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| *Recipe***Balsamic Pork Roast** (Serves 6)1 2-3 lb pork loin roast 1 tsp minced garlic1/3 cup of extra virgin olive oil 1 tsp ground black pepper1/3 cup of balsamic vinegar 1 tsp salt1 tsp dried rosemary1.) 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 powder1/4 tsp salt 2 Tbsp butter1/2 tsp ground black pepper 1 tsp dried dill weed2 Tbsp lemon juice1.) 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 vinegar1 tsp garlic salt 1 tsp dried basil2 Tbsp olive oil 1 tsp dried oregano1 onion, thinly sliced 1 tsp dried rosemary1 can diced tomatoes 1/2 tsp dried thyme1.) 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 sugar1 fuji or gala apple, sliced 2 Tbsp butter2 cups cubed butternut squash1/4 cup chopped pecans1.) 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 greens1/4 cup chopped pecans3 Tbsp feta cheese1/4 cup fresh blueberries1/2 cup Balsamic Pork Roast, diced (or)1/2 cup grilled pork or chicken, sliced2 Tbsp Balsamic Vinaigrette dressing1.) 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 cheddar3 cups mixed baby greens 2 Tbsp Mango Chipotle Vinaigrette1/4 cup Black Bean Mango Salsa 2 Tbsp Fresh Pico de Gallo1/2 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 greens2-3 Tbsp feta cheese1/4 cup chopped walnuts3-4 medium strawberries, sliced1/2 cup grilled chicken, sliced2 Tbsp Raspberry Vinaigrette1.) 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 onion2-3 Tbsp feta cheese 3 tsp dried cranberries1/4 cup chopped pecans 3/4 fuji or gala apple, chopped1/2 cup Apple Pecan pork chops, diced (or)1/2 cup grilled pork or chicken, diced2 Tbsp Raspberry or Pomegranate Vinaigrette1.) 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 cumin1 red bell pepper, chopped 1 tsp red wine vinegar1/4 cup fresh cilantro, chopped 2 Tbsp lime juice1 cup frozen corn kernels 3 Tbsp extra virgin olive oil1 can black beans, drained and rinsed salt and pepper to taste1 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 rinsed1 mango, pitted and diced (or)1 cup frozen mango, thawed3 green onions, chopped1 Tbsp lime juice1/2 tsp salt1/2 tsp ground black pepper1.) 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 cheese2 Tbsp olive oil 1 cup spaghetti sauce1 Tbsp garlic powder 3 Tbsp crushed garlic 1 small onion, chopped 1 cup shredded mozzarella1 cup ricotta cheese 1 package frozen spinach1 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 Mix1 pkg boneless, skinless chicken thighs1 pkg Golden Curry Mix2 cups of water1.) 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 garlic2 Tbsp extra virgin olive oil 1 small red onion, diced1 yellow bell pepper, chopped 1 red bell pepper, chopped1 can black beans, rinsed & drained 6 flour tortillas1 pkg sliced pepper jack cheese1.) 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, diced1/2 red onion, thinly sliced1 cucumber, chopped3 Tbsp extra virgin olive oil1 Tbsp chopped fresh oreganoSalt and pepper to taste1.) 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 Rice1 tsp black pepper Fresh Pico de Gallo2 tsp cumin 1 can black beans,2 Tbsp oregano rinsed and drained2 Tbsp minced garlic Homemade Guacamole 1/2 red onion, diced 1/4 cup olive oil1.) 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 tomatoes1 bunch cilantro1 Tbsp dried onion1 tsp lime juice1.) 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 avacados1 roma tomato1 Tbsp dried onion1 tsp lime juice1.) 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 sausage1 jar Prego Traditional pasta sauce 1 medium yellow squash1 16 oz container cottage cheese1 medium zucchini squash1 lb low-moisture shredded mozzarella1.) 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 breastsMcCormick Grill Mates Garlic, Herb, and Wine marinadeOlive oilWater1.) 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, chopped12 slices cooked bacon, crumbled1/2 cup chopped red onion1 cup sunflower seeds1 cup light mayonnaise1 Tbsp white vinegar1/4 cup golden raisins1.) 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 basil1 (10 oz) pkg baby spinach, 1/4 tsp ground white chopped pepper1/2 lb crumbled feta 1/2 cup balsamic 1/2 red onion, finely chopped vinegar 3/4 cup pine nuts 1/2 cup olive oil1.) 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 mushrooms1/2 cup sliced grilled chicken 4 slices mozzarella cheese1/4 cup diced tomato 1/4 tsp dried basil1/4 cup chopped fresh spinach1 tsp extra virgin olive oil1.) 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 milk1 kiwi, sliced1/4 cup of blueberries1/4 cup sliced strawberries1.) 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 flakesRoasted soy nuts Golden raisinsDried cranberries Sliced almondsOld fashioned rolled oats Cinnamon1.) 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 cheddar1 cup diced mushrooms extra virgin olive oil1.) 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, diced4 oz sliced deli turkey 2 large lettuce leaves1 roma tomato, sliced 2 slices pepper jack cheese2 Tbsp light Miracle Whip1 tsp Chipotle Mango vinaigrette dressing1.) 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 butter3/4 cup honey1/2 cup coconut oil or real butter2 tsp vanilla2 1/4 cup quick oats6 Tbsp cocoa powder1.) 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 turkey2 Tbsp Worchestire sauce2 Tbsp dried onion1 tsp garlic salt1.) 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 rice1 Tbsp lime juice1 bunch fresh cilantro, chopped1 tsp garlic salt1.) 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 Guacamole1 red bell pepper, chopped Fresh Pico de Gallo1 yellow bell pepper, chopped shredded cheddarAll purpose seasoning, to taste salsa8 flour tortillas sour cream1.) 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. |