



Hungry Girl Recipes

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Ring Leader!

Ingredients:

1 large onion

1/4 cup original Egg Beaters

1/2 cup crushed Fiber One

Directions:

Preheat oven to 375 degrees. Cut edges off onion, and remove outer layer. Cut onion into 1/2 inch wide slices, and separate into rings. Next, fill a small bowl (just large enough for onion rings to fit in) with Egg Beaters. Using a blender or food processor, grind Fiber One cereal to a breadcrumb-like consistency. Pour crumbs onto a small dish. One by one, coat each ring in egg and then crumbs (give each ring a shake after the egg bath). Place on an oven-safe baking dish sprayed with nonstick spray. Cook for 20-25 minutes, flipping rings over about halfway through. Serves one!

Serving Size: 15 rings; one recipe

Calories: 153

Fat: 1g

Sodium: 225mg

Carbs: 41g

Fiber: 16g

Sugars: 7g

Protein: 9g

2 Points!

Fettuccine Hungry Girlfredo!

Ingredients:

1 Package Tofu Shirataki Fettuccine Shaped Tofu Noodles
1/2 Wedge The Laughing Cow Light Cheese
1 teaspoon Fat Free Sour Cream
2 teaspoons Kraft Reduced Fat Parmesan Cheese
Salt & Pepper (if desired)

Directions:

Rinse fettuccine noodles VERY well. Microwave them for one minute, then drain them and pat dry. Add cheeses and sour cream. Mix thoroughly. Microwave to help melt cheese further, and mix some more. Add salt and pepper to taste. Enjoy. Serves 1.

Calories :81
Fat: 3g
Sodium: 242mg
Carbs: 9g
Fiber: 4g
1 Point!

Fudge...UNPUDGED!

Ingredients:

2 cups canned pure pumpkin
1 box Betty Crocker Fudge Brownies Mix (the 18.3-oz. Family Size box)
2 tbsp. Better 'n Peanut Butter, room temperature

Directions:

Preheat oven to 350 degrees. Combine pumpkin with the brownie mix in a large bowl; stir until smooth (do not add anything else). Spray a small baking pan (8" X 8" work best - no larger!) with nonstick cooking spray and pour in the mixture. Spoon 2 tbsp. of Better 'n Peanut Butter (room temperature) on top and use a knife to swirl peanut butter around. Cook for approximately 35 minutes. The batter will remain very thick and fudgy, and it should look undercooked. Remove from oven. Cover with aluminum foil and let cool in fridge for a couple of hours. Cut into 36 squares and serve.

Serving Size: 1 piece (approx. 1.3 oz.)
Calories: 63
Fat: 1g
Sodium: 56mg

Carbs: 13.5g

Fiber: 1g

Sugars: 9g

Protein: 1g

1 Point!