Week 6 Recipes

Ham and Swiss Breakfast muffins

Makes 8, Serves 4

6 large eggs

3 Laughing Cow Swiss wedges

3.5 oz Canadian Bacon, diced

¼ cup salsa

3 crimini mushrooms, diced

Salt and pepper

Preheat oven to 350 degrees. Spray muffin pan with nonstick spray. Mash up cheese wedges with fork. Crack 6 eggs in bowl and mix with cheese. Add all ingredients and mix well. Pour in to muffin pan and bake for 25 minutes.

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.

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.

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.

Turkey meatloaf

1 # Lean ground turkey (93% lean)

½ red bell pepper, chopped

½ large onion, chopped

½ 6 oz can tomato paste + 1 Tbsp

1 large egg + 1 egg white

2 Tbsp grated parmesan cheese

3 cloves garlic

Preheat oven to 350 degrees. Combine all ingredients and place in to greased loaf pan. Bake at 350 degrees for 45 minutes or until internal temperature is 165 degrees.

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.

Buffalo Chicken Egg muffins

Makes 8 Serves 4

8 large eggs

6 oz chicken, cooked and chopped

¼ cup Blue cheese, crumbled

3 Tbsp Buffalo wing sauce

2 green onions chopped

1 rib of celery, chopped

1 clove of garlic, chopped

Sea salt and pepper

Preheat oven to 350 degrees. In a large bowl, whisk eggs with fork. Add chicken, blue cheese, buffalo wing sauce, green onions, celery, garlic and salt and pepper. Mix well. Pour into muffin tin. Bake for 20 minutes.

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

Oven Roasted Cabbage Wedge

1 head of cabbage, green

¼ c olive oil

1 ½ tsp garlic powder

1 tsp onion powder

¼ tsp black pepper

Preheat oven to 400 degrees. Line rimmed baking sheet with aluminum foil. Cut cabbage in 1 inch slices from top to bottom (stem being bottom). Line slices in a single layer on baking sheet. Brush each wedge with generous coating of oil. In a small bowl, combine seasonings- sprinkle over each wedge. Bake for 45 minutes on middle rack, flipping ½ way through.

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.

Chicken Cordon Bleu Soup

Serving size 1 cup, makes 16 servings

6 cups chicken broth

12 oz ham, diced

5 oz mushrooms- chopped

4 oz onions, diced

2 tsp tarragon

1 tsp salt and pepper

1# chicken, cubed

3 Tbsp minced garlic

3 Tbsp butter

1.5 cups heavy cream

½ cup sour cream

½ cup Parmesan cheese, grated

4 oz swiss cheese

In slow cooker, add chicken broth, ham, mushrooms, onion, tarragon, salt and pepper. Cover and cook. In a sauté pan over medium heat, pan sear cubed chicken in butter and garlic until browned. Add chicken with all drippings to slow cooker. Add remaining ingredients to slow cooker. Cover and cook on low for 6 hours.

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.

Reuben Egg Muffins

Makes 6 muffins, Serving size 2

6 large eggs

¾ cup sauerkraut, drained

7.1 oz ground beef

2 cloves garlic, mashed

1 tsp Dijon mustard

¼ tsp caraway seeds

2 Tbsp parsley

½ tsp salt

Preheat oven to 350 degrees. In a bowl, mix beef, mustard, garlic, caraway and ½ of salt. Create 12 small meatballs (2 per muffin). Place drained sauerkraut at bottom of muffin pan, ~2 Tbsp per muffin. Top with 2 meatballs. In a bowl, mix eggs, remaining salt and herbs. Pour egg mixture on top of sauerkraut and meatballs. Place in oven and cook for about 25 minutes.