

## Low Glycemic Sides: Vegetable & Bean Alternatives to Rice, Potato, Pasta

50% of your dinner/lunch plate should be covered with colorful vegetables & salads.

25% of your dinner/lunch plate should contain beans/legumes. beans are a very nutritious source of carbohydrates - a one-two-three-four punch - since they also contain incomplete proteins, soluble fiber, folate, potassium. This is why they are critical on a calorie budget.

	<b>Nutrition Facts</b> Per 1 serving	<b>Weight Watchers</b> Points plus	<b>container</b> 7" x 3"	<b>Price</b> \$US
<b>Bean Alternatives</b>				
½ cup = 4 ounces				
<b>Chick Pea Pie</b>	Total calories: 170	6	1	9.00
(3 servings, 131.7 g/4.6 ozs each)	Total fat: 8 g			
	Saturated fat: 3 g			
	Polyunsat. fat.: 0 g			
	Monounsatur. fat: 1 g			
	Total carb: 19 g			
	Protein: 10 g			
	Fiber: 6 g			
	Cholesterol: 50 mg			
	Potassium: 26 mg			
	Phosphorus: 79 mg			
	Sodium: 470 mg			
	Sugar: 3 g			
<b>Mexican Vegetable Casserole</b>				
(3 servings, 156 g/5.5 ozs each)	Total calories: 110	4	1	9.00
	Total fat: 3 g			
	Saturated fat: 1.5 g			
	Polyunsatur. fat.: 0 g			
	Monounsatur. fat: 0 g			
	Total carb: 22 g			
	Protein: 11 g			
	Fiber: 5 g			
	Cholesterol: 25 mg			
	Potassium: 390 mg			
	Sodium: 590 mg			
	Sugar: 8 g			
<b>Baked Falafel with salad</b>				
(6 serving, 225 g/7.9 ozs)	Total calories: 170	4	1	12.00
	Total fat: 3.5 g			

Saturated fat: 0 g  
 Polyunsat. fat.: 0 g  
 Monounsatur. fat: 2 g  
 Total carb: 24 g  
 Protein: 11 g  
 Fiber: 5 g  
 Cholesterol: 0 mg  
 Potassium: 352 mg  
 Sodium: 25 mg  
 Sugar: 7 g

**Baked Falafel**  
**w/salad & quinoa mujadarra**  
 (6 serving, 298.8 g/10.5 ozs each)

Total calories: 310 7 1 15.00  
 Total fat: 9 g  
 Saturated fat: 1 g  
 Polyunsat. fat.: .5 g  
 Monounsatur. fat: 5 g  
 Total carb: 40 g  
 Protein: 17 g  
 Fiber: 12 g  
 Cholesterol: 0 mg  
 Potassium: 586 mg  
 Sodium: 90 mg  
 Sugar: 8 g

**Moroccan Lentils w/feta**  
 (3 servings, 82 g/2.9 ozs each)

Total calories: 140 3 1 8.00  
 Total fat: 7 g  
 Saturated fat: 2 g  
 Polyunsat. fat.: 0 g  
 Monounsatur. fat: 4 g  
 Total carb: 9 g  
 Protein: 7 g  
 Fiber: 4 g  
 Cholesterol: 5 mg  
 Potassium: 560 mg  
 Sodium: 280 mg  
 Sugar: 2 g

**Cajun Lima Beans**  
 (3 servings, 100.5 g/3.5 ozs each)

Total calories: 170 4 1 8.00  
 Total fat: 7 g  
 Saturated fat: 1 g  
 Polyunsat. fat.: 1 g

Monounsat. fat: 5 g  
 Total carb: 21 g  
 Protein: 6 g  
 Fiber: 5 g  
 Cholesterol: 0 mg  
 Potassium: 394 mg  
 Phosphorus: 88 mg  
 Sodium: 45 mg  
 Sugar: 0 g

**“Refried” Black Beans**  
 (3 servings, 95.4 g/2.4 ozs each)

Total calories:	170	5	1	8.00
Total fat:	7 g			
Saturated fat:	2.5 g			
Polyunsat. fat.:	0 g			
Monounsat. fat:	4 g			
Total carb:	31 g			
Protein:	14 g			
Fiber:	18 g			
Cholesterol:	15 mg			
Potassium:	246.43 mg			
Phosphorus:	71.92 mg			
Sodium:	120 mg			
Sugar:	3 g			

**Chick Pea Salad w/ gorgonzola & honey**  
 (3 servings, 135.9 g/4.8 ozs each)

Total calories:	150	4	1	8.00
Total fat:	2 g			
Saturated fat:	.5 g			
Polyunsat. fat.:	0 g			
Monounsat. fat:	0 g			
Total carb:	25 g			
Protein:	8 g			
Fiber:	5 g			
Cholesterol:	0 g			
Potassium:	250 mg			
Phosphorus:	100 mg			
Sodium:	75 mg			
Sugar:	2 g			

**Greek Lentils burgers**  
 (3 servings, 36.7 g/1.3 ozs each)

Total calories:	60	6	1	6.00
Total fat:	3 g			
Saturated fat:	.5 g			

Polyunsat. fat.: 0 g  
 Monounsat. fat: 2 g  
 Total carb: 4 g  
 Protein: 3 g  
 Fiber: 2 g  
 Cholesterol: 10 mg  
 Potassium: 126 mg  
 Sodium: 65 mg  
 Sugar: 0 g

**Corn Pudding**

(3 servings, 161.4 g/5.7 ozs each)

Total calories:	130	3	1	6.00
Total fat:	2 g			
Saturated fat:	0 g			
Polyunsat. fat.:	0 g			
Monounsat. fat:	.5 g			
Total carb:	24 g			
Protein:	3 g			
Fiber:	2 g			
Cholesterol:	55 mg			
Sodium:	550 mg			
Sugar:	11 g			

**Vegetable Alternatives**

**Waist-Friendly Cauliflower Cheese Soufflé**

(like Mac & Cheese without the guilt)

(3 servings, 137 g/4.8 ozs each)

Total calories:	180	5	1	9.00
Total fat:	11 g			
Saturated fat:	4.5 g			
Polyunsat. fat.:	.5 g			
Monounsat. fat:	3 g			
Total carb:	8 g			
Protein:	12 g			
Fiber:	1 g			
Cholesterol:	60 mg			
Sodium:	310 mg			
Sugar:	5 g			

**Roasted Curried Cauliflower w/Ginger & Apricot**

(3 servings, 137 g/4.8 ozs each)

Total calories:	145	4	1	9.00
Total fat:	8 g			
Saturated fat:	3 g			
Polyunsat. fat:	2.5 g			
Monounsat. fat:	2.5 g			

Total carb: 17 g  
 Protein: 2 g  
 Fiber: 1 g  
 Cholesterol: 20 mg  
 Sodium: 57mg  
 Sugar: 9 g

**Slenderizing Broccoli Soufflé**

(3 servings, 152.2 g/5.4 ozs each)

Total calories:	190	5	1	9.00
Total fat:	11 g			
Saturated fat:	4.5 g			
Polyunsat. fat:	.5 g			
Monounsatur. fat:	3 g			
Total carb:	9 g			
Protein:	13 g			
Fiber:	8 g			
Cholesterol:	9 mg			
Sodium:	310 mg			
Sugar:	5 g			

**Roasted Vegetables**

(3 servings, 27.8 g/4.5 ozs each)

Total calories:	100	3	1	9.00
Total fat:	9 g			
Saturated fat:	1 g			
Polyunsat. fat:	1 g			
Monounsatur. fat:	6 g			
Total carb:	5 g			
Protein:	2 g			
Fiber:	5 g			
Cholesterol:	0 g			
Sodium:	10 g			
Sugar:	3 g			

**Spinach Pie**

(3 servings, 112.7 g/4 ozs each)

Total calories:	110	2	1	9.00
Total fat:	4.5			
Sat fat:	2.5g			
Polyunsat.:	1g			
Monounsatur.:	2g			
Total carb:	6 g			
Protein:	9 g			
Fiber:	3 g			
Cholesterol:	35 mg			
Calcium:	250 mg			

Sodium: 260 mg  
Sugar: 2 g

### Ratatouille

(3 servings, 177 g/6.2 ozs each)

Total calories:	110	3	1	9.00
Total fat:	8 g			
Sat fat:	1 g			
Polyunsat.:	1 g			
Monounsat.:	6 g			
Total carb:	8 g			
Protein:	2 g			
Fiber:	3 g			
Cholesterol:	0 mg			
Sodium:	71 g			
Sugar:	5 g			

### Zucchini Vegetable Pancakes

(2 servings, 119.1 g/4.2 ozs each)

Total calories:	90	3	1	9.00
Total fat:	6 g		(9 pancakes)	
Sat fat:	1 g			
Polyunsat.:	.5 g			
Monounsat.:	4 g			
Total carb:	9 g			
Protein:	3 g			
Fiber:	2 g			
Cholesterol:	25 mg			
Sodium:	90 mg			
Sugar:	4 g			

### Zucchini Pad Thai w/shrimp

(3 servings, 210.9 g/7.4 ozs each)

Total calories:	230	6	1	15.00
Total fat:	17g			
Sat fat:	2.5 g			
Polyunsat.:	4.5 g			
Monounsat.:	6 g			
Total carb:	13 g			
Protein:	9 g			
Fiber:	4 g			
Cholesterol:	55 mg			
Sodium:	65 mg			
Sugar:	8 g			

### Spaghetti Squash Alfredo

Total calories:	260	3	1	9.00
-----------------	-----	---	---	------

(3 servings, 164.9 g/5.8 ozs each)

Total fat: 6 g  
Sat fat: 1.5 g  
Polyunsat.: 0 g  
Monounsat.: 0 g  
Total carb: 2 g  
Protein: 17 g  
Fiber: 6 g  
Cholesterol: 5 mg  
Vitamin A: 422 IUs  
Potassium: 443 mg  
Sodium: 140 mg  
Sugar: 5 g

### Roasted Brussels Sprouts w/bacon & Cashews

bacon is 98% fat free

(3 servings, 210.9 g/7.4 ozs each)

Total calories:	160	5	1	9.00
Total fat:	6g			
Sat fat:	3g			
Polyunsat.:	.5g			
Monounsat.:	0g			
Total carb:	28g			
Protein:	2g			
Fiber:	2g			
Cholesterol:	15mg			
Sodium:	25mg			
Sugar:	20g			

### Creamed Cabbage

(3 servings, 187.1 g/6.6 ozs each)

Total calories:	150	4	1	9.00
Total fat:	8 g			
Sat fat:	2.5 g			
Polyunsat.:	0 g			
Monounsat.:	3.5 g			
Total carb:	12 g			
Protein:	8 g			
Fiber:	3 g			
Cholesterol:	10 mg			
Sodium:	170 mg			
Sugar:	8 g			

### BBQ tofu, Cabbage & Pepper slaw

(3 servings, 162.7 g/5.7 ozs each)

Total calories:	140	3	1	12.00
Total fat:	8 g			
Sat fat:	1 g			
Polyunsat.:	2 g			

Monounsat.: 4.5 g  
 Total carb: 10 g  
 Protein: 6 g  
 Fiber: 3 g  
 Cholesterol: 0 mg  
 Sodium: 150mg  
 Sugar: 6 g

### Pumpkin Soufflé

(3 servings, 169.3 g/6 ozs each)

Total calories:	90	2	1	9.00
Total fat:	4.5 g			
Saturated fat:	1 g			
Polyunsat. fat.:	.5 g			
Monounsat. fat:	3 g			
Total carb:	10 g			
Protein:	4 g			
Fiber:	2 g			
Cholesterol:	40 mg			
Sodium:	30 mg			
Sugar:	2 g			

### Carrot Soufflé

(3 servings, 159.3 g/5.6 ozs each)

Total calories:	240	7	1	9.00
Total fat:	11 g			
Saturated fat:	2.5 g			
Polyunsat. fat.:	6 g			
Monounsat. fat:	2 g			
Total carb:	33 g			
Protein:	4 g			
Fiber:	3 g			
Cholesterol:	20 mg			
Sodium:	210 mg			
Sugar:	24 g			

### Moo Shu Vegetables

(3 servings, 159.3 g/5.6 ozs each)

Total calories:	85.5	3	1	6.00
Total fat:	4.5 g			
Saturated fat:				
Polyunsat. fat.:				
Monounsat. fat:				
Total carb:	13.36 g			
Protein:	5.5 g			
Fiber:	4 g			
Cholesterol:	106 mg			



Sodium: 328 mg  
Potassium: 226 mg  
Sugar: 8.8 g

## Vegetables (Eggplant)

### Eggplant Parmesan

(3 servings, 180.9 g/6.4 ozs)

Total calories:	220	6	1	9.00
Total fat:	10 g			
Saturated fat:	4.5 g			
Polyunsat. fat.:	.5 g			
Monounsatur. fat:	.5 g			
Total carb:	17 g			
Protein:	19 g			
Fiber:	4 g			
Cholesterol:	55 mg			
Sodium:	640 mg			
Sugar:	6 g			

### Eggplant Rollatini

(3 servings, 211.9 g/7.5 ozs)

Total calories:	130	4	1	9.00
Total fat:	4 g		(9 rollatimis)	
Saturated fat:	1.5 g			
Polyunsat. fat.:	.5 g			
Monounsatur. fat:	1 g			
Total carb:	22 g			
Protein:	9 g			
Fiber:	6 g			
Cholesterol:	45 mg			
Sodium:	230 mg			
Sugar:	8 g			

### Eggplant Caponata

(3 servings, 165.4 g/5.8 ozs)

Total calories:	160	5	1	9.00
Total fat:	12 g			
Saturated fat:	1.5 g			
Polyunsat. fat.:	1.5 g			
Monounsatur. fat:	8 g			
Total carb:	16 g			
Protein:	2 g			
Fiber:	5 g			
Cholesterol:	0 mg			
Sodium:	0 mg			
Sugar:	11 g			

## Indian Eggplant

(Stew w/quinoa, defatted lamb, veg & spices)  
(3 servings, 158.3 g/5.6 ozs)

Total calories:	200	5	1	10.00
Total fat:	10 g			
Saturated fat:	2.5 g			
Polyunsat. fat.:	.5 g			
Monounsat. fat:	5 g			
Total carb:	17 g			
Protein:	11 g			
Fiber:	7 g			
Cholesterol:	20 g			
Sodium:	45 mg			
Sugar:	4 g			

## Sweet Potato Cheese Soufflé

Total calories:	270	7	1	9.00
Total fat:	11 g			
Sat fat:	4.5 g			
Polyunsat.:	3 g			
Monounsat.:	2.5 g			
Total carb:	35 g			
Protein:	7 g			
Fiber:	1 g			
Cholesterol:	35 mg			
Sodium:	300 mg			
Sugar:	27 g			

50% although these contain so much more fiber & protein than white potatoes, brown rice & brown pasta, apart from bulghur, their carbohydrate content is still steep. So if you are on a low calorie budget of approx. 1,200-1,500 calories/day, no more than ¼ cup is recommended. To pack additional nutrients and flavor, combine with vegetables, spices & aromatics.

### whole grain & other

## Hoppin' John Salad w/Quinoa

(3 servings, 141.7 g/5 ozs)

Total calories:	250	6	1	9.00
Total fat:	10 g			
Saturated fat:	1.5 g			
Polyunsat. fat.:	2 g			
Monounsat. fat:	4 g			
Total carb:	30 g			
Protein:	8 g			
Fiber:	10 g			
Cholesterol:	5 mg			
Sodium:	190 mg			
Sugar:	4 g			

### Quinoa Vegetable Risotto

(3 servings, 131.9 g/4.7 ozs)

Total calories: 270  
Total fat: 11 g  
Saturated fat: 3 g  
Polyunsat. fat.: 0 g  
Monounsatur. fat: 3 g  
Total carb: 30 g  
Protein: 13 g  
Fiber: 10 g  
Cholesterol: 15 mg  
Sodium: 360 mg  
Sugar: 4 g

6 1 9.00

### Barley Primavera

(3 servings, 194 g/6.8 ozs)

Total calories: 180  
Total fat: 9 g  
Saturated fat: 2 g  
Polyunsat. fat.: 0 g  
Monounsatur. fat: 3.5 g  
Total carb: 21 g  
Protein: 7 g  
Fiber: 5 g  
Cholesterol: 5 mg  
Sodium: 200 mg  
Sugar: 6 g

5 1 9.00

### Bulghur Pilaf w/Mushrooms, Peppers & Kale

(3 servings, 165.5 g/5.8 ozs)

Total calories: 120  
Total fat: 4.5 g  
Saturated fat: .5 g  
Polyunsat. fat.: .5 g  
Monounsatur. fat: 3.5 g  
Total carb: 19 g  
Protein: 4 g  
Fiber: 4 g  
Cholesterol: 0 mg  
Sodium: 20 mg  
Sugar: 2 g

3 1 9.00

### Cajun Farro w/pistachios, artichokes & herbs

(3 servings, 140.7 g/5 ozs)

Total calories: 210  
Total fat: 11 g  
Saturated fat: 1.5 g

6 1 9.00

Polyunsat. fat.: 2 g  
 Monounsat. fat: 7 g  
 Total carb: 27 g  
 Protein: 6 g  
 Fiber: 5 g  
 Cholesterol: 0 mg  
 Sodium: 15 mg  
 Sugar: 3 g

**Red pepper, Cheddar & Chive Spoonbread**

(3 servings, 166.5 g/5.9 ozs)

Total calories:	260	6	1	9.00
Total fat:	11 g			
Saturated fat:	6 g			
Polyunsat. fat.:	.5 g			
Monounsat. fat:	.5 g			
Total carb:	20 g			
Protein:	16 g			
Fiber:	1 g			
Cholesterol:	95 mg			
Sodium:	350 mg			
Sugar:	5 g			

**Plantain Calaloo Hash (aka, "amaranth")**

(3 servings, 171.6 g/6.1 ozs)

Total calories:	200	6	1	9.00
Total fat:	9 g			
Saturated fat:	1.5 g			
Polyunsat. fat.:	1 g			
Monounsat. fat:	6 g			
Total carb:	28 g			
Protein:	6 g			
Fiber:	2 g			
Cholesterol:	50 mg			
Sodium:	150 mg			
Sugar:	12 g			

**Green Banana Smoked Herring Patties**

(3 servings, 150.8 g/5.3 ozs)

Total calories:	160	5	1	9.00
Total fat:	8 g			
Saturated fat:	1 g			
Polyunsat. fat.:	1 g			
Monounsat. fat:	5 g			
Total carb:	25 g			
Protein:	2 g			
Fiber:	3 g			
Cholesterol:	0 mg			

Sodium:	240 mg
Sugar:	1 g