Week 13 Recipes

Kale Salad

1/3 cup pine nuts or slivered almonds

¼ cup balsamic vinegar

3 Tbsp olive oil

1 Tbsp seasoned rice vinegar

1 Tbsp honey (6-9 drops liquid stevia may be used)

1 tsp salt

¼ cup grated Parmesan cheese

1# Kale, raw

Heat a small skilled on medium high heat. Spread the pine nuts in an even layer on the bottom of the pan, cook, stirring occasionally, until lightly browned. Then remove to a bowl to allow to cool.  Hint when toasting nuts: do not take your eyes off of them! Nuts can go from browned to burned very quickly. Use a sharp knife to cut out the tough midrib of each kale leaf, and discard or compost. Slice the leaves crosswise into thin, 1/4 inch wide, slices.  The easiest way to do this is to work with a small bunch of leaves at a time, stack the leaves and roll them into a loose cigar shape. Then using a sharp knife, work from one end of the "cigar" to the other, slicing a 1/4 inch off from the end.  Place the kale slices into a large bowl. In a smaller bowl, whisk together the balsamic vinegar, olive oil, rice vinegar, honey, salt, and pepper.   A half hour to an hour before serving, toss the kale together with the toasted pine nuts, the dried cranberries, and the dressing, allowing the kale to marinate a bit.  Right before serving, stir in the grated Parmesan cheese. Serves 6-8.

Pollock Montreal

2 6 oz Pollock fillets

½ tsp Paprika

½ tsp black pepper

1 small yellow onion, diced

1 small green bell pepper, cut into strips

4 thin slices tomato

4 slices cheddar cheese

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with butter flavored cooking spray.

Season the pollock fillets with paprika and black pepper. Place on baking sheet and layer with onion, green pepper, and tomato slices. Bake in preheated oven until fish has cooked and flakes easily, about 15 minutes. Turn oven off, place two slices of cheese on each fillet. Return fish to the oven and allow cheese to melt, about 3 minutes.

Cream of Chicken soup with Bacon

Serves 4

6 slices bacon

2 Tbsp butter

2 cloves garlic

4 oz brown mushrooms sliced

1/3 cup white cooking wine

½ cup almond milk

½ cup heavy cream

3 cups chicken broth

4 ribs celery, chopped

3 deboned chicken thighs cooked and chopped

Cook bacon in 1 Tbsp butter over medium heat in large soup pot until crispy. Remove bacon and set aside. Add 1 Tbsp butter to pot. Add garlic and cook until golden. Add mushrooms and cook until they are softened. Add wine and cook until liquid is reduced by ½. Stir in almond milk, heavy cream and chicken broth. Add celery and chicken. Simmer until heated throughout. Season with salt and pepper. Garnish with parsley and bacon.

Bacon Kale Frittata

Serves 4-6

8 eggs

1 cup grape tomatoes

½ onion, chopped

3 slices bacon

¼ cup Kale or swiss chard

¼ cup heavy cream

¼ tsp salt

Dash of pepper

¼ cup shredded Mozzarella

Combine all ingredients. Bake in preheated oven at 400 degrees for 10 minutes.

Broccoli Salad with Ham

Serves 8

1# broccoli, fresh

8 oz diced ham

4 oz cheddar cheese, shredded

1 cup mayonnaise

2 Tbsp balsamic vinegar

2 Tbsp granulated Splenda

Trim and peel stalks and finely chop broccoli. Place in a large bowl. Add ham and cheese. In a small bowl, blend remaining 3 ingredients. Mix into broccoli mixture and chill several hours before serving. Season to taste with salt and pepper.

Turkey Philly Mini Meatloaf

Serves 6

1.5# Ground Turkey

1 medium green bell pepper- julienned

1 small onion- thinly sliced

2 oz mushrooms, chopped

4 cloves garlic, minced

6 slices Provolone cheese

3 Tbsp butter

2 Tbsp Worcestershire

Salt and pepper to taste

Preheat oven to 350 degrees. In a large sauté pan over medium heat, sauté peppers, onions, mushrooms, and garlic in butter until tender. In a large mixing bowl, combine ground turkey, Worcestershire sauce and half pepper mixture. Mix until well combined. Using a mini loaf pan, divide mixture into 6 mini loaves. Bake 30 minutes. Top each mini loaf with slice of Provolone cheese and a portion of remaining pepper mixture.

Zucchini Chips

½ Medium Zucchini

Dash of Salt and pepper

½ Tbsp Olive Oil

½ Tbsp Grated Parmesan Cheese

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

Pepperoni Crisps (alternative to plain pepperoni)

Sliced pepperoni

1 tsp Cajun seasoning (optional)

Arrange pepperoni on single layer of ungreased baking sheet; sprinkle with seasoning. Bake at 375 degrees for 10 minutes. Remove from oven and pat away grease with paper towels. Return to oven and bake until crisp, 2-4 additional minutes. Drain on paper towels. Store cooled chips in airtight container.

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

Ham, Basil and Feta Scrambled Eggs

2 eggs

¼ cup diced ham

2 Tbsp feta cheese

3/4 tsp butter

1.5 tsp basil

Salt and pepper

Place skillet over medium heat. Melt butter. Lightly beat eggs in bowl; stir in ham, feta, basil, salt and pepper. Pour in egg mixture. Cook and stir until firm, about 5 minutes.

Avocado Tuna Salad

3 oz tuna

¼ cup Avocado

¼ cup minced celery

1 Tbsp minced onion

½ Tbsp olive oil

1 tsp lemon juice

1 Tbsp cilantro

Dash salt and pepper

Mix ingredients together and serve on 1 cup of green leaf lettuce.

Blackened Chicken Breasts

Serves 4

4 chicken breasts (3-4 oz each)

2/3 cup butter, unsalted

1 Tbsp paprika

1/3 tsp white pepper

1/3 tsp black pepper

2/3 tsp salt

1 tsp onion powder

1 tsp garlic powder

1 tsp cayenne pepper

1/3 tsp thyme

1/3 tsp oregano

Coat both sides of thawed chicken with butter. Reserve unused butter. Combine all seasonings in shallow bowl. Coat both sides of the chicken with seasoning blend. Heat a heavy duty skillet until very hot, about 10 minutes. Add butter to grease the bottom. Sauté chicken over high heat for 5-7 minutes on each side.

Sausage egg and cheese casserole

Serves 4-6

8 oz sharp cheddar cheese, shredded

¼ tsp dry mustard

¼ tsp paprika

½ tsp salt

½ cup sour cream

½ # plain sausage, cooked

5 eggs

Preheat oven to 325 degrees. Cover bottom of greased 9x13 baking dish with ½ of shredded cheese. Mix all seasonings with sour cream and pour half of mixture over cheese. Sprinkle crumbled sausage over mixture. Beat eggs and pour over sausage. Spoon rest of sour cream mixture over eggs. Sprinkle rest of cheese on top. Bake 20-25 minutes uncovered.

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.

Creamy Southwestern Taco soup

Makes 8 -1 cup servings

1# ground beef 80/20

½ cup chopped onion

2 cloves garlic, minced

1 Tbsp cumin

1 tsp chili powder

8 oz cream cheese, softened

2 10oz cans Rotel, undrained

2 14.5 oz cans beef broth

½ cup heavy cream

2 tsp salt or to taste

In a large soup pot, brown ground beef with onion and garlic. Drain. Add spices and cook a couple of minutes. Drop cream cheese in bits into the meat. With the back of a big spoon, smash it into the meat until no bits of white remain. Stir in remaining ingredients and heat through.

Bacon, Tomato and Avocado Omelet

¼ Raw Avocado

¼ cup Monterey Jack cheese

2 large eggs

2 slices bacon, cooked and crumbled

½ Tbsp butter

2 Tbsp Pace Cilantro Chunky Salsa

½ fl oz tap water

In medium bowl, whisk eggs with water and season with salt and pepper.  Prepare bacon, cook thoroughly, crumble and set aside. Melt half the butter in a small nonstick skillet over medium-high heat. When foam subsides, add the egg mixture. Tilt pan to coat bottom and cook 1 minute, until almost set. Sprinkle half the omelet with half the crumbled bacon, avocado and cheese and cook 1 minute. Fold empty half of omelet over filling and slide omelet onto a plate. Serve with salsa.

Pimiento Cheese spread

Makes 18 -2 Tbsp servings

8 oz cheddar cheese

4 oz cream cheese, room temperature

4 Tbsp mayonnaise

1 4 oz jar pimientos or one roasted red pepper

1 Tbsp prepared mustard

Hot sauce (optional)

Cut cheese into 1 inch chunks and pulse in food processor or use grated cheese. Add the rest of the ingredients and blend until smooth. Taste and adjust- try adding one drop of liquid sucralose sweetener.

Shrimp and Cabbage Stir fry

Serves 2

4 Tbsp olive oil, divided

2 cup shredded red cabbage

½ tsp salt and pepper

½ medium onion, chopped

1 garlic clove, minced

12 large shrimp, peeled and deveined

1 tsp Old Bay seasoning

1 tsp lemon zest

2 tsp lemon juice

2 Tbsp cilantro

Heat 2 Tbsp olive oil in skillet over medium high heat. Add cabbage and stir fry ~3 minutes. Remove cabbage to a bowl, sprinkle with salt and pepper then cover and keep warm. In the same pan, add remaining 2 Tbsp olive oil; stir fry onions and garlic until tender ~4-5 minutes. Add Old Bay seasoning, salt and pepper and shrimp. Cook 3-4 minutes or until shrimp turn pink and are done. Remove from heat and toss in lemon zest, lemon juice and cilantro. Serve immediately over warm cabbage.