

JENNIE'S SPAGHETTI-LESS SPAGHETTI

Ingredients

- ½ cup frozen, chopped spinach, thawed
- ½ cup marinara sauce
- 1 cup fat-free ricotta cheese
- 2 Tbsp grated, parmesan cheese

Directions

Mix first 3 ingredients. Sprinkle parmesan cheese on top. Microwave until melty, about 2 minutes.

Nutrition Facts

Serving Size 1/4 cup	
Servings Per Container 6-8	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 230mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 5g	

Jennie says, "It's very delicious and easily tolerated!"

JIM'S EGG SALAD

Ingredients

- 5 hard boiled eggs finely chopped
- 1/4 cup fat-free mayonnaise
- 1/8 cup fat-free Miracle Whip
- 1 TBSP pickle relish (squeeze excess moisture through sieve first and discard liquid)
- Then add the pickle relish
- 1/4 cup finely chopped sweet onion
- Add Pepper to taste and No Salt Substitute to taste

Directions

Mix everything well and place in plastic container in fridge.

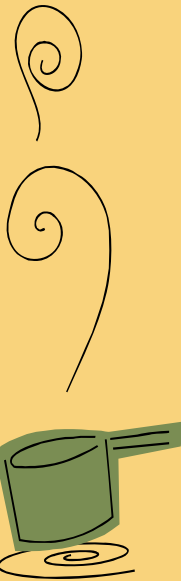
This mixture basically yields about 6-8 1/4th cup servings.

Nutrition Facts

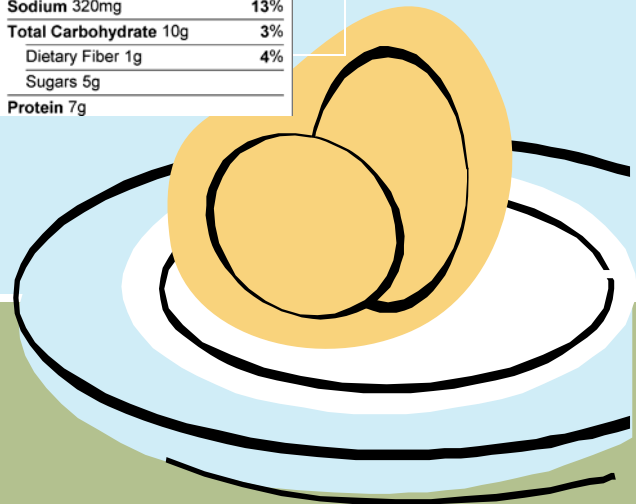
Serving Size 1/4 cup (129g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 320mg	13%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 7g	

Jim has this advice: "The key for me was that I chewed each bite at least 28 times before I swallowed".

RECIPES



For eating well after bariatric surgery



To view more recipes or submit your own, visit www.mushealth.com/weightlossurgery