Week 5 Recipes

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.

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.

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.

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.

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.

BLT Chicken Salad

1 Boneless Chicken breast ~3 oz

4 oz leaf lettuce (~2 cups)

½ small tomato

½ oz Swiss cheese, julienned

1-2 crisp pieces bacon, crumbled

½ hardboiled egg

2 Tbsp Ranch dressing

Dash of pepper

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.

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.

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

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.

Chicken Cobb Salad

2 cups Organic spring mix

½ chicken breast

2 slices thick bacon

1 hardboiled egg

1 oz blue cheese

¼ avocado

4 grape tomatoes

2 Tbsp blue cheese dressing

Sauteed Shrimp and Spinach

Serves 4

1 tablespoon olive oil

1⁄4 cup lemon juice

1⁄4 cup olive oil

4 garlic cloves, minced, to taste

1⁄4 teaspoon coarse black pepper

1⁄4 teaspoon salt

2 teaspoons lemons, zest of

1 lb jumbo shrimp, peeled and deveined

1 (6 ounce) bag spinach

Stir together garlic, pepper, salt and lemon zest. Blend in lemon juice and olive oil. Set aside.

Heat 1 tablespoon olive oil in skillet over medium-high heat. Add the shrimp, and cook for 2 minutes.

Stir in the spinach and cook just until the greens are wilted and shrimp turn pink (about 2-3 minutes).

Stir in the lemon-olive oil mixture. Toss well. Serve immediately.