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| *Recipe*  **Balsamic Pork Roast** (Serves 6)  1 2-3 lb pork loin roast 1 tsp minced garlic  1/3 cup of extra virgin olive oil 1 tsp ground black pepper  1/3 cup of balsamic vinegar 1 tsp salt  1 tsp dried rosemary  1.) Combine oil, vinegar, and spices in a gallon Ziploc bag. Place pork roast in bag, shake to cover, squeeze out air and place in fridge to marinade for 2 hours to overnight.  2.) Place in a glass dish, pouring marinade over top. Bake at 350 degrees for approximately 1 hour (or until internal temperature reaches 145 degrees). |
| *Recipe*  **Salmon with Dill** (Serves 4)  1 lb frozen salmon fillets 1 tsp onion powder  1/4 tsp salt 2 Tbsp butter  1/2 tsp ground black pepper 1 tsp dried dill weed  2 Tbsp lemon juice  1.) Preheat oven to 350 degrees.  2.) Rinse salmon and arrange in a 9x13 baking dish. Sprinkle with spices. Place a pat of butter on top of each salmon fillet. Pour lemon juice over fillets. Cover dish with aluminum foil.  3.) Bake for 20 to 25 minutes, or until salmon flakes with a fork. |
| *Recipe*  **Braised Balsamic Chicken** (Serves 6)  6 boneless skinless chicken breast halves 1/2 cup balsamic vinegar  1 tsp garlic salt 1 tsp dried basil  2 Tbsp olive oil 1 tsp dried oregano  1 onion, thinly sliced 1 tsp dried rosemary  1 can diced tomatoes 1/2 tsp dried thyme  1.) Place chicken breasts halves in a large skillet. Cover with diced tomatoes and sliced onion.  2.) Mix seasonings, oil, and vinegar in a large bowl. Pour over chicken.  3.) Cover and bring to a boil. Reduce heat and simmer for 15- 20 minutes, or until juices run clear. Serve over cooked orzo. |
| *Recipe*  **Apple Pecan Pork Chops** (Serves 4)  1 pkg (4-6) thin cut boneless pork chops 2 Tbsp light brown sugar  1 fuji or gala apple, sliced 2 Tbsp butter  2 cups cubed butternut squash  1/4 cup chopped pecans  1.) Preheat oven to 350 degrees.  2.) Line pork chops in the bottom of a 9x13 baking dish. Cover with butternut squash and apple slices. Top with pecans, then butter. Sprinkle with brown sugar.  3.) Cover in aluminum foil and bake for 20-25 minutes, or until cooked through. |
| *Recipe*  **Blueberry Pecan Salad** (Serves 1)  3 cups mixed baby greens  1/4 cup chopped pecans  3 Tbsp feta cheese  1/4 cup fresh blueberries  1/2 cup Balsamic Pork Roast, diced (or)  1/2 cup grilled pork or chicken, sliced  2 Tbsp Balsamic Vinaigrette dressing  1.) Begin with a bed of mixed baby greens. Top with feta, pecans, and blueberries. Add heated pork roast. Drizzle with vinaigrette dressing. Serve with whole-wheat crackers. |
| *Recipe*  **Chipotle Chicken Salad** (Serves 1)  1 Tbsp fresh cilantro 1/4 cup shredded cheddar  3 cups mixed baby greens 2 Tbsp Mango Chipotle Vinaigrette  1/4 cup Black Bean Mango Salsa 2 Tbsp Fresh Pico de Gallo  1/2 cup Chicken Fajita filling (or)  1/2 cup grilled chicken, sliced  1.) Begin with a bed of mixed baby greens. Top with cheddar, then salsa, vegetables, and cilantro. Add warmed chicken. Drizzle with vinaigrette. |
| *Recipe*  **Strawberry Walnut Salad** (Serves 1)  3 cups mixed baby greens  2-3 Tbsp feta cheese  1/4 cup chopped walnuts  3-4 medium strawberries, sliced  1/2 cup grilled chicken, sliced  2 Tbsp Raspberry Vinaigrette  1.) Begin with a bed of mixed baby greens. Top with cheese, walnuts, and strawberries. Add warmed chicken. Drizzle with vinaigrette. Service with whole-wheat crackers. |
| *Recipe*  **Apple Pecan Cranberry Salad** (Serves 1)  3 cups mixed baby greens 3 tsp chopped red onion  2-3 Tbsp feta cheese 3 tsp dried cranberries  1/4 cup chopped pecans 3/4 fuji or gala apple, chopped  1/2 cup Apple Pecan pork chops, diced (or)  1/2 cup grilled pork or chicken, diced  2 Tbsp Raspberry or Pomegranate Vinaigrette  1.) Begin with a bed of mixed baby greens. Top with cheese, pecans, fruit, and onion. Add warmed pork or chicken. Drizzle with vinaigrette. Serve with whole-wheat crackers. |
| *Recipe*  **Black Bean Corn Salad** (Serves 6)  8 green onions, chopped 1/2 tsp ground cumin  1 red bell pepper, chopped 1 tsp red wine vinegar  1/4 cup fresh cilantro, chopped 2 Tbsp lime juice  1 cup frozen corn kernels 3 Tbsp extra virgin olive oil  1 can black beans, drained and rinsed salt and pepper to taste  1 cup plain couscous, prepared in 1 1/4 cups chicken broth (optional)  1. If desired, prepare couscous per the package directions.  2. In a large bowl, whisk together the vinegar, lime juice, oil, and cumin.  3. Add (couscous, if desired) vegetables, cilantro, and black beans to mixture. Toss well to coat. Salt and pepper. Refrigerate and serve cold. |
| *Recipe*  **Black Bean Mango Salsa** (Serves 6)  1 can of black beans, drained and rinsed  1 mango, pitted and diced (or)  1 cup frozen mango, thawed  3 green onions, chopped  1 Tbsp lime juice  1/2 tsp salt  1/2 tsp ground black pepper  1.) Mix black beans, mango, and onion in large bowl. Add lime juice, salt, and pepper and toss to mix well. |
| *Recipe*  **Chicken Eggplant Parmesan** (Serves 8)  1 eggplant, sliced into ½ in rounds 1 cup grated Parmesan cheese  2 Tbsp olive oil 1 cup spaghetti sauce  1 Tbsp garlic powder 3 Tbsp crushed garlic  1 small onion, chopped 1 cup shredded mozzarella  1 cup ricotta cheese 1 package frozen spinach  1 can diced tomatoes 2 cups sliced grilled chicken  1.) Preheat the oven to 350 degrees. Brush eggplant slices with olive oil on both sides and place them on a baking sheet. Bake for 10 minutes. Remove.  2.) Spread eggplant slices into the bottom of a 9x13 baking dish. Mix vegetables and cheese in a large bowl. Layer mixture on top of eggplant slices. Top with chicken. Cover with more mozzarella and Parmesan.  3.) Bake for 30 minutes, or until eggplant is tender. |
| *Recipe*  **Broccoli Mushroom Chicken Curry** (Serves 8)  1 pkg frozen Broccoli Stir-Fry Mix  1 pkg boneless, skinless chicken thighs  1 pkg Golden Curry Mix  2 cups of water  1.) Dice chicken thighs. In a large skillet, sauté the chicken on medium-low until the meat turns white.  2.) Add stir-fry mix, 2 cups of water, and contents of curry mix packet. Bring to a boil.  3.) Reduce heat and simmer for 15 minutes, stirring occasionally. Serve over prepared rice. |
| *Recipe*  **Black Bean Burritos** (Serves 6)  1 small bunch cinantro, chopped 1 tsp minced garlic  2 Tbsp extra virgin olive oil 1 small red onion, diced  1 yellow bell pepper, chopped 1 red bell pepper, chopped  1 can black beans, rinsed & drained 6 flour tortillas  1 pkg sliced pepper jack cheese  1.) Drizzle olive oil in the bottom of a large skillet. Add garlic, onion, and peppers. Saute on medium-low heat for 5 minutes.  2.) Add black beans and continue to cook for 3 more minutes, until heated. Remove from heat and stir in cilantro.  3.) Line tortillas with slices of pepper jack cheese. Fill tortillas with black bean mixture and fold. |
| *Recipe*  **Italian Cucumber Salad** (Serves 4)  4 roma tomatoes, diced  1/2 red onion, thinly sliced  1 cucumber, chopped  3 Tbsp extra virgin olive oil  1 Tbsp chopped fresh oregano  Salt and pepper to taste  1.) Combine ingredients in a small bowl. Mix well to coat. Refrigerate for 30 minutes to blend flavors. |
| *Recipe*  **Chipotle Chicken Bowls** (Serves 6)  4 boneless, skinless chicken breasts Cilantro Lime Rice  1 tsp black pepper Fresh Pico de Gallo  2 tsp cumin 1 can black beans,  2 Tbsp oregano rinsed and drained  2 Tbsp minced garlic Homemade Guacamole  1/2 red onion, diced 1/4 cup olive oil  1.) Place chicken, seasoning, oil, onion, and garlic in a slow cooker. Cook on high for 4 hours. Shred and stir.  2.) Prepared Cilantro Lime Rice, Pico de Gallo, and Homemade Guacamole as direct in recipes.  3.) Create bowls by layering rice, beans, and chicken and top with pico, guacamole, shredded cheddar, sour cream & salsa. |
| *Recipe*  **Fresh Pico de Gallo** (Serves 4)  4 roma tomatoes  1 bunch cilantro  1 Tbsp dried onion  1 tsp lime juice  1.) Dice roma tomatoes and chop cilantro.  2.) Add all ingredients to a small bowl.  3.) Toss well to mix. |
| *Recipe*  **Homemade Guacamole** (Serves 2)  3 ripe avacados  1 roma tomato  1 Tbsp dried onion  1 tsp lime juice  1.) Dice tomato and add to a small bowl.  2.) Slice avacados in half, remove pits, and scoop into bowl with tomatoes.  3.) Sprinkle dried onion and lime juice on top. Using edge of spoon, smash avocado and mix all ingredients until desired consistency is reached. |
| *Recipe*  **Zesty Zucchini Lasagna** (Serves 8)  1 pkg oven ready lasagna noodles 1 pkg Italian sausage  1 jar Prego Traditional pasta sauce 1 medium yellow squash  1 16 oz container cottage cheese  1 medium zucchini squash  1 lb low-moisture shredded mozzarella  1.) Brown sausage and thinly slice squash.  2.) Preheat oven to 350. Layer 9x13 baking dish with noodles, sausage, cottage cheese, squash, and sauce. Top with mozzarella.  3.) Bake for 30-35 minutes, checking noodles for tenderness. |
| *Recipe*  **Garlic & Herb Grilled Chicken** (Serves 6)  6 bonelesss, skinless chicken breasts  McCormick Grill Mates Garlic, Herb, and Wine marinade  Olive oil  Water  1.) Prepare marinade in a gallon Ziploc bag as directed on package.  2.) Place chicken in bag and shake well to coat. Refrigerate for at least 2 hours.  3.) Grill on medium-low heat, turning every 10 minutes, for 20-30 minutes or until cooked through. |
| *Recipe*  **Broccoli & Bacon Sunflower Salad** (Serves 6)  2 bunches broccoli, chopped  12 slices cooked bacon, crumbled  1/2 cup chopped red onion  1 cup sunflower seeds  1 cup light mayonnaise  1 Tbsp white vinegar  1/4 cup golden raisins  1.) Combine all ingredients in large bowl. Chill until served |
| *Recipe*  **Spinach & Orzo Salad** (Serves 8)  1 (16 oz) pkg uncooked orzo pasta 1/2 tsp dried basil  1 (10 oz) pkg baby spinach, 1/4 tsp ground white  chopped pepper  1/2 lb crumbled feta 1/2 cup balsamic  1/2 red onion, finely chopped vinegar  3/4 cup pine nuts 1/2 cup olive oil  1.) Prepare orzo as directed on package.  2.) Transfer to a large bowl and stir in spinach, feta, onion, and pine nuts. Toss with olive oil and vinegar. Refrigerate and serve cold. |
| *Recipe*  **Chicken Caprese Panini** (Serves 2)  4 slices whole wheat bread 1/4 cup chopped mushrooms  1/2 cup sliced grilled chicken 4 slices mozzarella cheese  1/4 cup diced tomato 1/4 tsp dried basil  1/4 cup chopped fresh spinach  1 tsp extra virgin olive oil  1.) Combine chicken, tomato, spinach, mushrooms, basil and oil in a small bowl and toss well to coat.  2.) Place a slice of mozzarella on each slice of bread. Top with chicken mixture and close sandwich.  3.) Cook on Panini griddle or George Foreman style grill for 2-3 minutes, or until cheese is melted and bread is golden. |
| *Recipe*  **Coconut Milk Fruit Pops** (Serves 4)  1 can unsweetened coconut milk  1 kiwi, sliced  1/4 cup of blueberries  1/4 cup sliced strawberries  1.) Layer fruit in popsicle molds. Pour milk into empty space around fruit.  2.) Freeze for at least 2 hours, or until set. |
| *Recipe*  **Muesli** (Servings Vary)  Puffed brown rice Unsweetened coconut flakes  Roasted soy nuts Golden raisins  Dried cranberries Sliced almonds  Old fashioned rolled oats Cinnamon  1.) Mix ingredients in quantities as desired to create a healthy and nutritious breakfast cereal.  2.) Add peanut butter and smashed banana to leftovers to create healthy granola bars. |
| *Recipe*  **Mushroom Spaghetti Squash** (Serves 4)  1 medium spaghetti squash 1 cup shredded cheddar  1 cup diced mushrooms extra virgin olive oil  1.) Preheat oven to 350 degrees. Line a baking sheet with aluminum foil. Cut spaghetti squash in half, core, and brush with olive oil.  2.) Place squash cut side down on foil-covered sheet. Bake for about 1 hour, or until inside of squash becomes tender.  3.) Scoop insides with a fork to loosen from skin. Add mushrooms and mix. Top with cheddar and bake for an additional 5-7 minutes, or until cheese bubbles. |
| *Recipe*  **Chipotle Turkey Wraps** (Serves 2)  2 whole wheat tortillas 1/8 purple onion, diced  4 oz sliced deli turkey 2 large lettuce leaves  1 roma tomato, sliced 2 slices pepper jack cheese  2 Tbsp light Miracle Whip  1 tsp Chipotle Mango vinaigrette dressing  1.) In small dish, combine Miracle Whip and Chipotle Mango dressing. Stir until smooth.  2.) Line the middle of each tortilla with cheese. Spread with dressing mixture. Layer with turkey, tomato, lettuce, and onion and fold. |
| *Recipe*  **Healthy No-Bake Oatmeal Chocolate Cookies** (Serves 6)  1 cup natural crunchy peanut butter  3/4 cup honey  1/2 cup coconut oil or real butter  2 tsp vanilla  2 1/4 cup quick oats  6 Tbsp cocoa powder  1.) Combine peanut butter, honey, and oil or butter in small saucepan. Heat on low just until butter or oil melts.  2.) Stir in remaining ingredients. Drop by spoonful on wax paper. Store in an airtight container in the freezer. |
| *Recipe*  **Turkey Burgers** (Serves 5)  2 lbs ground turkey  2 Tbsp Worchestire sauce  2 Tbsp dried onion  1 tsp garlic salt  1.) Combine ingredients in large bowl. Mix well with hands. Shape into 10 patties no more than 1/2 inch thick.  2.) Grill on medium-low heat, flipping every 5-7 minutes, until cooked through. |
| *Recipe*  **Cilantro Lime Rice** (Serves 6)  2 cups long grain white rice  1 Tbsp lime juice  1 bunch fresh cilantro, chopped  1 tsp garlic salt  1.) Prepare rice as directed on package.  2.) Once rice is cooked combine all ingredients in a large bowl and mix well. |
| *Recipe*  **Chicken Fajitas** (Serves 4)  4 boneless, skinless chicken breasts Homemade Guacamole  1 red bell pepper, chopped Fresh Pico de Gallo  1 yellow bell pepper, chopped shredded cheddar  All purpose seasoning, to taste salsa  8 flour tortillas sour cream  1.) Cut chicken breasts into 1/2 inch thick slices. Sauté on medium-high heat in skillet with peppers and seasoning until cooked through.  2.) Prepared Homemade Guacamole and Fresh Pico as directed on recipe cards.  3.) Layer tortillas with chicken, cheese, and toppings. |