



LOW CALORIE WLWT RECIPE BOOK

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Easy One Pan Palak Paneer

High Protein Creamy Mushroom Pasta

4 servings

🕒 40 minutes

479 calories - 17g protein



Ingredients

- 8 ounces whole-wheat linguine pasta
- 2 tablespoons extra-virgin olive oil
- 6 cloves garlic, sliced
- 1 ½ pounds mixed mushrooms, sliced
- 1 cup diced shallots
- 1 tablespoon chopped fresh thyme
- ½ cup sour cream or crème fraîche
- ¼ cup grated Parmesan cheese plus more for garnish
- 1 tablespoon butter
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- Finely chopped fresh parsley for garnish

Method

1. Bring a large pot of water to a boil over high heat. Cook pasta according to package directions. Reserve 1/2 cup of the pasta water, then drain the pasta.
2. Meanwhile, heat oil and garlic in a large skillet over medium heat until fragrant, about 2 minutes. Add mushrooms, shallots and thyme and increase heat to high. Cook, stirring occasionally, until the liquid the mushrooms release has evaporated and the mushrooms are starting to brown, 11 to 13 minutes.
3. Stir in the reserved pasta water, sour cream (or crème fraîche), Parmesan, butter, salt and pepper. Add the pasta and toss to coat. Serve topped with more Parmesan and parsley, if desired.

Butter Chicken/Paneer

2 servings

🕒 25 minutes

327/440 calories - 51/31g protein

Ingredients

FOR THE MARINATED CHICKEN:

- 2 lbs. boneless, skinless chicken breasts, cut into 1-inch cubes / 100g paneer
- ¼ cup tomato paste
- ¼ cup plain Greek yogurt
- 1 tablespoon lemon juice
- 2 teaspoons cumin
- 2 teaspoons garam masala (see notes)
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1 teaspoon ground ginger
- ¾ teaspoons black pepper
- ½ teaspoon turmeric
- ½ teaspoon cinnamon
- ¼ teaspoon cayenne pepper

FOR COOKING:

- 1 tablespoon canola oil
- 1 small onion, diced
- 5 cloves garlic, minced
- 2 tablespoons light brown sugar
- ½ cup plain Greek yogurt
- ½ cup water

Method

1. Place the cut pieces of chicken in a bowl or tiptop plastic bag. Combine all of the marinate ingredients in a bowl and stir well. (It will be very thick.) Pour the marinate ingredients over the chicken/paneer and stir to coat all of the chicken/paneer. Let marinate for at least 30 minutes.
2. Heat a large skillet over medium-high heat. Add canola oil.
3. Add onion and cook for 2-3 minutes, until softened. Add garlic and cook for an additional minute.
4. Add the marinated chicken (along with all of the marinade) to the pan. Sprinkle with brown sugar and cook for 2-3 minutes.
5. Add the yogurt and water, reduce the heat to medium or medium-low, enough to maintain a steady simmer. Let cook for 8-10 minutes, until the chicken is cooked through and sauce is thickened.
6. Season to taste with salt and pepper (it may not need any).
7. Serve the chicken/paneer hot with extra sauce spooned over top.



Spicy High Protein Mac and Cheese

4 servings

🕒 30 minutes

335 calories - 18g protein

Ingredients

- 12 ounces whole-wheat mac, rotini or fusilli
- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 2 medium poblano peppers and/or green bell peppers
- 1 medium stalk celery, diced
- 3 cloves garlic, minced
- 1 pound lean ground beef/quorn mince
- 3 tablespoons chilli powder
- ½ teaspoon salt
- 1 (28 ounce) can diced tomatoes
- 1 cup low-sodium beef broth
- 1 (15 ounce) can low-sodium kidney beans or chilli beans, rinsed
- ½ cup sour cream
- ¾ cup shredded sharp Cheddar cheese
- Jalapeños for garnish

Method

1. Cook pasta 2 minutes less than the package directions. Drain.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion, peppers and celery and cook, stirring often, until softened, 4 to 5 minutes. Add garlic and cook, stirring, for 30 seconds. Add beef/quorn mince, chilli powder and salt; cook, stirring and breaking up with a spoon, until the beef is no longer pink, 4 to 5 minutes.
3. Add tomatoes with their juice and broth; bring to a boil over high heat and cook for 2 minutes. Add beans and the pasta, reduce heat to medium and cook, stirring often, until hot, 1 to 2 minutes. Remove from heat. Fold in sour cream. Serve topped with Cheddar and jalapeños, if desired.



Low Fat Paneer Tikka

2 servings

🕒 40 minutes

394 calories - 24g protein



Ingredients

- 300 g paneer
- 2 small onion.
- 1 of red, yellow, green bell peppers each cubed
- 6 tbsp low-fat Greek yoghurt
- 2 tsp ginger garlic paste
- 3 tsp paprika
- 2 tsp chilli powder
- 2 tsp coriander powder
- 2 tsp cumin powder
- 1 tsp garam masala
- 1/2 tsp turmeric powder
- 2 tsp white pepper powder
- 4 tsp dried fenugreek leaves
- juice of a half lemon

Method

1. Cut the onion into half and peel the layers one by one. Deseed the bell peppers and slice them into cubes.
2. Lightly beat the yoghurt in a bowl and add in all the spices along with a pinch of salt.
3. Adjust yoghurt little bit as per the consistency and add in ginger garlic paste too, the coating should not be runny and slightly thick.
4. Coat the paneer pieces well first and then the veggies in the leftover marinade.
5. Line a baking tray with parchment paper and spread the paneer pieces and veggies with sufficient gap in between.
6. Spray low-calorie cooking spray on the marinated paneer and vegetables.
7. Bake in a preheated oven at 180C for 10 min by checking in between or until golden brown and then broil for 2 -3 min until charred.
8. Serve with a homemade mint yoghurt dip or just plain yoghurt sprinkled with paprika salt and pepper along with your favourite salad
9. Also, squeeze some lemon juice for some extra flavour!

Creamy Cajun Chicken/Quorn Pasta

t servings

🕒 30 minutes

335 calories - 18g protein



Ingredients

1 tbsp. olive oil
1 red onion
200 g mushrooms
1 red pepper
500 g chicken breast / 300g quorn chicken pieces
1 tbsp. Cajun seasoning
Pinch salt
500 g pasta
500 ml chicken /veg stock
11 g light cream cheese
Handful chopped chives

Method

1. First, heat the olive oil in a large non-stick pan. Add the red onion, mushrooms, and pepper strips and cook for a few minutes until softened. Remove from the pan and set aside.
2. Add a little more olive oil to the pan if necessary and then add your chicken pieces. Fry until completely cooked through and no longer pink, then add the veg back in along with the Cajun seasoning and salt to taste. Stir well to combine.
3. Next add the pasta and chicken stock, cover the pan, and leave to simmer for 15 minutes.
4. Stir through the cream cheese to make a thick, creamy sauce. Serve immediately with chopped chives to garnish or portion up for your lunches later in the week. Smashed

Chicken/Tofu Tikka Masala

2 servings

🕒 50 minutes

384/326 calories - 30.3/16g protein

Ingredients

- 2 pounds boneless skinless chicken breasts cut into bite-size pieces / 2 12 to 14-ounce blocks extra firm tofu
- 1 ½ teaspoons salt
- 1 tablespoon unsalted butter or coconut oil
- 1 small yellow onion finely chopped
- 3 large cloves garlic minced (about 1 tablespoon)
- 1 tablespoon minced fresh ginger
- 1 tablespoon garam masala*
- 1 teaspoon ground chilli powder
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cayenne use more if you like the dish spicy
- 1 can no salt added tomato sauce (8 ounces)
- 1 can light coconut milk (14 ounces)
- ¾ cup frozen peas
- ½ cup plain nonfat Greek yogurt
- Prepared brown rice or naan, for serving
- Fresh cilantro for serving

Method

1. Season the chicken with 1 teaspoon kosher salt and set aside. If using tofu, press out water from the tofu with paper towels and cut into small pieces then bake for 30 minutes (flipping the tofu in between)
2. Add the butter to a pan. Once melted, add the onion, garlic, ginger, garam masala, chili powder, cumin, turmeric, and cayenne. Cook, stirring often, until the onion is soft and the spices are very fragrant, about 5 minutes.
3. Add the chicken/tofu pieces, stir to coat with the spices and onion, and cook, stirring often, just until the outsides start to brown, about 4 minutes. Add the tomato sauce and remaining 1/2 teaspoon salt. Stir to combine and cover for 3-5 mins
4. Uncover and stir in the coconut milk. Bring the mixture to a simmer, stirring occasionally, and let it continue to simmer until the sauce thickens slightly, about 10 to 15 minutes. Then stir in the peas. Let cool for 3 to 4 minutes, and then stir in the Greek yogurt (do not stir in the Greek yogurt right away or it may curdle).
5. Enjoy warm with rice or naan and a sprinkle of fresh cilantro.



One Pot Cheesy Tex-Mex Pasta

6 servings

🕒 20 minutes

467 calories - 29g protein



Ingredients

1 tablespoon canola oil
1 pound lean ground beef/quorn mince
1 small onion, chopped
2 cloves garlic, minced
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
½ teaspoon salt
¼ teaspoon ground pepper
2 cups water
1 ¾ cups fresh pico de gallo
8 ounces whole-wheat rotini
1 cup frozen corn, thawed
1 ½ cups shredded Mexican cheese blend
Sliced scallions, chopped cilantro, diced tomatoes and/or sour cream (optional)

Method

1. Heat oil in a large skillet over medium heat.
2. Add beef/quorn and onion; cook, stirring, until the beef is just cooked through, 5 to 7 minutes. Stir in garlic, chili powder, cumin, oregano, salt and pepper.
3. Cook for 1 minute. Add water, pico de gallo, pasta and corn. Bring to a boil, then reduce heat to maintain a simmer.
4. Cover and cook, stirring once or twice, until the pasta is tender and most of the liquid has been absorbed, 13 to 15 minutes.
5. Remove from heat and sprinkle cheese over the mixture; stir until melted. Top each serving with scallions, cilantro, tomatoes and/or sour cream, if desired.

Low Calorie Chhole (Chickpea Curry)

6 servings

🕒 20 minutes

278 calories - 6g protein



Ingredients

- 1 medium serrano pepper, cut into thirds
- 4 large cloves garlic
- 1 2-inch piece fresh ginger, peeled and coarsely chopped
- 1 medium yellow onion, chopped (1-inch)
- 6 tablespoons canola oil or grapeseed oil
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground turmeric
- 2 ¼ cups no-salt-added canned diced tomatoes with their juice
- ¾ teaspoon salt
- 2 cans chickpeas, rinsed
- 2 teaspoons garam masala
- Fresh cilantro for garnish

Method

1. Pulse serrano, garlic and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery.
2. Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric and cook, stirring, for 2 minutes.
3. Pulse tomatoes in the food processor until finely chopped. Add to the pan along with salt. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.

Low Calorie Aloo Gobi

2 servings

🕒 55 minutes

380 calories - 7.5g protein



Ingredients

- 1 cup (1 1/2 medium) potatoes cubed
- 1/3 cups (120 grams) cauliflower florets chopped
- 2 to 3 cup (3 medium) onion (chopped finely)
- 2 to 3 cup tomatoes (finely chopped) or 1 to 2 tbsp tomato paste
- 1/2 tablespoon ginger minced or grated
- 1/2 tablespoon garlic cloves, minced or pressed
- 3 green chilli chopped
- 1/2 tablespoons coriander leaves chopped
- 1/4 to 1/2 teaspoon salt
- 1 to 2 tablespoons oil
- lemon juice to serve
- 1/2 teaspoon cumin seeds (jeera)
- 1/2 teaspoon red chilli powder
- 1/2 teaspoon turmeric
- 3 to 1 teaspoon garam masala
- 1/2 to 1/2 teaspoon coriander powder
- 1/2 to 1/2 teaspoon cumin powder (jeera powder)
- 3 tablespoon kasuri methi (dried fenugreek leaves)
- 3 teaspoons amchur (optional)

Method

1. Chop cauliflower florets to 1 1/2 inch in size. Add them to slightly hot water and set aside for 3 to 4 mins.
2. Drain the water and rinse them well. Drain them completely.
3. Cube potatoes to 3/4 by 3/4 inch. or you can also slice them to 3/4 inch. Keep them immersed in a bowl of water until used. Keeping them in water helps the potatoes to cook faster as they soak up some moisture.
4. Mince ginger and garlic. Keep this aside.
4. Heat oil in a pan and add cumin seeds. When they sizzle, add ginger garlic & saute for 30 seconds.
5. Then add the onions & stir fry until transparent.
6. Add the potatoes and green chilli. Stir fry for 2 to 3 mins. Cover and cook on a low to medium heat until they are half done. If required you can splash some water so they cook faster. Keep stirring in between and cook covered.
7. When they are slightly tender but still under cooked, add the cauliflower & stir fry for about 3 mins.
8. Add red chilli powder, turmeric, roasted cumin powder, garam masala and coriander powder.
9. Mix well. Sprinkle 2 to 3 tablespoons water all over the aloo gobi or across the sides of the pan & mix well. This step helps keep the aloo gobi moist without drying out.
10. Cook covered, stirring every few minutes, until both aloo & gobi are almost fork tender. Add salt and continue to cook covered on a low flame until the potatoes are soft & fully cooked. 9. The veggies will release moisture at this stage and cook quickly. So keep an eye not to over cook gobi at this stage. It must remain slightly crunchy yet cooked.
11. Next add the tomatoes and kasuri methi. Fry on a medium to high flame until the raw smell of tomatoes goes away.
12. If needed add little oil at this stage. It takes about 2 to 4 mins for the raw smell of tomatoes to go away.
13. Sprinkle amchur if using. Finally garnish aloo gobi with coriander leaves. Sprinkle some lemon juice if you want. Serve with rice, roti or any bread.

Easy One Pan Palak Paneer

4 servings

🕒 30 minutes

335 calories - 18g protein



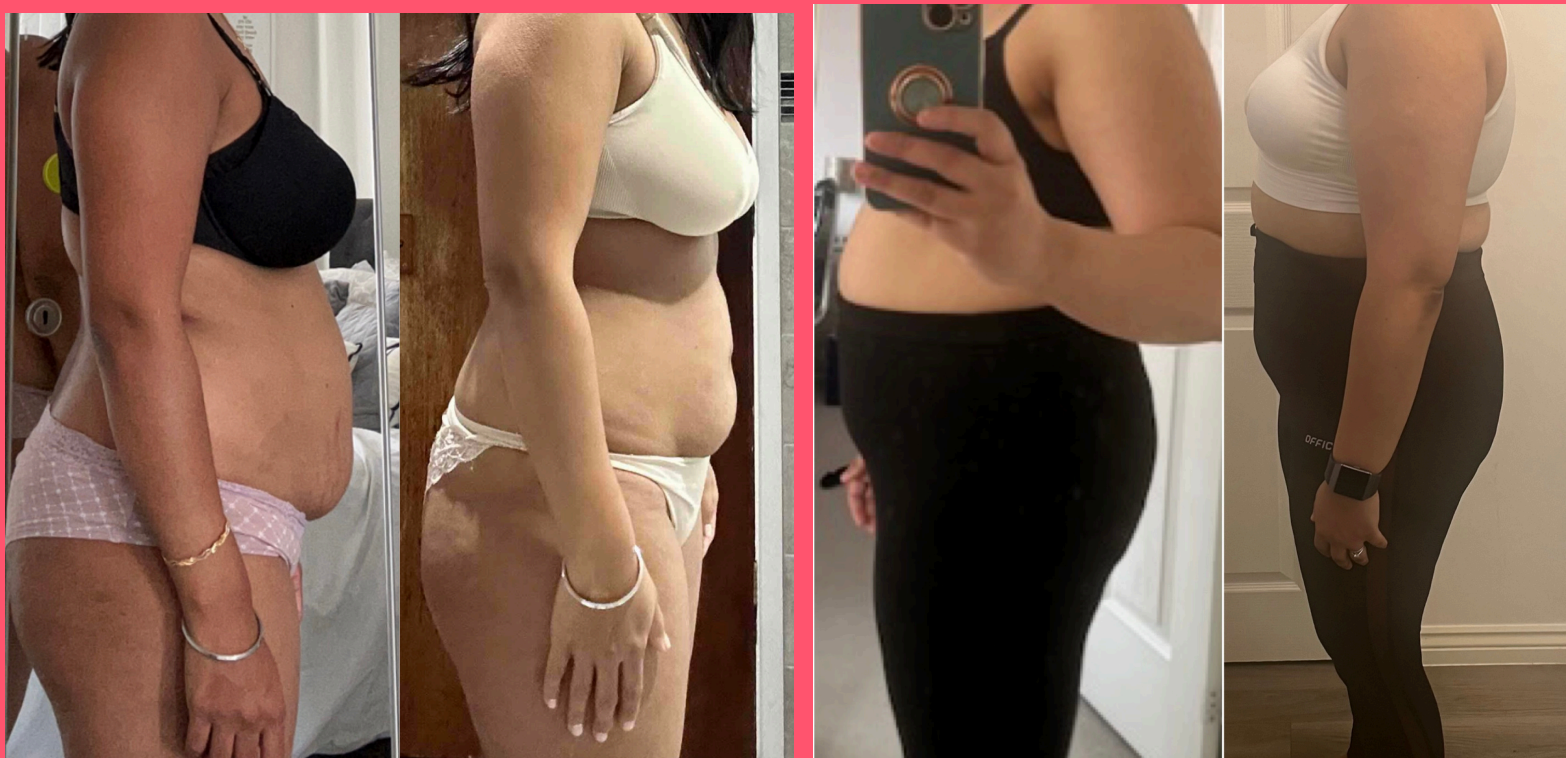
Ingredients

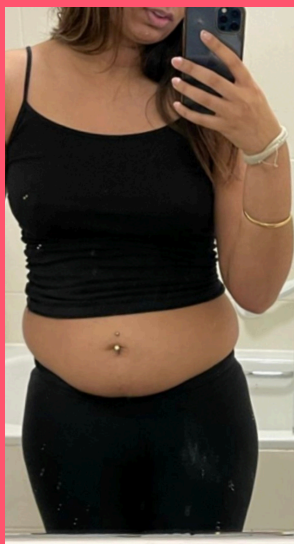
- 12 oz Paneer cheese
- 2 cups Chopped Frozen Spinach
- $\frac{2}{3}$ cup White Onion
- $\frac{1}{2}$ cup Red Bell Pepper
- 2 tbsp Minced Garlic
- 2 tbsp Heavy Cream
- $\frac{1}{2}$ cup Greek Yogurt
- 1 tsp Curry Powder
- 1 tsp Garam Masala

Method

1. Cube paneer cheese into 1 inch cubes then toss with avocado oil and curry powder. Let marinate for 30 minutes in the fridge.
2. Thinly slice bell peppers, onions and drain thawed spinach completely then add into a food processor with $\frac{1}{4}$ cup water.
3. In a nonstick or cast iron pan sear paneer cheese for about a minute on one side, flip once and sear on opposite side then remove from pan.
4. Sauté onions, bell peppers and garlic. After lightly caramelized add spinach and garam masala.
5. Fold in yogurt, heavy cream and spinach mix, check for seasoning. Add salt and pepper as needed. Finally add paneer cheese back to the pan and heat until warm.

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