



Hungry
Girl

BIG PORTIONS

small calorie counts!



10 EASY HIGH-VOLUME RECIPES





Hi,

It's me, Lisa Lillien, aka Hungry Girl! Thanks for signing up for my free daily emails. (What's that? You didn't? [Click here](#) and do it now!) The emails are packed with healthy recipes (easy & delicious ones), smart food finds, Amazon deals, and tips & tricks for a healthy lifestyle. I'm not a dietitian or gourmet chef: I'm just hungry!

I hope you love this collection of easy healthy recipes with BIG PORTIONS and small calorie counts. (That's kind of my thing!) Stay tuned to your daily emails for the latest recipes and more.

And now, the recipes...

😊 Lisa

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Oversized Overnight Growing Oatmeal

Entire recipe: 205 calories, 6g total fat (0.5g sat. fat), 378mg sodium, 31g carbs, 5g fiber, 1.5g sugars, 6.5g protein

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Prep: 5 minutes

Cook: 20 minutes

Cool: 10 minutes

Chill: 5 hours

Ingredients:

1 1/4 cups unsweetened vanilla almond milk

1/2 cup old-fashioned oats

1 packet natural no-calorie sweetener, or more to taste

1/4 tsp. vanilla extract

1/4 tsp. cinnamon, or more for topping

1 dash salt

Optional toppings: fresh fruit, nuts, Greek yogurt

Directions:

Combine all ingredients in a nonstick pot. Add 1 1/4 cups water, and mix well.

Bring to a boil, and then reduce to a simmer. Cook and stir until creamy and thickened, about 15 minutes. (It will thicken more overnight!)

Transfer to a bowl or jar, and let cool completely. Refrigerate until cold and thick, at least 5 hours.

Mix thoroughly before serving. (Oatmeal will become very thick overnight.) Reheat or eat chilled.

MAKES 1 SERVING

We combined our growing oatmeal technique with the overnight oats trend, and the results are bigger and better than ever before!



California Burger Bowl

Entire recipe: 356 calories, 16g total fat (7g sat. fat), 589mg sodium, 19.5g carbs, 6.5g fiber, 9g sugars, 35g protein

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Prep: 10 minutes **Cook:** 5 minutes

Ingredients:

3 cups shredded or chopped lettuce
4 oz. raw extra-lean ground beef (at least 95% lean)
1/3 cup finely chopped red onion, or more for topping
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
1 slice reduced-fat cheddar cheese, torn into pieces
1 tbsp. light/reduced-fat cream cheese
1/2 cup chopped tomato
1 oz. (about 1/4 cup) sliced avocado
Optional toppings: dill pickle chips, ketchup, yellow mustard

Directions:

Place lettuce in a large bowl. Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, garlic powder, onion powder, salt, and pepper. Cook, stir, and crumble until beef is fully cooked and onion has softened, about 5 minutes.

Remove skillet from heat, and add both types of cheese. Stir until thoroughly mixed and melted. Add beef mixture to the large bowl. Top with tomato and avocado.

MAKES 1 SERVING

Why have a basic burger when you can have an oversized burger bowl with 35g protein?!



Salsa Chicken & Cauliflower Rice Skillet

1/2 of recipe (about 3 cups): 330 calories, 6.5g total fat (2g sat. fat), 640mg sodium, 35g carbs, 8.5g fiber, 12g sugars, 38g protein

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Prep: 5 minutes **Cook:** 15 minutes

Ingredients:

8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
2 1/2 tsp. taco seasoning, divided
5 cups frozen riced cauliflower
1 cup frozen corn
1/4 tsp. garlic powder
1/4 cup salsa, or more to taste
1/4 cup shredded reduced-fat Mexican-blend cheese
Optional toppings: light sour cream, fresh cilantro

Directions:

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken and 1/2 tsp. taco seasoning. Cook and stir until browned, about 4 minutes. Mix in cauliflower and corn. Cover and cook for 2 minutes. Uncover, and cook and stir until hot, about 5 minutes.

Add garlic powder and remaining 2 tsp. taco seasoning. Cook and stir until chicken is fully cooked and liquid has reduced, about 4 minutes. Stir in salsa, and serve topped with cheese.

MAKES 2 SERVING

Swapping regular rice out for riced cauliflower is the KEY to this oversized skillet under 350 calories...



Z'paghetti Girlfredo

1/2 of recipe (about 2 cups): 247 calories, 8g total fat (4g sat. fat), 789mg sodium, 30g carbs, 9.5g fiber, 18.5g sugars, 20.5g protein

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Prep: 10 minutes **Cook:** 10 minutes

Ingredients:

28 oz. (about 4 medium) spiralized zucchini
4 cups roughly chopped cauliflower
1/4 cup plus 1 tbsp. grated Parmesan cheese
2 tsp. chopped garlic
1/4 tsp. each salt and black pepper
1/2 cup fat-free milk
Optional topping: chopped fresh basil

Directions:

Place cauliflower in a large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 5 minutes, or until soft. Drain excess liquid.

In a blender or food processor, combine cooked cauliflower, 1/4 cup Parm, garlic, salt, and pepper. Add milk and 3 tbsp. warm water. Blend on high speed until smooth and uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini noodles until hot and slightly softened, about 3 minutes.

Transfer noodles to a strainer, and thoroughly drain excess liquid.

Combine drained noodles and sauce in a large bowl and mix well. Reheat, if needed.

Top each serving with 1/2 tbsp. of remaining Parm.

MAKES 2 SERVING

Zucchini noodles deliver a huge portion of pasta without all the carbs calories... even the sauce is super-sized with veggies!



Seafood Bake

1/2 of recipe (about 3 cups): 390 calories, 10g total fat (2.5g sat. fat), 898mg sodium, 47g carbs, 5.5g fiber, 10g sugars, 29g protein

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Prep: 15 minutes **Cook:** 40 minutes

Ingredients:

2 medium ears of corn, husks removed, cut into fourths
10 oz. (about 6) small potatoes, scrubbed, halved or quartered
1 tsp. olive oil
1/4 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
6 oz. (about 12) raw large shrimp, peeled, tails removed, deveined
4 oz. (about 6) raw large scallops
2 tbsp. light butter, melted
1/2 tsp. [Cajun seasoning](#), or more to taste
1 cup cherry tomatoes

Directions:

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Place corn and potatoes on the baking sheet. Top with oil, onion powder, salt, and pepper. Toss to coat.

Cover [baking sheet](#) with a large piece of foil. Bake for 20 minutes, or until corn and potatoes are slightly tender.

Place shrimp and scallops in a medium bowl. Add melted butter and Cajun seasoning. Gently toss to coat.

Remove foil from baking sheet. Flip corn and potatoes. Add tomatoes and seafood to the baking sheet.

Bake until seafood is cooked through and corn and potatoes are tender, 14–16 minutes.

MAKES 2 SERVING

Shrimp, scallops, corn on the cob, potatoes, veggies...
This is one massive meal, and it's under 400 cal!



Creamy Cucumber Dill Salad

1/4 of recipe (about 1 1/4 cups): 62 calories, 1.5g total fat (0.5g sat. fat), 319mg sodium, 9.5g carbs, 1g fiber, 5.5g sugars, 3.5g protein

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Prep: 10 minutes

Ingredients:

1/3 cup fat-free plain Greek yogurt
1/4 cup light sour cream
1 1/2 tbsp. fresh chopped dill, or more for topping
1 1/2 tbsp. white vinegar
1 packet natural no-calorie sweetener
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. black pepper
5 cups thinly sliced seedless cucumbers
1/2 cup chopped red onion

Directions:

In a large bowl, combine all ingredients except cucumbers and onion. Mix until uniform.

Add cucumbers and onion. Mix well.

MAKES 4 SERVING

HG Tip: For even more flavor, allow salad to marinate in the fridge for at least 15 minutes.

This 62-calorie snack is absurdly satisfying...
You could eat all 5 cups for under 250 calories!



Zucchini Pizza Boats

Entire recipe (2 zucchini boats): 108 calories, 4g total fat (1.5g sat. fat), 467mg sodium, 8g carbs, 2g fiber, 4g sugars, 10g protein

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Prep: 10 minutes **Cook:** 5 minutes

Ingredients:

1 medium-large zucchini, stem end removed

1 stick light string cheese

2 tbsp. pizza sauce

3 slices turkey pepperoni, chopped

Optional seasonings: garlic powder, onion powder, black pepper, Italian seasoning

Optional topping: crushed red pepper flakes

Directions:

Pierce zucchini several times with a fork. Place on a microwave-safe plate, and microwave for 2 minutes.

Flip zucchini and microwave for 2 more minutes, or until softened. Let cool, about 5 minutes.

Meanwhile, break string cheese stick into thirds, and place in a blender or food processor; blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Cut zucchini in half lengthwise. Gently scoop out the inside flesh, leaving about 1/4 inch inside the skin. Thoroughly pat dry.

If you like, season sauce. Divide sauce between hollowed-out zucchini halves, sprinkle with cheese, and top with chopped pepperoni.

Microwave for 1 minute, or until cheese has slightly melted.

MAKES 1 SERVING

A 108-cal pizza fix?! Snack on 2 big ol' boats any time you like...



Loaded Caramel Apple Nachos

1/2 of recipe: 212 calories, 6g total fat (3.5g sat. fat), 72g sodium, 41g carbs, 4g fiber, 28.5g sugars, 2.5g protein

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Total: 5 minutes

Ingredients:

1 large (or 2 small) Granny Smith apple(s)
3 tbsp. light caramel dip, plus more for dipping
1 tbsp. mini semisweet chocolate chips
1/4 oz. (about 1 tbsp.) chopped peanuts
2 tsp. unsweetened shredded coconut

Directions:

Core apple(s), and cut into half-moon slices about 1/4-inch thick. Lay slices on a large plate.

In a small microwave-safe bowl, microwave caramel dip for 15–20 seconds, or until very warm.

Drizzle caramel over the apple slices, and top with remaining ingredients.

MAKES 1 SERVING

HG Tip: For an extra-beautiful caramel drizzle, use a DIY piping bag. Just transfer the caramel to a plastic bag, and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a small hole for piping.

These nachos taste like dessert and will fill you up fast...
Swapping starchy chips for crisp apple slices was a stroke of genius!



Ginormous Fruit Salad Surprise

1/2 of recipe (about 3 cups): 169 calories, 1g total fat (0g sat. fat), 95mg sodium, 41.5g carbs, 7g fiber, 29.5g sugars, 2g protein

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Prep: 15 minutes **Chill:** 1 hour

Ingredients:

1/4 cup freshly squeezed orange juice
1 tsp. seasoned rice vinegar
1 tsp. granulated sugar
2 cups peeled and diced cucumber
1 cup blueberries
1 cup diced strawberries
1 large Fuji apple, chopped
Optional garnish: fresh mint

Directions:

In a small bowl, combine orange juice, vinegar, and sugar. Stir until blended and set aside.

Place cucumber, blueberries, strawberries, and apple in a large bowl. Top with the orange juice mixture and stir gently to coat.

Cover and refrigerate for at least 1 hour (overnight is best). Stir gently just before serving.

MAKES 2 SERVINGS

The cucumber makes the serving size ENORMOUS,
and the sweet marinade makes it taste like fruit!



Cookies 'n Cream Fro-Yo Bark

1/6 of recipe: 102 calories, 3g total fat (2g sat. fat), 61mg sodium, 20g carbs, <0.5g fiber, 8g sugars, 6.5g protein

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Prep: 10 minutes **Freeze:** 3 hours

Ingredients:

1 1/2 cups fat-free plain Greek yogurt
1 cup light whipped topping (thawed from frozen)
1/4 cup natural no-calorie sweetener that measures like sugar
1 tsp. vanilla extract
1 dash salt
16 Chocolate Teddy Grahams, lightly crushed (or similar alternative)
1 1/2 tbsp. white chocolate chips, chopped

Directions:

Line a 10" X 15" baking sheet with parchment paper, or spray it with nonstick spray. (If it won't fit in your freezer, use an 8" X 8" baking pan instead!)

In a large bowl, combine yogurt, whipped topping, sweetener, vanilla extract, and salt. Mix until uniform.

Spread mixture onto a baking sheet in a thin layer, about 1/4 inch thick.

Top with remaining ingredients, and lightly press to adhere.

Lightly cover with foil and freeze until firm, at least 3 hours.

Slice or break into 6 pieces.

MAKES 6 SERVING

Why eat a measly scoop of ice cream when you could eat TWO BIG PIECES of this fro-yo bark for around the same number of calories?

There you have it... 10 healthy recipes with BIG PORTIONS and small calorie counts! Remember to stay tuned to your daily emails for the latest healthy recipes, smart food finds, Amazon picks & deals, and more. And if you haven't signed up, [click here](#) and hop to it.

'Til next time... Chew the right thing!

😊 Lisa



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