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911 Of The Kitchen:

717-751-2793

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The logo for DebBixler.com features the text "DebBixler.com" in a white, sans-serif font. Above the text is a circular arrangement of seven green, 3D-style spheres of varying sizes, resembling a molecular structure or a cluster of fruits.

Deb is a professional speaker who teaches healthy living skills to people all over the world using a system of living skills as opposed to will power. These recipes are all made with the wholesome ingredients necessary to maintain a healthy lifestyle.

Deb's system of weight management focuses on increasing your metabolism through good, skillful food choices. This program works because it eliminates cravings by giving your body what it needs to stay healthy and loose weight. You will never loose weight when you are under nourished.

To learn more natural diet programs and about increasing your metabolism visit :

www.WowYouAreReallyLucky.com

To learn more about inviting Deb to speak to your organization or group: www.DebBixler.com

These recipes are good-for-you food choices. They are designed to eliminate chemicals from your diet. Chemicals are addictive and have no nutritional value.

Deb specializes in teaching fun, fast and healthy recipes so that families can spend more time at the dinner table eating good for you foods.

The book is called 17 minute "meals" so all of the recipes are complete meals in themselves. After making each recipe a few times, you too will be able to create the dish in close to 17 minutes.

Please call me if you have any questions, need information on quality ingredients or are looking for a weight management coach.



Enjoy and Happy Cooking! Deb The Healthy Chef!

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This is an audio link to listen to our fun, fast and healthy Q & A Teleseminar.

It is a web hosted recording. No download required. The recording will be available indefinitely:

<http://audiopostcard-007.com/X.asp?7125294X1166>

If for some reason the link is not an active hyperlink, then just copy and paste it into your internet browser and hit enter.

In order to be FAST some recipes use conveniences. Not all convenience foods are created equal. Read your ingredient list on all pre-processed foods.

Some of my favorite convenience foods are found at:

<http://www.DebsFavoriteWholeFoods.com>

Recipes are like art. Feel free to modify and change to meet your family needs or tastes. Be artistic. Any portions indicated (#) are approximations

One Pot Wonder (6)

6 cups chicken stock or broth
1 (10 oz. box) bow tie whole wheat pasta
1 small head broccoli - sliced
1 small onion - sliced
8 oz. boneless chicken breast- thin sliced
2 medium carrots - sliced
4 oz. cream cheese
1/4 cup sun dried tomatoes in oil-diced
black pepper to taste



1. Boil stock and add pasta, broccoli, onion, chicken, carrots.
2. Cover and return to a boil.
3. Cook 7-8 minutes till pasta is done.
4. Stir in tomatoes, pepper and cream cheese. Whisk hard to blend.

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Willy - Nilly Chili (8)

1 lb. ground Turkey
1 small onion-diced
1 small green pepper-diced
3 garlic cloves-pressed
2 Tbs. chili powder
Salt and pepper to tango! (you gotta dance while you put this in)
1 can (14 1/2 oz.) tomato sauce
1 can (29 oz.) cut tomatoes (juice and all)
1 can (14 oz) red beans-rinsed



1. In a covered microwave cooker (large glass bowl), cook turkey for 4 minutes, then drain thoroughly. Chop with food chopper or processor.
2. Chop onions and peppers, place into pot. Press in garlic & add seasonings. Add tomato products and stir well.
3. Place back in microwave and heat to a boil, then reduce the heat and cook for 10 minutes, stirring occasionally.
4. Serve with whole grain bread or crackers.

Tex-Mex Tofu Recipe (4)



1 (16 oz) jar Chi-Chi's Salsa- Medium
1 (10 oz) bag Cascadian Farm organic whole kernel corn
1 (8 oz) package Nasoya cubed super firm tofu in water
1 (14 oz) can black beans

1. Open tofu and drain. Dump out onto 2 layers of paper towels and allow to drain.
2. Open, drain and wash black beans.
3. Heat oil in skillet.
4. Add tofu and sear on all sides.
5. Add all other ingredients and stir.
6. Cover and heat for 5 minutes until corn is thawed.

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Shake 'N Grill Chicken (4)

- 1 zucchini
- 1 sweet potato
- 2 carrots
- 4 (3 oz) chicken breast
- 1 white potato (medium to large)
- 2 garlic cloves-pressed
- 1 Tbs. olive or grape seed oil
- 1 Tbs. Italian seasoning mix (or other spice blend)
 1. Wash all your vegetables first
 2. Cut the carrots and zucchini into quarters. Cut lengthwise first, then diagonally.
 3. Slice white potato into 4 slices lengthwise.
 4. Slice sweet potato into 4 slices horizontally. (your sweet potatoes should be thicker than the whites)
 5. Place all ingredients in a plastic bag (preferably no holes in the bag!! LOL!)
 6. Shake!
 7. Dump out on your hot grill.
 8. Grill on medium for 5 minutes
 9. Turn and grill till done and serve

Basil Pesto Pasta Scampi (4-6)

- 1 Tbs. olive oil
- 8 - 12 medium shrimp (2-3 per person)
- $\frac{3}{4}$ cup julienne sun dried tomatoes (dry packed)
- $\frac{1}{2}$ cup pasta water
- 3-4 Tbs. basil pesto prepared from grocery store in a jar (usually a jar is 4 oz so that is good)
- $\frac{3}{4}$ lb cooked whole grain capellini or spaghetti
- Salt and pepper to taste



1. Boil water and cook your pasta according to package directions, then drain.
2. Heat oil in a skillet.
3. Add shrimp and sear about 1 minute, then tossing to sear again
4. Add sun dried tomatoes, water, cook briefly 1 minute.
5. Add pesto blend, salt and pepper, cook one minute.
6. Stir in pasta then stir continuously until evenly distributed.

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Chicken Tortilla Soup (6-8)



28-30 oz of chicken broth
(Pacifico brand or other sugar, chemical free stock/broth)
15 oz enchilada sauce
(Wildtree brand or no sugar/chemicals added)
15 oz can black beans (wash and drain)
28-30 oz organic diced tomatoes (Muir Glenn)
1 tsp. ground cumin

1 tsp chili powder
1-2 fresh jalapeno pepper – diced without seeds
1/2 rotisserie chicken – shredded
(some of these have added sugars and chemicals... look at the ingredient list!)
16 oz bag organic frozen corn
1/2 cup chopped fresh cilantro (or 1 Tbs. Dry)

1. Put first 7 ingredients into a large sauce pot, cover and heat to a boil. Cook for 10 minutes.
2. Add corn, chicken and cilantro and heat another 4-5 minutes.
3. Serve with toasted corn or whole wheat flour tortilla.

Beautiful Broccoli Bisque (6-8)

2 - 10-oz packages of frozen chopped broccoli
1 – 16-oz package broccoli florets
1/2 cup chopped onion
4 cups chicken broth
4 Tbsp. butter
2 Tbsp. flour
salt & pepper to taste
1 Tbs. fresh thyme chopped
1/2 tsp. nutmeg
2 cups half-and-half

1. Divide the florets in half. Cut the first half into small garnish sized pieces and reserve for later. Use the other half with the chopped broccoli.
2. Heat stock in sauce pot until boiling.
3. Add onion, chopped broccoli, salt and pepper and thyme.
4. Melt butter in a skillet and add flour to form roux.
5. Cook lightly for one minute without browning. Allow to cool.

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6. Stir roux into soup and whisk well. Add nutmeg.
7. Cook for 15 minutes. Put soup into blender or food processor to blend.
8. Return to stove and add half and half. Heat to hot. Garnish with florets.
9. Serve with crusty whole wheat bread.

Dad's Hot Dog Meal (6-8)

1 package (nitrate free) hot dogs, cut into 1/2-inch pieces
1 tsp. dried oregano
1 28 oz can stewed tomatoes
vegetable oil
1 onion - diced
2 bell peppers - diced

1. Heat oil in skillet.
2. Add onions and peppers and cook till translucent.
3. Add hot dogs and cook until browned.
4. Add tomatoes and spices and heat till hot.

Super Food Stir-Fry (lots)

Olive oil
Turkey (soy)
Onions
Broccoli
Butternut Squashes
Black beans
Garlic
Tomatoes
Parsley
Rosemary
Thyme
Salt and pepper to taste.

1. Cut all ingredients ahead and have everything ready before starting your stir-fry.
2. Heat olive oil in stir-fry skillet until hot.
3. Add turkey and sear.
4. Make well in center and add onions and broccoli.
5. Stir and cook for a few minutes and add butternut squash.
6. Stir and cook for a few minutes and add all other ingredients.

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7. Continue cooking until all ingredients are tender.

Be creative! You can put any food ingredient you want in the stir-fry.

One Step Veggie Lasagna (10)

This recipe is more like 30 minutes!

8 uncooked lasagna noodles
3 cups sliced zucchini
2 cups (no sugar added) tomato sauce
1 onion, chopped fine
1/2 green pepper, chopped fine
1 carrot, shredded
2 cloves garlic, minced
1 1/2 tsp. oregano
1 tsp. basil
1/2 cup water
2 cups creamed cottage cheese
1/2 cup grated Parmesan cheese
3 cups grated mozzarella cheese
1 egg

1. Combine tomato sauce, squash, onion, green pepper, carrot, garlic & spices plus water.
2. MICROWAVE 10 minutes on high; stir after 5 minutes.
3. Combine cheeses and egg.
4. In a 9x13 inch pan layer some sauce mixture, then 4 noodles (can overlap), cheese mixture. Repeat with tomato sauce, cheese, noodles and put remaining sauce on top.
5. Cover with two layers of plastic wrap. MICROWAVE 10 minutes on high.
6. Reduce to 50% power for 20 minutes. Let stand covered 10 minutes before serving.

The Thrill Of The Grill Wraps (6-8)

(2) 3/4 inch slab of deli turkey (chemical free)
1 med. Zucchini
1 yellow squash
1 lg. Pepper
2 lg. Onion
1 pineapple-cleaned and wedged

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fresh herbs
4 plum tomatoes (optional)
Olive oil
2-3 cloves of Garlic
package of whole grain flour or corn tortilla-warmed

1. Cut all veggies and pineapple and put into a bowl.
2. Add olive oil, herbs and garlic.
3. Spread on roasting pan and bake in oven or put on grill. Cook until done.
4. Combine slab of turkey with olive oil, herbs and garlic also, separately.
5. Bake on roasting pan or put on grill. Cook until warm.
6. Cut all ingredients up and serve with whole grain wraps.

Chicken (Or Turkey) Ala Reine Crepes (4)

2 cup cooked chicken or turkey (rotisserie or leftover)
8 Cooked Crepes

½ cup onion -minced
½ cup red pepper-minced
½ cup mushrooms-sliced
½ cup half and half cream
2 cup chicken stock
salt (optional)
white pepper
nutmeg
3 tsp. chives, chopped
3 tbsp. Sherry wine, or any white wine
Wondra Flour TM

1. Saute' onion and pepper 1 minute.
2. Stir in chicken broth and wine.
3. Heat to a boil.
4. Add (salt), white pepper and nutmeg. Mix well.
5. Thicken with Wondra. Cook for 15 minutes.
6. Add chives, mushrooms and half and half.
7. Pour over warm filled crepes.

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Zucchini Burgers (5)

1 pound ground turkey or chicken
½ cup onion, small dice
1 small zucchini, grated
1 tsp grated ginger (or out of jar)
½ tsp minced garlic
1 tsp soy sauce
1 egg
1 tsp tomato paste
½ cup whole wheat breadcrumbs
1 tsp. chopped fresh thyme
¼ tsp. salt
¼ tsp. Black pepper

1. Put in large bowl and use hands to combine.
2. Shape into small patties. Pan-sear until done.
3. Serve on whole wheat potato rolls with a side of raw veggies.

Angel Hair Pasta With Asparagus (4)

8 ounces whole wheat angel hair pasta-cooked
1 tablespoon olive oil
1 ½ pounds fresh asparagus, trimmed and cut into 1 inch pieces
¼ cup chicken, veggie or beef broth
½ pound fresh mushrooms, sliced
½ teaspoon crushed red pepper
½ cup freshly grated Parmesan cheese

1. Cook pasta according to package instructions.
2. Heat the olive oil in a nonstick skillet. Sauté asparagus in the pan over medium heat for about 3 minutes.
3. Add chicken broth and mushroom slices; cook 3 minutes more.
4. Gently toss pasta with asparagus mixture; sprinkle with Parmesan and crushed red pepper.

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Tex Mex Shrimp Tortilla Wraps

When you are pressed for time, instead of stopping for carryout, run into a grocery store and pick up a pound of peeled and de-veined shrimp and the ingredients below (or any other veggies that you want).

You can get this tex mex shrimp meal from your car to the dinner table in less than 17 minutes.



1 Tbs. olive oil
1 red pepper-sliced
1 yellow pepper-sliced
1 red onion-sliced
2 limes- juiced
1 lb. peeled & de-veined shrimp
8 corn tortillas
1 tsp. Southwest or chipotle spice blend
Optional: sour cream, salsa, avocado, fresh cilantro

1. Place 1 Tbs. oil in skillet.
2. Add sliced onion & peppers and saute for 4-5 minutes. Add shrimp, lime juice, spices/herbs (cilantro) and toss.
3. Heat till hot and serve with tortillas wraps, sour cream, and chopped avocado.

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Deb's Humongous Bowl of Soup For One (1 or more!)

The recipe is a guide line not a rule. You can use any ingredients you want in it. Just clean out the fridge.

1 cup of water (or milk, or stock, or prepared soup)
4 oz frozen white fish fillet
(I get the kind that are frozen loose in a bag. tilapia or flounder and you could use chicken breast instead if you wanted)

1/4 onion-sliced
1/2 cup cabbage-chopped
1-2 carrots-sliced
1 celery stick-sliced
1/3 sweet potato cubed
1/2 tsp dry spice blend (like Italian or southwest or what ever you like)
pepper and salt as needed

Pull every stray vegetable out of your fridge to create a different stew/soup every day. Get everything chopped; put the liquid in the pot with the fish and heat on low then throw everything else on top all at once; put the lid on and heat until done about 10 minutes. Dump out into a BIG soup bowl.

This can be made with any ingredients you have in the fridge. Any veg or starch can be substituted. I have made it with cooked leftover brown rice, pasta or white potatoes. The same with the veggies anything goes and the more the veggies the better. Lotsa fiber!! For the least amount of calories use fish and water. You will be shocked at how yummy and filling it is.

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Spanish Saffron-Soba Catfish Stew

This recipe is more like 30 minutes!

1 lb catfish fillet
1 qt fish stock
2 cup tomato juice
2 Tbs. olive oil-divided
4 garlic cloves-sliced
2 tbs. slivered ginger
1 small onion minced.
4 ripe tomatoes, peeled, seeded, and diced
2 grains of saffron strand
1 tsp. ground cumin
pinch cayenne pepper
8 oz. soba noodles

1. Clean and cut and marinate catfish fillets as in above recipe.
2. Heat 1 Tbs. olive oil, and sear catfish on both sides. Do not cook through, set aside.
3. In medium sauce pot, heat 1 Tbs. olive oil. Sauté onion until almost tender. Add slivered garlic and ginger.
4. Add fish stock and tomato juice. Heat to a boil
5. Reduce heat, simmer 15 minutes, and add rubbed saffron cumin, and cayenne.
6. Simmer 10 minutes, and while boiling break and add in soba noodles. Stir well and gently place catfish on top of noodles cook for 15 minutes. Serve in Asian Style bowls.

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