Week 11 Recipes

Turkey Club Salad

Serves 1

3 oz Turkey breast, sliced

¼ small tomato, sliced

1 slice bacon

3 slices cucumber

½ large hardboiled egg, chopped

¼ cup shredded mozzarella cheese

2 cups shredded Romaine lettuce

2 Tbsp Ranch salad dressing

Spicy Baked Tilapia

Serves 2

½# Tilapia fillets

1 Tbsp olive oil

Blackening Rub:

1.5 Tbsp Paprika

½ tsp salt

½ Tbsp onion powder

½ tsp black pepper

¼ to ½ tsp cayenne pepper

½ tsp thyme

½ tsp oregano

¼ t garlic powder

Preheat oven to 425 degrees. Mix together ingredients for blackening rub. Line a sheet pan with foil and add 1 Tbsp olive oil. Brush it over the foil in any area that will have fish. Rinse and pat dry ½ pound of tilapia. Brush with olive oil. Cover the fillets with the spices and rub it in (both sides). You may not need it all. Place on the oiled pan and give the fish a light spray of PAM. Place in the preheated oven. Cook until nicely brown and flaky. This is about 10-11 minutes for big fillets and a minute or two less for small to medium fillets.

Baked Egg cups

Makes 12, Serves 6

2 Tbsp butter, unsalted

24 thin round slices smoked ham from 8 oz package

1/3 cup cheddar cheese, shredded

8 large eggs, beaten

4 oz can mushrooms, drained

1 cup green bell peppers, chopped

Preheat oven to 375 degrees. Spray 12 muffin cups with cooking spray. Melt butter in skillet over medium high heat. Add mushrooms and pepper. Cook 4 minutes or until pepper is tender. Set aside. Line each muffin cup with 2 overlapping slices of ham, with edge just above rim of pan. Spoon mushroom mixture evenly into ham lined cups. Top evenly with cheese. Pour beaten eggs evenly over mushrooms and cheese. Bake 20 minutes or until knife inserted in centers comes out clean. Let stand in pan 2 minutes. Run table knife around edges of bakes to loosen.

Onion, Arugula and Parmesan cheese omelet

Serves 2

¼ cup arugula

1.5 Tbsp balsamic vinegar

1 Tbsp unsalted butter

¼ cup grated Parmesan cheese

3 large eggs

½ tsp garlic

1 Tbsp olive oil

1 medium onion, chopped

For onions: heat butter and oil in medium sauté pan over medium-low heat. When butter has melted, add onions; stir to coat. Cook 10 minutes, stirring occasionally. When onions have softened and start to brown, add vinegar. Cook onions an additional 20 minutes or until very soft and dark brown in color.

For omelet: lightly spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Add the onions, arugula and garlic to skillet. Sauté 1 minute or until arugula has wilted.

Combine eggs, cheese and pepper; pour mixture into skillet. Cook untouched 1 minute or until edges begin to set. Gently pull edges towards center to allow uncooked portion to run beneath. Repeat twice; cover with lid. Continue cooking 1 to 2 minutes more or until center is set. Fold omelet in half. Cut in half; serve immediately.

Bacon, Avocado and Spinach salad

Serves 2

4 slices bacon, cooked and chopped

4 cup spinach

¼ cup goat cheese, crumbled

2 tsp olive oil

½ cup avocado

½ tsp salt and pepper

Baked Meatballs

1 # ground beef

1 # bulk Italian Sausage

2 tsp dry minced onion

½ tsp garlic powder

½ cup parmesan cheese

2 eggs

½ tsp salt

¼ tsp pepper

Bake at 375 degrees for 15 to 20 minutes. Rinse any egg and cheese that has leaked out before serving.

Canadian Bacon, Cheddar and Tomato Stacks

2 slices Canadian Bacon

½ small Tomato

¼ cup shredded Cheddar

Heat Canadian Bacon in skillet sprayed with nonstick cooking spray. Sauté tomato slices in skillet on both sides before stacking on top of Canadian Bacon. Add shredded cheese on top of stacks and cook until cheese melted.

Cheesy Cauliflower Mash

Serves 4

2 cups chopped cauliflower

2 cloves garlic

1 Tbsp bay leaf

Water to cover

½ cup shredded cheddar cheese

2 Tbsp butter, unsalted

2 Tbsp sour cream

Salt and pepper to taste

Place cauliflower, garlic, bay leaf in a pot. Pour in enough water to cover. Bring to a boil and cook cauliflower until tender, about 20 minutes. Drain and discard bay leaf. Transfer cauliflower and garlic to a blender; add cheddar cheese, butter, sour cream. Blend until desired consistency. Season with salt and pepper.

Salmon BLT Stacks

Serves 4

2 # Wild Salmon

8 slices Applewood Bacon (regular bacon may be used)

3 tomatoes, sliced

5 oz Arugula

2 Tbsp Avocado oil

Vinaigrette dressing

Preheat oven to 400 F. Season salmon with salt and pepper. Allow an oven proof skillet to heat over high heat for 5 minutes. Add avocado oil and then salmon to skillet, flesh side down skin side up. Allow salmon to cook for 5 minutes undisturbed. Flip salmon and place skillet in the oven for 4 minutes for rare or 6 minutes for well. Meanwhile, arrange a layer of arugula on plates followed by a tomato slice and two slices of bacon, and repeat the arugula and tomato layers once more. Top salads with salmon and serve with Vinaigrette dressing.

Swiss chard and Ricotta pie

Makes 12 muffins

1 Tbsp olive oil

½ cup onion, chopped

1 clove garlic, minced

8 cups swiss chard

2 cups ricotta cheese (whole milk)

3 eggs

1 cup shredded mozzarella

¼ cup shredded parmesan

1/8 tsp nutmeg

1 # mild sausage

Dash of salt and pepper

Preheat oven to 350 degrees. Combine all ingredients and mix until blended. Divide evenly among 12 muffin tins. Bake for 30-35 minutes.

Microwave Egg, Sausage and Tomato Breakfast Bowl

2 eggs, beaten

2 Tbsp heavy cream

1 fully cooked sausage patty, chopped

1 Tbsp finely shredded cheddar cheese

2 Tbsp chopped tomato

2 basil leaves, thinly sliced

Beat egg and milk in 2 cup cereal bowl until blended. Add sausage. Microwave on high 45 seconds. Push cooked edges toward center. Microwave until egg is almost set, about 45-60 seconds longer. Top with cheese, tomato and basil. Serve immediately.

Slow Cooker Carnitas

Serves 4

½ tsp salt

½ tsp garlic powder

½ tsp cumin

¼ tsp oregano

¼ tsp coriander

1/8 tsp cinnamon

2# boneless pork shoulder roast

¾ tsp bay leaves

¾ cup + 2 tsp chicken broth

2 cups sweet peppers

1-2 Tbsp chunky salsa (per serving)

Lettuce leaf (per serving)

Mix together spices in a bowl and coat pork with mixture. Place bay leaves in bottom of slow cooker and place pork on top. Pour chicken broth around sides of pork, being careful not to rinse off spice mixture. Cover and cook on low until pork shreds easily with fork, 8-10 hours. Turn meat after it has cooked for 5 hours. Remove from cooker and shred with 2 forks. Scoop out meat into lettuce leaf. Add ½ cup sweet peppers and salsa.

Broccoli Cheese Soup

Serves 6

2 Tbsp butter, unsalted

1.5 cups heavy cream

2.5 cups water

3 cans chicken broth

¾ tsp salt

½ tsp dry mustard

¼ tsp cayenne pepper

16 oz frozen chopped broccoli

½ cup red bell pepper

8 oz shredded cheddar cheese

2 Tbsp chopped chives

Melt butter in saucepan over medium heat. Cook and stir 30 seconds or until bubbly. Add cream, water, broth, salt, mustard and cayenne. Bring to a simmer over high heat stirring frequently. Add broccoli and red pepper. Return to a boil. Reduce to low; simmer uncovered 5 minutes. Add cheese. Stir over low heat just until cheese melts.

Zucchini Noodles

1-2 Zucchini

1 Tbsp Olive oil

Water

Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached. Turn zucchini over and continue 'peeling' until all the zucchini is in long strips; discard seeds. Slice the zucchini into thinner strips resembling spaghetti. Heat olive oil in a skillet over medium heat; cook and stir zucchini in the hot oil for 1 minute. Add water and cook until zucchini is softened, 5 to 7 minutes. Season with salt and pepper.

Italian Vinaigrette Dressing

1 cup olive oil

¾ cup Red wine vinegar

1 clove garlic, minced

1 small shallot- finely chopped

2 Tbsp Dijon mustard

2 Tbsp dried onion flakes

1 ½ tsp garlic salt

1 ½ tsp Italian seasoning