Place chicken on rice mixture.
- Cover and bake at 350 degrees or for 1 hour until chicken is well done and rice is tender.

Submitted by Brittany Pridal

Braylee's Tender Breaded Turkey Cutlets

MAIN DISH

Ingredients

- 1 cup Italian seasoned dry bread crumbs
- 1/4 cup grated parmesan cheese
- 4 turkey breast cutlets
- 1/2 cup fat free sour cream
- 1 tablespoon MCT oil

Directions

- Mix the bread crumbs and cheese in a shallow dish.
- Spread both sides of turkey with sour cream and coat with bread crumbs.
- Heat oil in skillet over medium heat.
- Place turkey in the skillet and cook 5-7 minutes on each side until lightly browned and cooked through.

Submitted by Brittany Pridal

Pasta Salad

MAIN DISH

Ingredients

- Penne pasta
- Frozen peas
- Green onions, chopped
- Red bell pepper, diced
- Carrots, shredded or diced
- Celery, diced
- 1 tsp dried basil
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/4 tsp chili powder
- Fat Free dressing

Directions

- Cook the penne pasta according to package instructions. Drain and rinse under cold water to cool.
- In a large bowl, combine the cooked penne pasta with frozen peas, green onions, red bell pepper, carrots, and celery.
- Sprinkle the dried basil, paprika, cumin, and chili powder over the salad.
- Drizzle the fat free dressing over the pasta salad and toss until all ingredients are well coated.
- Chill the pasta salad in the refrigerator for at least 30 minutes before serving to allow the flavors to meld.
- Serve cold and enjoy!

Notes

This pasta salad is versatile and can be customized with your favorite vegetables or spices. For added protein, consider adding cooked chicken breast, chickpeas, or tofu. This dish can be prepared ahead of time and stored in the refrigerator for up to 3 days. Adjust the amount of dressing and spices to suit your taste preferences.

Submitted by Daniel Goodman

Lemony Lentil Soup

MAIN DISH

Ingredients

- Medium yellow onion, diced
- Celery, diced
- 3 cloves garlic, minced
- 2 tsp thyme
- 2 cups baby spinach, chopped
- 1 tbsp lemon zest
- 3 tbsp lemon juice
- 1 1/2 cups red lentils
- Spray oil (for sautéing)
- 6 cups low sodium vegetable broth
- 1 (15.5 ounce) can chickpeas, drained
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp thyme

Directions

- Lightly spray a large pot with oil and heat over medium. Sauté the diced onion and celery for 3 minutes.
- Add minced garlic and sauté for an additional minute.
- Stir in the red lentils and cook for a few minutes until they begin to toast slightly.
- Pour in the low sodium vegetable broth and add the chickpeas, dried oregano, salt, black pepper, and 2 tbsp of thyme.

Lemony Lentil Soup

MAIN DISH

Directions Continued

- Bring the mixture to a simmer, then reduce the heat and let it cook for about 15 minutes, or until the lentils are tender.
- Add the chopped baby spinach, and continue to cook for another 5-8 minutes until the spinach is wilted.
- Stir in 3 tbsp of lemon juice and 1 tbsp of lemon zest before serving.

Notes

- Adjust the seasoning according to taste, especially the salt and lemon juice.
- This soup stores well in the refrigerator for a few days and can be frozen for longer storage.
- Serve with a side of whole grain bread or a light salad for a complete meal.
- Ensure the vegetable broth used is low sodium to manage salt intake.
- Chickpeas add additional protein and texture to the soup, but can be omitted or replaced with another bean if preferred.

Submitted by Daniel Goodman

Tomato Chicken

MAIN DISH

Ingredients

- Chicken breasts
- Seasoned salt
- Black pepper
- Paprika
- 1 can diced tomatoes
- 2 zucchinis, chopped
- 1 head of broccoli, cut into florets
- Fresh basil, for garnish
- Sweet potatoes, cooked and mashed or roasted

Directions

- Season the chicken breasts with seasoned salt, black pepper, and paprika on both sides.
- Heat a large skillet over medium heat and brown the chicken breasts for about 5 minutes on each side.
- Add the canned diced tomatoes to the skillet, bringing the mixture to a simmer.
- Cover and let simmer for 45 minutes, allowing the chicken to cook through and absorb the flavors.
- After 45 minutes, add the chopped zucchini and broccoli florets to the skillet. Continue to simmer for an additional 10–15 minutes, or until the vegetables are tender.
- Garnish the dish with fresh basil before serving.
- Serve the tomato chicken alongside cooked and mashed or roasted sweet potatoes for a complete meal.

Submitted by Daniel Goodman

Magical White Bean Soup

MAIN DISH

Ingredients

- 1 red onion sliced
- 1/2 pound chopped carrots
- 1 fennel bulb, diced
- 4 celery stalks
- small amount of water or 1/8 tsp coconut oil
- 4 cans navy beans
- 1 can garbanzo beans
- 1 cup dried red lentils, rinsed
- 3-4 sprigs of rosemary finely chopped
- 1/2 tsp lemon juice
- 1/2 Tbsp Dijon Mustard
- 1 tsp Balsamic Vinegar
- Salt (to taste)
- Low fat deli ham
- Parmesan Cheese

Directions

1. Sauté onion, carrots, fennel bulb, and celery in soup pot on medium heat. Sauté vegetables with 1/8 tsp coconut oil or water (to reduce total fat even more). Stir often until vegetables are soft and slightly browned.
2. Add beans with liquid, red lentils, 1 cup of water, and chopped rosemary. Cover and bring to a boil.
3. Once the beans come to a boil, stir the soup, reduce heat to low/medium and allow to gently boil for approximately 15 minutes. Stirring occasionally to make sure that the soup is not sticking to the bottom of the pot.

Magical White Bean Soup

MAIN DISH

Directions Continued

4. Reduce heat and allow the soup to simmer for another 20 minutes until the lentils are cooked through.
5. Add lemon juice, mustard, balsamic vinegar and salt to taste.
6. Turn soup off. Pour half of soup into a mixer/food processor and blend. Return blended soup to the soup pot and stir.
7. Dish soup out into bowls. Add low-fat chopped deli ham, fresh parmesan cheese (blocked cheese shredded) and coarse salt to top of individual bowls of soup if desired.

Notes

*Makes approximately 9 cups of soup

One Pot Stroganoff

MAIN DISH

Ingredients

- 2 lbs lean ground beef
- 2 tablespoons Worcestershire Sauce
- 4 teaspoons minced garlic
- 1 small diced onion
- 16 oz. sliced mushrooms
- 4 cups non-fat beef broth
- 1 teaspoon dijon mustard
- 16 oz package of egg noodles or favorite noodles
- ½ cup low fat sour cream
- add spices as desired: salt, pepper, Italian, garlic powder, and garlic salt

Directions

- Put the garlic and onion in a large pot or skillet and saute over medium heat for about 1 minute or until soft and fragrant.
- Add the ground beef and continue to saute until fully browned.
- Pour the wet ingredients into the dry ingredients and mix until combined.
- While the beef is browning, slice the mushrooms and freshly cracked pepper to the pot. Continue to saute until the mushrooms are soft (about 5 min).
- Add the uncooked egg noodles to the pot along with the beef broth, Worcestershire sauce, and Dijon mustard. Stir to combine. The liquid will not fully cover the noodles but that is okay.
- Place the lid on the pot and allow the liquid to come to a boil over medium-high heat. When it reaches a boil, stir the pot.

One Pot Stroganoff

MAIN DISH

Directions continued

- As soon as it reaches a boil, give the pot a stir, replace the lid, and reduce the heat to low. Allow the pot to simmer on low heat for about 7-10 minutes, stirring continuously and replacing the lid every couple of minutes. After 7-10 minutes, the pasta should be tender and most of the liquid absorbed.
- Once the noodles are tender, add the sour cream and fold it into the noodles until everything is rich and creamy. Give the noodles a taste and add extra salt or pepper if needed. Roughly chop a handful of parsley leaves and sprinkle it over top.

Submitted by Megan Hoffman

Pineapple Stuffing

SIDE

Ingredients

Base

- Non stick spray
- 1 cup applesauce
- 1 cup sugar
- 1 can crushed & drained (20oz)
- 2 eggs
- 2 egg whites
- 1 bag of bread stuffing or your own cubed bread
- Cinnamon to taste (optional)
- Nutmeg to taste (optional)
- Cardamom to taste (optional)

Directions

1. Preheat oven 350 degrees.
2. Prepare a 9" baking dish with non-stick spray.
3. Cream sugar and applesauce.
4. Add eggs and egg whites one at a time.
5. Add in the drained pineapple & spices if using. Add in bread. Bake for 1 hour.

Submitted by LCHAD mom Beth Folcher



Canaan's Tuna & Mac n' Cheese Casserole

SIDE

Ingredients

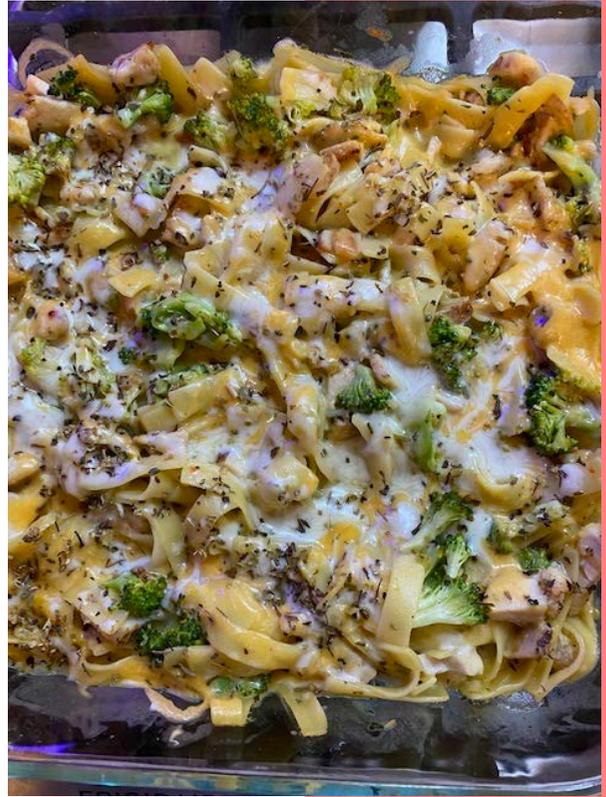
- * 2 packages of lemon pepper tuna
- 1 cup Kraft fat free cheddar cheese
- 1 package of Knorr Pasta sides- chicken and broccoli
- salt & pepper to taste
- Italian seasoning to taste
- Fat free milk as needed for creaminess

Directions

1. Preheat oven to 375 degrees.
2. Make pasta according to package (fat free milk and omit butter)
3. Pour pasta into 9x12 casserole dish and add tuna, cheese & spices
4. Add fat free milk 1/4 cup at a time for creaminess
5. Bake uncovered for 15-20 minutes

Notes

You can swap for another green veggie and fat-free cheese



Submitted by Canaan Rogers, 7, VLCADD

Cauliflower Hummus

SIDE

Ingredients

- 1 small head of cauliflower (2g LCT)
- 2 cloves garlic
- 1 1/2 cups cooked garbanzo beans (6.3g LCT)
- 1 1/2 tsp lemon juice and dash of zest
- 1/2 tsp walnut oil (2.3g LCT)
- Kosher salt

Directions

1. Preheat oven to 375° F.
2. Cut cauliflower into large chunks. Toss cauliflower in 1 tsp walnut oil. Place on large cookie sheet with two cloves of garlic and roast for 25-30 minutes until tender.
3. In food processor put roasted cauliflower, peeled garlic, lemon juice, lemon zest and garbanzo beans. (You want to drain your garbanzo beans of water, BUT save the juice you might need this to make hummus smoother in texture.)
4. Pulse hummus until smooth. Add 1/8 cup garbanzo water if the mixture is too thick, and pulse. Continue to add garbanzo water as needed, to make mixture appropriate texture.
5. Add kosher salt to taste.

Notes

*If you are in a rush you can also steam the cauliflower instead of roasting. Steaming will provide a little less flavor but it will still be yummy and have less fat!!

*It is hard to calculate the exact amount of fat for this recipe ahead of time, because it really depends on how much cauliflower is used. Generally, I consider this to be a 6-8 serving recipe, which would be between 1.3g LCT- 1.7g LCT per serving (depending how you portion).



Harry Family, son Christopher, LCHAD

Submitted by LCHAD mom, Stephanie Harry

Turkey Meatballs

SIDE

Ingredients

- 2 Italian-style hoagie/sub rolls (6g fat)
- 2 lbs. Ground turkey (94-99% fat free) (8g fat)
- 2 egg whites
- 1 tbsp. Parmesan cheese (1.5g fat)
- 1/2 cup bread crumbs (3g fat)
- Fresh basil
- Fresh Italian flat-leaf parsley
- 4 cloves garlic, minced
- 1 onion, minced
- Skim milk (enough to soak milk)
- Non-stick cooking spray or parchment paper

Directions

1. Preheat oven to 350°F.
2. Soak rolls in skim milk until really mushy.
3. Peel off any crust until you are left with the “guts.” Mix guts of rolls together with all of the other ingredients until well incorporated.
4. Roll into balls. Place on a cookie sheet coated with spray or parchment paper.
6. Bake for 3-5 minutes or until lightly browned. Then turn the meatballs over and bake for another 3-5 minutes. The meatballs will be browned, but not cooked all the way through.
6. Throw them into a pot of simmering tomato sauce to finish cooking.

Notes

Each meatball will end up being 1-2g of fat, depending on how big you make the meatballs and which turkey you use. Be sure to check labels for your particular brands, as some ingredients may vary in fat content.



Submitted by LCHAD mom, Beth Folcher

Nacho Cheez Sauce

SIDE

Ingredients

- 3 cups sweet potato, peeled and cubed
- 2 cups potato, peeled and cubed
- 1 cup carrot, peeled and cubed
- 1 cup onion, diced
- 1 cup veggie broth from cooked vegetables
- 1 cup nutritional yeast flakes
- 1 tablespoon lemon juice
- 1 tablespoon garlic salt
- 1 teaspoon ground turmeric
- 1 teaspoon smoked paprika



Directions

1. Place all cubed vegetables in a stockpot with enough water to cover.
2. Bring to a simmer on med-high heat and cook for 15 minutes or until tender and soft.
3. Drain the water but reserve 1 cup of the cooking liquid to use later.
4. Add all the ingredients into a high-speed blender.
5. Process until creamy and smooth and desired consistency is reached.

Notes

Nacho Cheez Sauce is a classic low-fat zesty cheese substitute used on everything from nachos to macaroni and cheese. Easily customizable!

Submitted by Chef Glenn Noffsinger

Veggie Mac

SIDE

Ingredients

- 2% Velveeta Shells and cheese
- Frozen steamable veggies

Directions

1. Cook mac'n'cheese as directed
2. Steam veggies in microwave for directed amount of time
3. Mix together
4. Serve



Alexis, LCHAD, age 12

Submitted by LCHAD mom,
Christy Abrams

Homemade Soft Pretzels

SNACK

Ingredients

- 1 and 1/2 cups warm water (look at yeast package for proofing directions, they will vary on “active” vs. “dry” yeast)
- 1 packet active dry or instant yeast (2 and 1/4 teaspoons)
- 1 tsp salt
- 1 Tbsp brown sugar
- 1/2 Tbsp coconut oil
- 1 cup Whole Wheat or White Whole Wheat Flour
- 3-4 cups all-purpose flour, plus more for work surface
- coarse sea salt for sprinkling
- cinnamon and sugar for sprinkling

Baking Soda Bath

- ½ cup (120g) baking soda
- 9 cups (2,160ml) water

Directions

1. Preheat oven to 400°F (204°C). Line 2 baking sheets with parchment paper or silicone baking mats, or use a pizza stone to bake. Set aside.
2. Whisk the yeast and brown sugar into warm water. (Follow guidelines on your yeast container for water temperature.) Allow to sit for 1 minute. Whisk in salt and coconut oil. Add 1 cup whole wheat flour. Gradually add 3 cups of flour, 1 cup at a time, while mixing with a wooden spoon or dough hook (attached to stand mixer) until dough is thick. Add additional flour, if needed, until dough is no longer sticky. When dough bounces back, it is ready to knead.
3. Turn the dough out onto a floured surface. Knead the dough for 3 minutes and shape into a ball. Cover lightly with a towel and allow to rest for 10 minutes.
4. While the dough is resting bring water and baking soda to a boil in a wide sauce pan. This will create your “baking soda bath”.



Christopher, LCHAD

Continued

Homemade Soft Pretzels

SNACK

Directions Continued

5. Remove dough from bowl and gently roll into oblong roll. With a sharp knife, cut dough into 12 pieces.

6. Roll each section into a 8-12 inch rope. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.

7. After the baking soda bath is brought to a boil, drop 1-2 pretzels into the boiling water for 20-30 seconds. Using a slotted spatula, lift the pretzel out of the water, allowing excess water to drip off.

8. Place pretzel onto prepared baking sheet. Sprinkle with coarse sea salt or cinnamon and sugar. Repeat with remaining pretzels.

9. When tray is full bake in oven for 12-15 minutes or until golden brown.

Notes

*Makes approximately 12 pretzels.

* Total LCT Fat for this recipe: 9.6g- 10.8g LCT (1 cup whole wheat= 3g LCT, 3-4 cups white flour= 3.6-4.8, 1/2tbl coconut= 3LCT) Average of 1 pretzel=.9g LCT

*If you use 1/2 Tbsp coconut oil (3g LCT) and only white flour (4.8-6g fat). Total LCT = 9 for the whole recipe Average of 1 pretzel .6g LCT

*I calculated the "average" amount of fat...because each pretzel could be a little higher or lower, depending on the amount of extra flour you use.

*Recipe adapted from: <https://sallysbakingaddiction.com/easy-homemade-soft-pretzels/>

Submitted by Stephanie Harry,
LCHAD mom

Amazing Chocolate Cake

DESSERT

Ingredients

- 1 1/2 cups plain flour
- 2 level tsp baking powder
- 100 ml MCT oil
- 1 cup brown sugar
- 2 tbsp cocoa
- 100 ml skim milk
- 1/2 tsp salt
- 2 egg whites, stiffly beaten
- 1/2 tsp vanilla essence

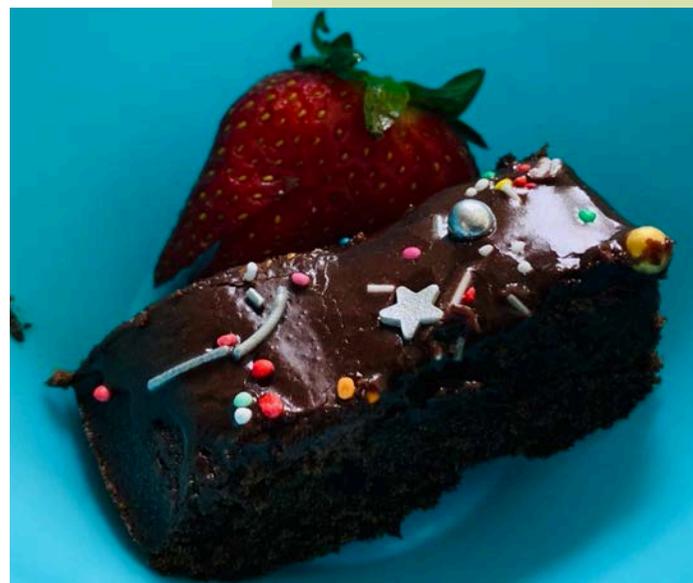
Directions

1. Preheat oven to 350
2. Mix together dry ingredients
3. Add MCT oil, skim milk and vanilla
4. Fold in stiffly beaten egg whites
5. Bake for 16-18 minutes in one 18 cm cake tin (lined with baking paper)

Icing

1. To a small bowl add 1/2 cup soft icing mixture, 2 tbsp skim milk and 1/2 tsp cocoa
2. Mix together
3. Once cake completely cools, spread onto cake
4. Decorate with sprinkles or fresh berries
5. Place in fridge to set

Submitted by Violet Jones,
VLCADD mom



"Blue Ribbon" Zucchini Bread

DESSERT / SNACK

Ingredients

MIX

- 3 medium eggs
- 3/4 cup unsweetened applesauce
- Grated zest of 1 lemon **
- Juice from the lemon **
- 2 cups of grated zucchini or yellow squash (rinds only, no seeds)
- 2 cups of sugar

ADD

- 2 3/4 cups all purpose flour
- 2 tsp baking soda
- 1 tsp salt
- 1/2 tsp. baking powder *



Directions

BAKE at 350:

20-25 minutes for 5 mini loaves OR until center tests done

40-45 minutes for 2 regular bread loaves OR until tested done

Glaze

While still in the pan and warm, add glaze to the bread and let completely cool before removing from the loaf pans.

To make glaze:

Juice from 1 lemon **

1/4 cup of sugar

Microwave 45 SECONDS, stir and repeat for another 45 seconds.

Stir and spoon glaze over the bread.

Let cool in the pan (to absorb the glaze).

Notes

This bread is also good with a dollop of vanilla ice cream for a dessert. ENJOY!

*Optional: Add % cups of nuts, pecans or walnuts, if you enjoy them in bread.

* **Substitute: Where ** is noted, substitute Orange or Lime throughout – absolutely delicious!

Submitted by Karen Richtman

Holiday Poke Cake

DESSERT

Ingredients

- 1 Cake Mix Box, any flavor (yellow, white, Funfetti)
- 8 oz Can of Sprite
- 2 Small Jello Gelatin Boxes, any flavor (color can be based on holiday)
- 8 oz Cool Whip (fat-free)
- Sprinkles, any color/design

Directions

1. Prepare the cake mix by adding an 8 oz can of Sprite (nothing else needed!). Beat on medium speed for 2 minutes. (You can also bake the cake according to the directions if you prefer by adding the other ingredients listed on the box).
2. Pour the cake batter into a 9×13 pan & bake according to the box directions.
3. Let the cake cool for 20 minutes.
4. Poke the cooled cake with a fork all over (such a fun step for kids!).
5. Prepare the first flavor of Jello by dissolving it in 1 cup of boiling water. Pour the hot Jello mix over the cooled cake.
6. Prepare the second flavor of Jello by dissolving it in 1 cup of boiling water. Pour the hot Jello mix over the cooled cake.
7. Chill the cake in the refrigerator. Cool completely before frosting.
8. Top with cool whip & sprinkles!

Notes

Jello Gelatin Combinations:

Christmas= red and green

Easter= orange & lemon

Blue Raspberry & Lemon are our family's favorites!

Submitted by Kim Youtsey
LCHAD mom



Rice and Sultanas

DESSERT / SNACK

Ingredients

- 1 cup rice
- 1.5 cup sultanas
- 1.5 cups water

Directions

1. Bring to simmer on high,
2. Turn down to low & put lid on.
3. Cook for approximately 13 minutes.
4. Rest for 10 minutes.

Notes

Eat as a dessert, snack, meal, whatever suits you.

We add milk to it instead of cream, or you can add custard. You can vary the fruit; I have added dried cranberries which work really well also.

Submitted by Renske Smith, LCHAD mom

Potato Fruit Loaf

SNACK

Ingredients

- 1 cup warm mashed potato
- 1 cup sugar
- 1.5 cup milk
- 2 cups self raising flour
- 1 teaspoon allspice
- 1 teaspoon cinnamon

Directions

Cream together the potatoes, sugar and sultanas.

Sift the flour and spices together.

Fold the flour and spice mix into the potato mix adding the milk.

Bake in a moderate oven 1 hour.

Notes

I add a couple of packets of Pro Cal powder.

Submitted by Renske Smith
LCHAD mom

Strawberry Honey Sorbet

DESSERT

Ingredients

- 4 cups frozen strawberries
- ½ cup raw honey
- 3 tablespoons fresh lemon juice

Directions

1. Combine all ingredients in a food processor fitted with a blade.
2. Process until smooth and creamy, stopping to pause and scrape down the sides as needed.
3. Pour the cold smooth mixture into a container and place in the freezer for 15 minutes or more for a firmer texture.

Notes

PREP TIME: 10 MIN

FREEZE TIME: 15 MINUTES

YIELD: 6 CUPS

SERVINGS: 6

Strawberry sorbet – This whole-food-plant-based (WFPB) recipe uses just three 3 ingredients and is a quick delicious refreshing treat! Adjust the sweetness to your preference and utilize almost any frozen fruit. Frozen blueberries, mangoes, cherries... are all amazing. Just substitute any frozen fruit that is small enough to be processed in a food processor.

Submitted by Chef
Glenn Noffsinger



Faux Cheesecake

DESSERT

Ingredients

- 1 cup no-fat Greek yogurt
- 2 tablespoons cheesecake pudding mix
- Fruits of choice: Raspberries, Blueberries, Strawberry
- Graham Crackers

Directions

1. Thoroughly combine yogurt and pudding mix.
2. Top with fruit and crushed graham crackers.

Submitted by Tasia Rechisky
VLCADD Adult

Braylee's Sugar Cutouts

DESSERT

Ingredients

- 1 cup Fat free sour cream
- 1 cup mct butter
- 2 cups sugar
- 1/2 cup egg beaters
- 3 teaspoons vanilla
- 1 teaspoon salt
- 2 teaspoon baking salt
- 5 1/2 cups flour

Directions

- Mix butter and sugar.
- Then eggs and vanilla.
- Add sour cream.
- Combine salt, soda, and flour. Add to the mix.
- Roll out to 1/4 inch thick on parchment paper and cut out.
- Bake at 350 for 5-6 minutes.

Notes

- If they are browned, they are over cooked.
- They remain pale when done.

Submitted by Brittany Pridal

Chocolate Peanut-Butter Rice Crispy Treats

DESSERT/SNACK

Ingredients

- 2 Tbsp MCT oil (or 4 Tbsp MCT Oil-see below tip)
- 5 1/2 cups marshmallows
- 6 cups Rice Crispy cereal (3.6)
- 2 Tbsp PB2 (1.5g LCT)
- 28g chocolate malt whey protein powder (.5g LCT)

Directions

1. Line 9x13 pan with parchment paper so it hangs slightly over the side.
2. Fill small bowl with water. Place the bowl and a cup with a flat bottom next to the pan.
3. Measure and pour marshmallows into a large microwavable bowl.
4. Drizzle MCT oil over marshmallows and toss.
5. In another medium bowl measure and toss Rice Crispy cereal, PB2 and protein powder.
6. Microwave marshmallows on high heat for 2-3 minutes until puffed and doubled in size.
7. Quickly pour cereal mixture into marshmallows and stir.
8. Pour marshmallow/cereal mixture into lined pan and press mixture into pan the best you can with the spoon. Then dampen your fingers with the bowl of water and press the cereal out flat. You can also dampen the bottom of the cup and use the cup to press the mixture flat.

Chocolate Peanut-Butter Rice Crispy Treats

DESSERT/SNACK

Directions Continued

9. Place pan on a drying rack and let cool 40 minutes before cutting into bars

Notes

- *If you use this recipe to make 12 large rice crispy treats, each treat will have 1/2 tsp MCT oil and 0.46g LCT
- *You can make these without the PB2 and protein powder, but it adds a nice flavor and more protein. These treats are great for hiking and camping trips because they don't crumble and the combination of MCT, carbohydrates, sugar and protein are great for quick energy.
- Depending on how much MCT oil your child consumes in one day, using 4 Tbsp MCT oil will make each treat have 1tsp MCT oil, and lend to the treats staying softer longer. I originally had a lower amount of MCT because Christopher was on a lower dose of MCT, but now that he can have more, I like the 4 Tbsp option!

Submitted by LCHAD mom, Stephanie Harry

Angel Food Cake

DESSERT

Ingredients

- 1 cup Cake flour
- 3/4 cup plus 2 Tbsp sugar
- 12 egg whites (to make 1 1/2 cups)
- 1 1/2 tsp cream of tartar
- 1/4 tsp salt
- 3/4 cup sugar
- 1 1/2 tsp vanilla
- 1/4 tsp almond extract

Directions

- Pre-heat oven to 375° F
- Stir together flour and first amount of sugar and set aside.
- In a large mixer bowl, beat egg whites, cream of tartar, and salt until foamy. Add second amount of sugar, 2 tablespoons at a time, beating on high speed until meringue holds stiff peaks.
- Gently fold in flavorings.
- Sprinkle flour-sugar mixture, 1/4 cup at a time over meringue, folding in gently just until flour-sugar mixture disappears.
- Push batter into ungreased tube pan (angel food cake pan).
Gently cut through batter.
- Bake 30-35 minutes or until top springs back when touched lightly with finger.

Angel Food Cake

DESSERT

Directions Continued

- Invert tube pan on a funnel (or a bottle of wine). Let cake hang until completely cool.
- Take a butter knife and carefully slide it along the outside and inside edges to loosen the cake.
- Slide your hand along outside edge of the cake and carefully remove cake onto the cake plate.

Notes

*It is more important that the liquid portion of the egg whites is exact rather than the number of eggs used.

*You can use this to make cup cakes, but they really shrivel at the end. To get the most out of the recipe stick with the angel food cake pan!!

Submitted by Stephanie Harry
LCHAD Mom

Braylee's Banana Bread

DESSERT / SNACK

Ingredients

- 2 cups flour
- 1 cup sugar
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup mashed ripe banana (2-3 medium)
- 1/4 cup applesauce
- 3 tablespoon skim milk
- 4 egg whites or 1/2 cup egg substitute

Directions

- In a large mixing bowl, combine 1 cup flour, the sugar, baking powder, baking soda, and salt. Add mashed ripe bananas, applesauce, and milk. Beat with electric mixer on low until well blended. Add eggs and remaining flour, beating until well blended.
- Pour into 2 greased loaves loaf pans. Bake at 350 for 50-60 minutes or until a toothpick inserted near center comes out clean. Cool 10 minutes. Remove from pans and cool thoroughly on wire racks.

*Notes:

- Makes 2 loaves
- Wrap and store overnight for easier slicing
- Able to freeze for 1 month. When ready, pull out and thaw for 1 hour to thaw

Submitted by Brittany Pridal

Title: _____

TYPE: _____

Ingredients

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Directions

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Notes

Submitted by _____



**Thank you to the
cookbook committee!**

Christy Abrams

Kim Youtsey

Sharickah Rogers

Stephanie Harry

Thank you to the family & friends that
contributed recipes!

MitoAction, thank you for creating this
resource for the FAOD Community!

