Week 4 Recipes

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.

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.

Italian Chopped Salad with Salami and Pepperoni

2 cups romaine lettuce leaves

1 oz Pepperoni, sliced thin

2 oz Genoa Salami

10 strips, roasted yellow peppers

2 slices onions, rough chopped

1 Tbsp red wine vinegar

1 Tbsp extra virgin olive oil

dash of salt and pepper

2 Tablespoons grated Parmesan cheese

In a large salad bowl, combine romaine lettuce, Pepperoni and Genoa Salami, roasted yellow peppers, and onions. Toss everything together to combine. Add vinegar, extra virgin olive oil, salt, pepper and Parmesan cheese. Toss thoroughly to combine the ingredients. Serve Chilled.

Cottage Cheese Cucumber Salad

Serves 4

16 oz Cottage cheese

1 cucumber, chopped

2 Tbsp fresh dill

¼ cup chopped green onions

Pepper (season to taste)

Tabasco sauce (season to taste)

Mix all ingredients together. Serve chilled.

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.

Creamy Cheesy Scrambled Eggs with Basil

2 eggs

1.5 Tbsp sour cream

¼ cup mozzarella cheese

1 tsp butter

1.5 Tbsp basil

Whisk egg and sour cream in bowl until creamy and smooth. Mix in cheese. Season with salt and pepper. Melt butter in skillet over medium heat. Pour in egg mixture stirring constantly until egg reaches desired consistency. Mix in basil during final minutes of cooking.

Zucchini Shrimp Scampi

Serves 4

4 Tbsp butter, unsalted

1 # medium shrimp, peeled and deveined

3 cloves garlic, minced

½ tsp red pepper flakes

¼ cup chicken stock

Juice of one lemon

Salt and pepper to taste

1.5# (4 medium sized) Zucchini, spiralized

2 Tbsp freshly grated Parmesan

2 Tbsp fresh Parsley

Melt butter in a large skillet over medium high heat. Add shrimp, garlic and red pepper flakes. Cook, stirring occasionally, until pink, about 2-3 minutes. Stir in chicken stock and lemon juice; season with salt and pepper, to taste. Bring to a simmer; stir in zucchini noodles until well combined, about 1-2 minutes.

Serve immediately, garnished with Parmesan and parsley, if desired.

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.

Spinach Salad with Dijon Vinaigrette

2 cups raw spinach

1 crimini mushroom, sliced

2 slices onion

1 oz Goat cheese crumbles

1 tsp minced garlic

1 Tbsp red wine vinegar

1 Tbsp Dijon Vinaigrette

1 Tbsp Olive oil

Pot Roast with Mushroom Tomato Sauce

3 pound boneless chuck roast
Salt and pepper, to taste
1/2 teaspoon onion powder
1 medium onion, sliced thin, 4 ounces
4 ounce can mushrooms
8 ounce can tomato sauce

Brown the meat on both sides in hot oil; place in a 9x13" baking pan that has been lined with heavy duty foil. Season with salt, pepper and onion powder. Top with the onions, mushrooms and tomato sauce. Cover with foil and bake at 325º about 4 hours until tender. Serves 6-8. May be frozen.