



DIETHOOD
... the eating effect
**Our Most
Popular Recipes**

2016



My name is Katerina, and I am a cookie-maker, baker-faker, food-taker. Errr! I mean, picture-taker! I am also a mom to two wonderful, amazing little girls, Ana and Aleksandra, and wife to my very handsome, awesome, loving husband named Goce (Go-tse).

About Diethood. That's one word, Diethood, not Diet Hood. First and foremost, this is not a Diet-Food Food Blog. The word "diet" refers to the sum of the food consumed by yours truly, and my family. BUT, I do try my hardest to make most of my recipes as healthy as possible. Cakes and cookies, included, but I'm not promising.

However, I do feel like I'm always on a diet. Every weekend I tell myself that I will start to eat healthier on Monday. Monday comes and goes, and I'm still eating Chocolate Mousse Brownies and a few Flourless Chocolate Peanut Butter Blondies. At least they are gluten free...

For me eating is not about just sitting down to eat; it's a moment to share, it's an enjoyment, it's a passion, it's something that satisfies not just a craving, but also the curiosity about the food's texture and taste. (Wow, that sounds sexy! I made food sound sexy!)

My skills for cooking wholesome, healthier, delicious, good-for-you food, as well as authentic Macedonian dishes, have earned me a recurring role in this household's kitchen. Actually, we would starve if I didn't cook. In all honesty, I just took over the kitchen because I love to spend my time in it. And because of that love, I started this Blog.

Armed with a passion for cooking, baking, food photography, entertaining, and all food-related subjects, I decided it was time to hang up my suit, put the apron on, and join the food blogging community. My intent with this blog is to also inspire you to go into that kitchen and make those bacon and eggs! Or better yet, make those Pizzadillas! How about a delicious, simple French Silk Tart! Or that Strawberry Shortcake Cake!! This is when I should mention that I'm addicted to sweets. Lots and lots of sweets. Just go to the Recipe Index and you will see.

If you appreciate easy, everyday, delicious food, then you most certainly will enjoy your stay here.

Thank you SO much for stopping by!

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ITALIAN CHICKEN AND VEGETABLES IN FOIL

Flavorful, incredibly moist chicken breasts baked in foil with peppers, onion, garlic, fresh herbs and Italian Dressing.

YIELD

210 Grams

PREP TIME

15 Minutes

COOK TIME

40 Minutes

TOTAL TIME

55 Minutes

INGREDIENTS

4 aluminum foil sheets, large enough to wrap around one chicken breast.

4 boneless skinless chicken breast halves (4 ounces each)

4 teaspoons olive oil

Salt and fresh ground pepper, to taste

2 garlic cloves, chopped

1 yellow onion, thinly sliced

1 red bell pepper, julienned

?4 small carrots, julienned

?4 large basil leaves

1/3 cup Kraft Zesty Italian Dressing

DIRECTIONS

1. Preheat oven to 375
2. Place one chicken breast on each sheet of foil.
3. Drizzle a teaspoon of olive oil over each chicken breast.
4. Season chicken with salt and fresh ground pepper.
5. Arrange chopped garlic, slices of onion, peppers, and carrots on top and around each chicken breast.
6. Place a basil leaf on top of each chicken and vegetables.
7. Spoon 1 to 2 tablespoons of salad dressing over chicken and vegetables.
8. Fold the sides of the foil over the chicken, covering completely; seal the packets closed.
9. Transfer foil packets to a baking sheet.
10. Bake for 35 to 40 minutes, or until chicken is cooked through.
11. Serve .



GARLIC SAUCE CHICKEN

Pan-Seared Chicken Thighs prepared with an amazing garlic sauce.

YIELD

212 Grams

PREP TIME

15 Minutes

COOK TIME

45 Minutes

TOTAL TIME

1 Hour

INGREDIENTS

3 tablespoons olive oil

4 chicken thighs (about 2-pounds)

Salt and fresh ground pepper, to taste

1 whole bulb of garlic, peeled, cloves separated

1 cup white wine (use a wine that you like)

3 tablespoons chopped fresh parsley

1 sprig fresh rosemary

DIRECTIONS

1. Heat olive oil in a large skillet.
2. Add chicken and season with salt and pepper.
3. Cooking over medium heat, brown the chicken on both sides; about 4 minutes per side.
4. Remove chicken from skillet and set aside.
5. Add garlic cloves to the skillet and cook, stirring frequently, until golden; about 3 minutes. DO NOT BURN the garlic.
6. Carefully add wine to the skillet.
7. Stir in parsley and add rosemary.
8. Transfer chicken back to skillet.
9. Cover and continue to cook over medium-low heat for 20 minutes, turning the chicken over half way through cooking. Add 1/4-cup more wine if it looks too dry when you go to turn over the chicken.
10. Remove from heat.
11. Transfer chicken to serving dish and spoon the garlic sauce over the chicken.
12. Serve.



BAKED CHICKEN WITH SPINACH AND ARTICHOKES

Chicken, spinach and artichokes come together in this delicious, one-pot recipe.

YIELD

385 Grams

PREP TIME

10 Minutes

COOK TIME

40 Minutes

TOTAL TIME

50 Minutes

INGREDIENTS

1 tablespoon butter

2 tablespoons extra virgin olive oil

4 to 6 chicken pieces (thighs, chicken breast, legs, etc...)

Salt and fresh ground pepper, to taste

1 can (14-ounces) quartered artichokes, rinsed and drained

1 yellow onion, thinly sliced

1 red onion, thinly sliced

1 large carrot, sliced into thin rounds

2 garlic cloves, finely chopped, divided

1 bag (6 to 8 ounces) baby spinach

1/2 cup vegetable broth

DIRECTIONS

1. Preheat oven to 425.
2. Heat butter and olive oil in a large nonstick skillet that's safe for stove top and oven.
3. Season chicken with salt and pepper.
4. Add to skillet and brown on both sides; about 5 minutes on each side.
5. Remove from skillet and set it on the side, leaving oil in skillet.
6. Add artichokes, onions, carrots and 1/2 of chopped garlic to the skillet.
7. Cook for 5 minutes, or until vegetables are slightly tender, stirring occasionally.
8. Add rest of the chopped garlic and spinach; continue to cook for 1 minute, stirring occasionally.
9. Remove from heat and add broth and chicken.
10. Place in the oven and bake for 18 minutes, or until chicken is thoroughly cooked.
11. Remove from oven and let stand 5 minutes.
12. Plate and ladle liquid and veggies over chicken pieces.
13. Serve.



CROCK POT HONEY GARLIC CHICKEN

YIELD

4 to 6 Servings

PREP TIME

5 Minutes

COOK TIME

5 Hours

TOTAL TIME

5 Hours
5 Minutes

INGREDIENTS

4 to 6 boneless, skinless chicken thighs

4 garlic cloves, minced

$\frac{1}{3}$ cup honey

$\frac{1}{2}$ cup low sodium ketchup

$\frac{1}{2}$ cup low sodium soy sauce

$\frac{1}{2}$ teaspoon dried oregano

2 tablespoons fresh parsley

$\frac{1}{2}$ tablespoon toasted sesame seeds

DIRECTIONS

1. Arrange chicken thighs on the bottom of your slow cooker; set aside.
2. In a mixing bowl, combine garlic, honey, ketchup, soy sauce, oregano and parsley; whisk until thoroughly combined.
3. Pour the sauce over the chicken thighs.
4. Close with a lid and cook for 4 to 5 hours on LOW, or 3.5 to 4 hours on HIGH.*
5. Remove lid and transfer chicken to a serving plate.
6. Spoon the sauce over the chicken and sprinkle with toasted sesame seeds.
7. Serve.



EASY CROCK POT SALSA VERDE CHICKEN

Loaded with salsa verde and delicious chopped tomatoes, this healthy crock pot chicken is incredibly flavorful and extremely easy to make.

YIELD

4 Servings

PREP TIME

5 Minutes

COOK TIME

4 Hours

TOTAL TIME

4 Hours

5 Minutes

INGREDIENTS

6 boneless skinless chicken breasts

Salt and fresh ground pepper, to taste

1 jar (16-ounces) Salsa Verde (I use Herdez Salsa Verde)

1 can (14.5-ounces) chopped tomatoes

1/2 tablespoon (or to taste) ground cumin

1/2 tablespoon (or to taste) chili powder

1 onion, diced, for garnish

Chopped parsley or cilantro, for garnish

DIRECTIONS

1. Lightly spray the crock with cooking spray.
2. Season chicken breasts with salt and pepper and place chicken in the crock pot.
3. Add salsa verde, chopped tomatoes, cumin, and chili powder; stir well to combine.
4. Cover and cook for 3.5 to 4 hours on HIGH, or 5 to 6 hours on LOW.
5. Remove cover and transfer chicken breasts to a cutting board; using two forks, shred the chicken.*
6. Stir the shredded chicken back into the crock pot.
7. Taste for seasonings and adjust accordingly.
8. Top with diced onions and fresh parsley or cilantro.
9. Serve.



LEMON CHICKEN FETTUCCINE

One-pan Lemon Chicken Fettuccine is a fresh and easy take on dinner, tossed with tomatoes, mushrooms, lemon juice and olive oil.

YIELD

4 Servings

PREP TIME

10 Minutes

COOK TIME

20 Minutes

TOTAL TIME

30 Minutes

INGREDIENTS

8-ounces (half of a 16-ounce bag)
Fettuccine, cooked

3 tablespoons Pompeian Arbequina
extra virgin olive oil

3 to 4 boneless chicken breast
halves, cubed

Salt and pepper, to taste

1 pint sweet grape tomatoes, halved

1 package (8-ounces) mushroom
slices

1/4 cup loosely packed fresh flat
leaf parsley

2 tablespoons Pompeian Arbequina
extra virgin olive oil

1 lemon, juiced

1/8 teaspoon garlic powder

Salt and pepper, to taste

Grated Parmesan cheese, optional

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat; add cubed chicken pieces.
2. Season with salt and pepper; cook until chicken is browned on all sides, stirring occasionally.
3. Add halved grape tomatoes, sliced mushrooms and parsley; frequently stirring, continue to cook for 3 to 4 minutes, or until chicken is thoroughly cooked.
4. Add cooked fettuccine to chicken mixture and cook until heated through, stirring frequently.
5. In a cup or a jar, combine olive oil, lemon juice, garlic powder, salt and pepper; shake it or stir it until thoroughly mixed.
6. Stir into pasta mixture.
7. Remove from heat.
8. Taste for salt and pepper; adjust accordingly.
9. Sprinkle with grated Parmesan cheese.
10. Serve.



CHICKEN-BROCCOLI SHELLS AND CHEESE

Homemade, lightened-up shells and cheese, tossed with chicken and broccoli florets.

YIELD

4 Servings

PREP TIME

10 Minutes

COOK TIME

20 Minutes

TOTAL TIME

30 Minutes

INGREDIENTS

8-ounces medium shells pasta, uncooked

3 cups broccoli florets

3 tablespoons olive oil

4 chicken breast halves, cut into 1-inch pieces

Salt and fresh ground pepper, to taste

1 cup skim milk

1 cup chicken broth

1/4 cup all-purpose flour

Salt and fresh ground pepper, to taste

1/8 teaspoon chili powder

1 cup shredded cheddar cheese

DIRECTIONS

1. Cook pasta according to the directions on the box.
2. Add broccoli florets to the pasta during the last 2 minutes of cooking.
3. Drain and set aside.
4. In the meantime, prepare the chicken.
5. Heat olive oil in a large skillet over medium-high heat.
6. Add chicken and season with salt and pepper.
7. Cook for 4 to 6 minutes, or until browned.
8. In a mixing bowl, whisk together the milk, chicken broth, and flour.
9. Add salt, pepper, and chili powder; whisk until well combined.
10. Stir the milk mixture into the pan with the chicken.
11. Cook 2 to 3 minutes or until sauce is thickened.
12. Add pasta mixture and cheddar cheese; stir until cheese is melted and continue to cook for 2 to 3 minutes, or until heated through.
13. Remove from heat.
14. Let stand 2 to 3 minutes.
15. Stir and Serve.



ONE POT SPINACH & FETA MACARONI AND CHEESE

Stove top, one pot Mac 'n Cheese covered in a creamy feta cheese sauce, tomatoes and fresh spinach.

YIELD

1.5 Cups

PREP TIME

5 Minutes

COOK TIME

20 Minutes

TOTAL TIME

25 Minutes

INGREDIENTS

2 tablespoons olive oil	2 cups elbow macaroni (whenever possible, use whole grain/multigrain macaroni)
1 yellow onion, diced	
Pinch of salt	1 cup low sodium vegetable broth
2 garlic cloves, minced	1 cup unsweetened almond milk
2 fresh tomatoes, diced	1/2 teaspoon Italian Seasoning
1 bag (8 to 10 ounces) fresh baby spinach	Salt and fresh ground pepper, to taste
1/2-cup crumbled feta cheese	Parsley for garnish
1/2-cup cubed white cheddar cheese	
1/4-cup part skim shredded mozzarella cheese	

DIRECTIONS

1. Heat olive oil in a large pan over medium-high heat. (Use a pan with a lid)
2. Add onions and pinch of salt; cook for 2 to 3 minutes, or until softened.
3. Stir in garlic and continue to cook for 30 seconds, or until fragrant.
4. Add tomatoes, spinach, cheeses, macaroni, vegetable broth, milk, and seasonings.
5. Mix to combine and bring to a boil, stirring frequently.
6. Lower heat to a medium-low, cover with lid and continue to cook for 12 to 15 minutes, or until pasta is cooked. Stir frequently, about every 3 minutes, to prevent sticking.
7. Remove from heat and stir.
8. Garnish with parsley and serve immediately.



STIR FRY ZUCCHINI NOODLES (ZOODLES!)

Delicious, low-carb, healthy Stir Fry made with spiralized zucchini and onions tossed with teriyaki sauce and toasted sesame seeds.

YIELD

4 Servings

PREP TIME

10 Minutes

COOK TIME

10 Minutes

TOTAL TIME

20 Minutes

INGREDIENTS

2 tablespoons vegetable oil

2 yellow onions, spiralized

4 small zucchini, spiralized, patted dry with paper towel

1 tablespoon low sodium soy sauce

2 tablespoons low sodium teriyaki sauce

1 tablespoon sesame seeds

DIRECTIONS

1. Heat oil in a wok over medium heat.
2. Add onions and cook for 4 to 5 minutes, or until translucent and tender.
3. Stir in zucchini and continue to cook for 2 minutes.
4. Add soy sauce, teriyaki sauce and sesame seeds; mix and continue to cook for 5 minutes, or until zucchini is tender.
5. Remove from heat.
6. Serve.



GARLIC BUTTER ASPARAGUS PASTA

Orzo Pasta and fresh Asparagus tossed in a garlic butter sauce and Parmesan cheese.

YIELD

1 Cup

PREP TIME

5 Minutes

COOK TIME

15 Minutes

TOTAL TIME

20 Minutes

INGREDIENTS

1 cup dry orzo

1-pound fresh asparagus, tips only (cut the asparagus about 2 to 3-inches from the top)

4 tablespoons butter

3 garlic cloves, minced

1/4-cup shredded Parmesan cheese

2 tablespoons skim milk

1 tablespoon fresh parsley

Salt and fresh ground pepper, to taste

Shredded Parmesan cheese for garnish, optional

DIRECTIONS

1. Prepare orzo according to the directions on the package.
2. Add the asparagus tips to the orzo the last 2-minutes of cooking.
3. Remove from heat and drain.
4. Add butter to a skillet and melt over medium heat.
5. Stir in garlic and cook for 4 to 5 minutes, or until lightly browned, stirring very frequently. Do not burn the garlic.
6. Add orzo and asparagus to the skillet; stir in the cheese, milk, parsley, salt and pepper.
7. Cook for 1 minute, or until heated through.
8. Remove from heat.
9. Garnish with Parmesan cheese.
10. Serve.



GARLIC BUTTER ROASTED CARROTS

Ridiculously easy, yet tender and SO incredibly delicious roasted carrots with garlic butter.

YIELD

6 Ounces

PREP TIME

5 Minutes

COOK TIME

30 Minutes

TOTAL TIME

35 Minutes

INGREDIENTS

2 pounds carrots, diagonally cut into about 2 to 3-inch pieces

5 tablespoons butter

4 garlic cloves, minced

1/4 teaspoon salt

1/4 teaspoon fresh ground pepper

Chopped fresh parsley, for garnish

DIRECTIONS

1. Preheat oven to 425F.
2. Grease a baking sheet with cooking spray; set aside.
3. Cut up the carrots and set aside.
4. Melt butter over medium-heat in a large nonstick skillet or pan.
5. Add garlic and cook for 3 minutes, or until lightly browned, stirring very frequently. DO NOT burn the garlic.
6. Toss the carrots with the garlic butter either in the pan or pour the butter over them in a mixing bowl. Toss until well combined.
7. Transfer carrots to previously prepared baking sheet.
8. Arrange in one layer and bake for 22 to 30 minutes, or until carrots are tender.
9. Remove from oven and transfer to a serving plate.
10. Taste for seasoning and adjust accordingly.
11. Garnish with fresh chopped parsley.
12. Serve.



SPINACH AND GARLIC POTATO PATTIES

Delicious and flavorful Patties made with a mixture of potatoes, spinach and garlic.

YIELD

1 Patty

PREP TIME

20 Minutes

COOK TIME

25 Minutes

TOTAL TIME

45 Minutes

INGREDIENTS

1-pound potatoes (about 4 medium-sized potatoes), boiled, peeled and quartered	1 cup shredded Parmesan cheese
1/4 cup milk	2 tablespoons lemon juice
1 tablespoon butter	1 egg, lightly beaten
1 tablespoon olive oil	2 cups panko crumbs
1 yellow onion, diced	1/4 cup olive oil, for frying (add more as needed)
1 bag (8 to 10 ounces) baby spinach	Yogurt
3 garlic cloves, minced	Sour Cream
Salt and fresh ground pepper, to taste	Soy Sauce

DIRECTIONS

1. Combine prepared potatoes and milk in a large mixing bowl; using a potato masher, mash the potatoes until smooth and creamy. Set aside.
2. Heat 1 tablespoon butter and 1 tablespoon olive oil in a large skillet over medium heat.
3. Add chopped onions and cook for 2 to 3 minutes, stirring occasionally, until translucent.
4. Add spinach and garlic to skillet; season with salt and pepper and continue to cook for 2 more minutes, or until spinach is wilted.
5. Remove from heat and add spinach mixture to the potatoes.
6. Stir in cheese and lemon juice.
7. Add egg and panko/bread crumbs; stir until thoroughly combined and smooth.
8. Shape the mixture into patties.
9. Heat olive oil in a large skillet.
10. Working in batches, fry each patty on both sides until golden brown; about 3 to 4 minutes per side.
11. Transfer potato patties to a paper towel-lined plate.
12. Serve with yogurt, sour cream, soy sauce, etc...



HASHBROWNS, SPINACH AND TOMATO PIE

Hashbrowns, Spinach and Tomato Pie is the perfect addition to your Easter Brunch Menu!

YIELD

4 Servings

PREP TIME

10 Minutes

COOK TIME

30 Minutes

TOTAL TIME

40 Minutes

INGREDIENTS

2 cups Ore-Ida Shredded Hash Brown Potatoes, thawed

1 cup part-skim shredded mozzarella cheese, divided

2 tablespoons olive oil

3 cups packed fresh spinach

2 garlic cloves, minced

1 cup grape tomatoes

4 eggs

1/4 cup milk (I use skim)

Pinch of nutmeg

Salt and fresh ground pepper, to taste

DIRECTIONS

1. Preheat oven to 375.
2. Spray a 9-inch pie plate with cooking spray; press down the Shredded Hash Brown Potatoes into the pie plate.
3. Bake for 8 minutes; remove from oven top with 1/2-cup shredded mozzarella and set aside.
4. Heat olive oil in a skillet.
5. Add spinach and tomatoes; cook for 3 minutes, or until spinach is wilted, stirring frequently.
6. Add garlic and continue to cook for 1 minute.
7. Remove from heat and spread over potatoes.
8. In a mixing bowl, whisk together eggs, milk, nutmeg, salt and pepper; whisk until thoroughly combined.
9. Pour over spinach and tomatoes.
10. Sprinkle the remaining shredded mozzarella over the pie.
11. Bake for 30 to 35 minutes, or until top is golden brown.
12. Let cool for 10 minutes before cutting.
13. Serve.



GARLIC PARMESAN YELLOW SQUASH CHIPS

A healthy snack or appetizer that is incredibly flavorful, crispy, and absolutely delicious!

YIELD

1/2 Cup

PREP TIME

15 Minutes

COOK TIME

20 Minutes

TOTAL TIME

35 Minutes

INGREDIENTS

4 yellow squash (small to medium),
sliced into 1/4-inch to 1/2-inch
rounds

3 tablespoons olive oil

Salt and fresh ground pepper, to
taste

1 cup panko crumbs

1 cup grated Parmesan cheese

1 teaspoon dried oregano

1 teaspoon garlic powder

Cooking spray (I use Organic Olive
Oil by Pam)

Serve with Non-Fat Plain Yogurt

DIRECTIONS

1. Preheat oven to 450.
2. Line 3 baking sheets with parchment paper and set aside.
3. In a large mixing bowl, combine squash, olive oil, salt and pepper; mix until well combined.
4. In a separate bowl, combine panko crumbs, Parmesan cheese, oregano, and garlic powder.
5. Dip slices of squash in cheese mixture and coat on both sides, pressing on the coating to stick.
6. Place the squash in a single layer on the previously prepared baking sheet.
7. Lightly spray each slice with cooking spray. This will help with achieving a crunchier texture.
8. Bake for 10 minutes; rotate pan and continue to bake for 8 to 10 minutes, or until chips are golden brown.
9. Remove from oven and serve with a dollop of Non-Fat Plain Yogurt.



GARLIC BUTTER SHRIMP AND RICE

YIELD

4 Servings

PREP TIME

5 Minutes

COOK TIME

15 Minutes

TOTAL TIME

20 Minutes

INGREDIENTS

1 cup dry rice (I use Minute Rice)

6 tablespoons butter

3 to 4 garlic cloves, minced

1 bag (12-ounces) extra large,
cooked, peeled, deveined shrimp

1/4-cup shredded Parmesan cheese

3 tablespoons skim milk

2 tablespoons chopped fresh parsley

Salt and fresh ground pepper, to
taste

Shredded Parmesan cheese for
garnish, optional

DIRECTIONS

1. Prepare rice according to the directions on the box.
2. In a large skillet, melt butter over medium-heat.
3. Add garlic and cook for 3 minutes, or until lightly browned, stirring very frequently. Do not burn the garlic.
4. Stir in the shrimp and cook for 1 minute, stirring frequently.
5. Add prepared rice to the skillet and mix until well combined.
6. Add cheese, milk, parsley, salt and pepper; mix and stir for 1 to 2 minutes, or until creamy and heated through.
7. Remove from heat.
8. Garnish with Parmesan cheese.
9. Serve.



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