Greek Nachos with Feta

Ingredients

- 2 pounds tomatoes, seeded and finely chopped
- 1/2 small red onion, finely chopped
- 1 garlic clove, minced
- 1/2 cucumber, seeded and finely chopped
- 1/2 teaspoon kosher salt
- 1 (6.5-ounce) bag pita chips
- 3/4 cup finely crumbled feta cheese
- 2% reduced-fat Greek yogurt

Preparation

Combine tomatoes, red onion, minced garlic, cucumber, and kosher salt. Preheat oven to 375°. Place pita chips on a baking sheet. Top chips with feta cheese, and bake until just melted (5 minutes). Remove from oven; top with tomato-and-cucumber salsa and a dollop of yogurt.
Heather’s Cilantro, Black Bean, and Corn Salsa

Ingredients:

1 (15 oz) can yellow corn, drained
1 (15 oz) can white corn, drained
2 (15 oz) cans black beans, drained and rinsed
1 (14.5 oz) can Italian styled diced tomatoes, drained
1 bunch finely chopped cilantro
5 green onions, finely sliced
1 small red onion, finely chopped
1 red bell pepper, seeded and chopped
1 tbsp minced garlic
¼ cup lime juice
1 avocado – peeled, pitted and diced
2 tbsp olive oil

Directions:

Stir the yellow and white corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper and garlic in a large bowl. Gently mix in lime juice and avocado. Drizzle with olive oil to serve.
HUMMUS

2 Cups canned garbanzo beans drained

1/3 cup Tahini

1/4 cup lemon juice

1 Teaspoon salt

2 cloves garlic halved

1 Tablespoon olive oil

1 Pinch paprika

1 Teaspoon minced fresh parsley

Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.

Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley
Spinach-Parmesan Dip

Ingredients:

1 teaspoon olive oil
3 garlic cloves, chopped
1/4 teaspoon salt
1 (10-ounce) package fresh spinach
1/2 cup basil leaves, loosely packed
1/3 cup (about 3 ounces) 1/3-less-fat cream cheese, softened
1/8 teaspoon black pepper
1/3 cup plain fat-free yogurt
1/4 cup (1 ounce) grated fresh Parmesan cheese

Preparation

Heat olive oil in a large skillet over medium-high heat. Add garlic; sauté 1 minute. Add salt and spinach; sauté 3 minutes or until the spinach wilts. Place spinach mixture in a colander, pressing until mixture is barely moist.

Place spinach mixture, basil, cream cheese, and pepper in a food processor; process until smooth. Spoon spinach mixture into a medium bowl. Add yogurt and Parmesan; stir to combine. Chill.
Zucchini Oven Chips

Breaded, oven-fried zucchini chips taste like they’re fried, yet they are baked and amazingly crispy. These chips make a healthy substitute for French fries or potato chips.

Ingredients:

¼ cup dry breadcrumbs
¼ cup (1 ounce) grated fresh parmesan cheese
¾ tsp seasoned salt
¾ tsp garlic powder
1/8 tsp freshly ground black pepper
2 tbsp fat free milk
2 ½ cups (1/4 inch thick) slices zucchini
Cooking spray

Preparation:

Preheat oven to 425.

Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on baking sheet. Bake at 425 for 30 minutes or until browned and crisp.
SALADS
ASIAN SPINACH SALAD

- 1 (3-ounce) package ramen noodles
- 1 (7-ounce) package baby spinach (about 8 cups)
- 1 (9-ounce) package frozen cooked chopped chicken breast, thawed
- 1 red bell pepper, seeded and chopped
- 1 (6-ounce) package frozen snow peas, thawed and drained
- 1/2 cup golden raisins
- 1/4 cup honey
- 3 tablespoons cider vinegar
- 1 1/2 tablespoons low-sodium soy sauce
- 1 1/2 tablespoons grated peeled fresh ginger

Discard seasoning packet in package of noodles. Crumble noodles.

Place 2 cups spinach on each of 4 plates. Top evenly with of noodles, chicken, and next 3 ingredients.

Combine honey and remaining 3 ingredients, stirring with a whisk. Spoon about 2 1/2 tablespoons honey mixture over each salad.
Black Bean & Edamame Goodness

Combine the following and chill before serving:

1 can of black beans, rinsed
1 bag shelled edamame
1 package frozen corn
1/8 cup chopped celery
12 cherry tomatoes, halved
chopped red onion (optional)
cilantro to taste (optional)

2 tbs red wine vinegar
salt/pepper to taste

Yum Yum
Shaved Brussels Sprout Salad with Fresh Walnuts and Pecorino

yield
Makes 6 side-dish servings
active time
25 min
total time
35 min

Brussels sprouts, sliced very thin, result in an unbelievably delicate slaw. If you have a really sharp knife and good skills, you could slice the Brussels sprouts by hand, but it's much easier to use an adjustable-blade slicer. Since walnuts are fresh and in season, Waxman uses just-shelled ones in this salad. Pecorino Romano varies in saltiness; you may want to add a little more than we call for here.

ingredients

- 1 1/2 lb Brussels sprouts (preferably on the stalk), any discolored leaves discarded and stems left intact
- 1 cup walnuts (3 1/2 oz), lightly toasted
- 2 tablespoons finely grated Pecorino Romano, or to taste
- 1/4 cup olive oil
- 3 tablespoons fresh lemon juice
- Special equipment: an adjustable-blade slicer

preparation

Holding each Brussels sprout by stem end, cut into very thin slices using slicer. Toss in a bowl to separate layers.

Lightly crush walnuts with your hands and add to Brussels sprouts along with cheese, oil, and lemon juice, then toss to combine. Season with pepper.

cooks’ notes: · Walnuts can be toasted 1 day ahead and kept in an airtight container at room temperature. · Brussels sprouts can be sliced 3 hours ahead and chilled, covered. Toss with remaining ingredients just before serving.
DJ'S KALE SALAD

This is a simple salad with great flavor. The amount of kale and veggies you use will all depend on the size of salad you need, how much you like veggies, etc.—just go with amounts that sound good. The nice thing about kale, as opposed to lettuce, is that if you make too much salad, it's good for lunch the next day even if it already has the dressing on it.

Kale
Cucumber, chopped
Carrot, chopped
Red bell pepper, chopped
Pear, cut into small pieces (optional) – apple works, too
Dried cranberries
Pecan pieces
Goat cheese, crumbled
Salt & pepper to taste
Olive oil, drizzled over salad
Julie's Italian Salad

2 pints   grape tomatoes or 1 pint cherry tomatoes
1          small to medium cucumber
4 sticks   mozzarella string cheese

Light Italian dressing or balsamic vinaigrette

Peel the cucumber and slice it lengthwise in half; spoon out the seeds in the middle. Cut the cucumber into bite-size pieces. Combine the cucumber and tomatoes in a large bowl. If using cherry tomatoes, slice the tomatoes in half. Cut the cheese sticks into 1/4 inch slices horizontally; add to bowl. Lightly drizzle dressing over salad ingredients, and then mix together. Serves 6.
Kale, Pine Nut and Golden Raisin Salad

1 bunch curly kale (other kale works fine, too)
1/4 cup toasted pine nuts
1/2 cup golden raisins
1/4 good olive oil
juice of 1-2 lemons
salt/pepper to taste

Rinse kale and cut ribs off (save for soup or other use) and cut or tear into small pieces. Toast pine nuts until just golden. Toss with kale, raisins, oil and lemon juice, adding the oil and juice to your taste. Add a shake of salt and grind of pepper to taste. Refrigerate for at least 30 minutes. This salad tastes great the next day as well!
Santa Fe Turkey Salad with Creamy Chili Lime Dressing

Ingredients

Dressing:
6 oz (or 1/2 cup) Fat free Greek yogurt
4 garlic cloves, pressed
1/4 cup lime juice
1/2 tsp crushed red pepper (or to taste)
1 Tbsp ground cumin
4 Tbsp chili powder
2 Tbsp sugar

Salad:
6 cups turkey, cooked and cut into bite sized pieces**
2 cans (14 oz) black beans, drained and rinsed
2 cups frozen white corn kernels, thawed
1/2 cup cilantro, chopped
1 cup red onion, chopped
2 cups grape tomatoes, halved
2 jalapenos, seeded and chopped

Directions:

I created this recipe so I would have a healthy meal to bring to upcoming holiday parties and potlucks. It serves anywhere from 8-12 depending on how much each person takes, appetizer portion to meal portions.

Whisk dressing ingredients together in bowl and set aside.
Mix salad ingredients together in a large bowl. Toss with dressing coating evenly.

One of the really great benefits of this dish is that you can prepare it hours ahead of time and it even tastes great the next day. I prefer to mix my dressing into the salad 20-30 minutes before serving, but have also prepared it in its entirety 2 hours before serving with excellent results. Enjoy!

**You can easily substitute chicken if you do not yet have roasted turkey on hand, and halve the recipe to serve your family.
Black Bean Soup

Ingredients:
2 cans black beans
Cilantro leaves—Half a bunch, leaves removed from stem
1 jar salsa (regular size jar — I use med or mild depending on how spicy I want it)
1 can chicken broth
tortillas

Directions:
Puree one can of black beans. Pour all ingredients into a pot, bring to a boil then simmer on low for about 35-40 min.

Warm tortillas and serve. It’s amazing!
Black Bean, Chard, and Butternut Squash Soup

Ingredients

- 2 tablespoons olive oil
- 2 1/2 cups chopped onions
- 3 garlic cloves, chopped
- 2 1/2 cups 1/2-inch pieces peeled butternut squash
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 3 15-ounce cans black beans, rinsed, drained
- 2 1/2 cups vegetable broth
- 1 14 1/2-ounce can diced tomatoes in juice
- 3 cups (packed) coarsely chopped Swiss chard leaves (from 1 small bunch)

Directions

Heat oil in heavy large pot over medium-high heat. Add onions and garlic; sauté until tender and golden, about 9 minutes. Add squash; stir 2 minutes. Stir in chili powder and cumin. Stir in beans, broth, and tomatoes with juices; bring to boil. Reduce heat and simmer, uncovered, until squash is tender, about 15 minutes. Stir in chard; simmer until chard is tender but still bright green, about 4 minutes longer. Season to taste with salt and pepper. Ladle chili into bowls and serve.

Submitted by: Katrina Harman
You Choose “Cheating” Black Bean Soup: (Submitted by Mellonie Richardson)

What You Will Need:

- Black Beans (1-2 canned or cooked)
- Taco Seasoning & Organic Blend Seasoning (and/or any seasoning you choose)
- Salsa or canned tomatoes (any kind you choose & as much as you want)
- Green Onion & Feta Cheese (optional for garnish if you choose)
- Chicken Broth – low sodium or water (optional to thin if too thick)

What You Will Do:

- Pour ½ beans and all of salsa and seasoning into a blender (blend slowly using chop button for a thicker consistency)
- Pour the other half of the beans (whole) into a saucepan/crock pot (whatever you choose) and heat on low heat
- Add the blended beans and salsa to the saucepan/crock pot
- Season to taste
- Chop green onions and shake Feta Cheese for garnish when serving

It’s simple right? Delicious too – ENJOY!!!!!
LOW FAT LUNCH
Chicken & White Bean Chili

Serves 10

2 tablespoons extra virgin olive oil
1 tablespoon minced garlic
⅞ cup diced onion
1 pound skinless, boneless chicken breasts, finely chopped or ground
1 tablespoon ground cumin
1 tablespoon dried Mexican oregano
½ teaspoon ground white pepper
Pinch of red pepper flakes
Kosher salt and freshly ground pepper
1 ½ cups chopped green chiles (fresh or canned)
1 quart low sodium chicken broth
2 – 15 ounce cans navy beans, drained and rinsed
1# spinach leaves
½ bunch fresh cilantro, chopped
Light sour cream, chopped tomatoes and/or lime wedges, for garnish (optional)

1. In a saucepan, heat the olive oil over medium heat. Add the garlic and onion; cook for 2 – 3 minutes, until slightly softened.
2. Add the chicken, cumin, oregano, white pepper, and red pepper flakes. Season with salt and 1 – 2 teaspoons freshly ground black pepper. Cook, stirring until the chicken is slightly browned, 3-4 minutes.
3. Add the chiles and chicken broth and bring to a boil; stirring occasionally. Reduce the heat to medium-low, cook, stirring occasionally, for approximately 20 minutes, until slightly thickened.
4. Stir in the beans and cook for another 10 minutes. Stir in the spinach and cilantro.
Lentil Vegetable Soup

Serves 6

Ingredients:
2 small onions, finely chopped
2 carrots, finely chopped
6 small white potatoes, finely chopped
1 16 ounce bag brown lentils
1 15.5 ounce can fire roasted tomatoes, diced
8 cups vegetable broth or water
1-2 cups finely chopped spinach
Salt and pepper to taste

Instructions:

Combine all ingredients, except spinach, and cook on low for 2 hours. Add spinach about 5 minutes before the soup is done. Season to taste with salt and pepper.
Lentil, Celery and Tomato Minestrone

- 1 cup French green lentils, rinsed
- 1 onion, halved
- A bouquet garni made with 2 sprigs each thyme and parsley, a bay leaf, and (optional) a Parmesan rind (or as many of these as possible)
- Optional: 1 teaspoon "Better than Bouillon" vegetable concentrate mixed with hot water
- 1 1/2 quarts water
- 1 tablespoon extra virgin olive oil
- 1 medium carrot, diced
- 3 celery stalks, diced
- 2 garlic cloves, minced
- Salt, preferably kosher salt, to taste
- 28 ounces tomato puree or chopped canned tomatoes
- 2 tablespoons tomato paste
- 1/4 cup chopped fresh parsley
- Very thinly sliced celery, from the inner heart, for garnish
- Freshly grated Parmesan cheese for serving (optional)

1. Combine the lentils, 1/2 onion and the bouquet garni with 1 quart water in a saucepan and bring to a boil. Reduce the heat, add salt to taste, cover and simmer 30 minutes.

2. Chop the remaining onion. Heat the olive oil in a large, heavy soup pot or Dutch oven over medium heat and add the onion, carrot, and celery. Cook, stirring often, until the onion is tender, about 5 minutes, and add the garlic and a pinch of salt. Stir together until fragrant, about 1 minute, and add the tomatoes with their liquid. Bring to a simmer and cook, stirring often, for about 10 minutes, until the tomatoes have cooked down somewhat and smell fragrant.

3. Add the lentils with their broth, the tomato paste, salt to taste (much less salt if you used the bouillon), an additional 2 cups water, and bring to a boil. Reduce the heat, cover, and simmer 30 minutes. Taste and adjust seasonings. Season to taste with freshly ground pepper, stir in the parsley and serve, garnishing each bowl with thinly sliced celery heart if you want some crunch, and passing the Parmesan at the table.

- Yield: Serves 4 to 6
- Advance preparation: This will keep for three or four days in the refrigerator. It may require thinning out. It's even better the day after you make it.
- Variations: Shortly before serving add 2 cups baby spinach and simmer just until wilted. For vegan variation, omit the cheese.
V's Traditional Chili

1 med onion (chopped)
5 cloves garlic (Shopped)
8 stalks of celery (chopped)
1 large red bell pepper
   Sauté in olive oil until tender
3 lbs of ground round
2 lg cans of tomato sauce
1 lg can tomato paste
2 md cans of chopped tomatoes
½ bag small red beans (cooked separately with green onion)
1 bunch green onion (chopped and added)
Chili powder
Cajon pepper
   Sautéed veggies and above ingredients added to raw meat and cooked on low until done.

Top with chopped green onion and shredded cheddar cheese
SANDWICHES
Carp Sandwich Recipe

Get a clean pine board about 8” x 15” x 1” thick.

Take a nice size freshly caught carp and lay it on the board. Skin and Filet the carp into 2 thick strips. Do not spend much time deboning. The bone gives it more flavors.

Salt and oil the board generously with virgin olive oil.

Next lay the filets out evenly on the board.

Salt, and pepper both sides. I like to use sea salt and fresh ground pepper.

Now spread a generous amount of garlic butter and a lot of garlic salt on both sides.

Tabasco sauce and a little Ripple helps take out the fishy taste.

Add sliced and diced onions, green or red peppers, thinly slice mushrooms and tomatoes.

Sprinkle on a little parsley

Now take a fresh cut lemon and carefully squeeze out all the juice onto the carp and pine board.

Now is the time to add any other of your favorite ingredients.

Preheat your oven to 400 degrees.

Now take the pine board with the filets and put it in your preheated oven.

Bake for 30 to 45 minutes or until lightly golden brown.

When done carefully take the pine board and the carp out of the oven.

Throw the carp away and eat the board.
Pulled Pork Sandwiches

7-7.5 lbs pork shoulder- cut off excess fat
3 onions- sliced
2 cups ginger ale
Crushed or minced garlic
Garlic salt
Chili powder
2 bottles BBQ sauce
Coleslaw

Slice one and-a-half onions and put on bottom of croc pot Put pork in pot Slice one and-a-half onions on top Add minced garlic, garlic salt, chili powder and ginger ale

Cook on low for 8-(try high for 4 hrs then low for 4 hrs) After 8 hrs, pour out all liquid, keep onions to add back in Shred pork with two forks and put back in croc pot with onions Put some aside for Teo w/o BBQ sauce Add bottle of BBQ sauce, more minced garlic, garlic salt and chili powder and cook on low for another one hour plus
MAIN DISHES
BLACK BEAN AND SPINACH ENCHILADAS

Ingredients
{For the sauce}
3 cups organic low sodium vegetable broth
1/4 cup tomato paste
1/4 cup all purpose flour (or gluten-free flour)
2 Tbsp. olive oil
2 tsp. cumin
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. chili powder
Salt/pepper

{For the enchiladas}
15 oz. can black beans, rinsed and drained
1 1/2 cups corn (I used frozen, thawed)
6 oz. fresh baby spinach
6 green onions, thinly sliced
1/3 cup cilantro, chopped
2 tsp. cumin
3 cups shredded 3 cheese blend (or pepper jack, etc.)
8 large whole wheat flour tortillas

Directions
Make the sauce: in a saucepan, heat olive oil over medium heat. Add tomato paste, flour, 2 tsp. cumin, garlic powder, onion powder, and chili powder. Cook 1 minute, whisking. Whisk in broth, bring to a boil. Reduce to simmer, and cook until slightly thickened about 8 minutes. Salt/pepper to taste, and set aside.

Saute the spinach in olive oil over medium heat for 1-2 minutes until slightly wilted.
In a large bowl, combine beans, 2 cups cheese, spinach, corn, green onions, 2 tsp. cumin, and cilantro.
Preheat oven to 375. Lightly spray a 9x13 inch baking dish, and pour a small amount of the sauce to coat the bottom.
Generously fill tortillas with mixture, roll up tightly with ends tucked in, and place seam side down in dish.
Pour remaining sauce over the enchiladas, coating evenly. Sprinkle 1 cup cheese on top.
Bake about 20 minutes, and garnish with cilantro and/or green onions (optional).
Easy Crispy Ovenbaked Sweet Potatoes (better than fries)

Ingredients (1 serving = 1 sweet potato):

1 sweet potato
5ml – 1 tspn olive oil (or coconut oil)
Fresh black pepper
Sea salt
Spices you like: for example: garlic, curry, chilli,...

Directions:

Peel the sweet potatoes (not necessary, or just clean).
Cut the sweet potatoes almost all the way through
Drizzle olive oil, sea salt and fresh black pepper over the top.
Bake for 40 minutes at 220 degress C (425 F) in pre-heated oven.
Ham & Cheese Frittata

Ingredients:

- 5 eggs
- ¾ lb sliced Ham, diced into ½ inch cubes
- ½ cup of grated or shredded low or reduced-fat cheese of your choice
- 1 cup of frozen or fresh peas
- ½ teaspoon olive oil (1/2 teaspoon more to grease the muffin tins)

Sauté the peas in olive oil on medium heat for about 5 minutes, until they cook through. Add the diced ham and cook for 2-3 minutes. Add the eggs to the cooked ham and sprinkle with cheese. Cook over medium heat for about 5-7 minutes, until bubbles start to form on top. Then place the oven-proof sauté pan in a 350° oven for 5 minutes, until the eggs look firm and have set. Let cool and slide onto a platter. Slice and serve!

TO MAKE FRITTATA CUPCAKES:

Follow the same ingredient list and directions, but instead of dicing your ham into cubes, line the bottom of a greased muffin tin (use a ½ teaspoon olive oil on a paper towel and coat the muffin tins,) with a whole piece of sliced ham so that it forms a cup. Cut any extra ham and add to egg mixture. Pour the mixture of peas, eggs and cheese into the ham cups.

Place the cupcake pan into the oven and bake at 350° for about 15 minutes until the cupcakes look firm and have set. Let cool and they will pop out of the tins. Serve for lunch or anytime!
Lemon Chicken with Broccoli

Ingredients:

2 tbsp all-purpose flour  
½ tsp table salt divided  
¼ tsp black pepper, freshly ground  
12 oz uncooked boneless skinless chicken breasts, thinly sliced  
2 tsp olive oil  
1 ½ cups fat free reduced sodium chicken broth, divided  
2 tsp minced garlic  
2 ½ cups uncooked broccoli, small florets  
2 tsp lemon zest, or mare to taste  
2 tbsp fresh parsley, chopped  
1 tbsp fresh lemon juice

Instructions:

On a plate, combine 1 ½ tablespoons of flour, ¼ teaspoon of salt and pepper; add chicken and turn to coat.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning as needed, until lightly browned and cooked through, about 5 minutes; remove to a plate.

Put 1 cup of broth and garlic in same skillet; bring to a boil over high heat, scrapping up browned bits from bottom of pan with a wooden spoon. Add broccoli; cover and cook 1 minute.

In a small cup, stir together remaining ½ cup of broth, ½ tablespoon of flour and ¼ teaspoon salt; add to skillet and bring to a simmer over low heat.

Cover and cook until broccoli is crisp-tender and sauce is slightly thickened, about 1 ½ minutes. Stir in chicken and lemon zest; heat through.

Remove skillet from heat and stir in parsley and lemon juice; toss to coat. Yields 1 cup per serving.
Oven Roasted Mustard Salmon

Ingredients
1 1/4 pound wild salmon, cut into 4 pieces (skin removal optional)
1.5 tablespoons whole grain mustard or Dijon
2 tablespoons 100% maple syrup or brown sugar and 1tbspn honey or Agave
1 clove garlic, minced
Juice of 1/2 a lemon or lime, or orange
If you like, add finely minced Cilantro

Directions:
Preheat oven to 450-degrees.
Place salmon pieces on a sheet pan lined with parchment paper for easy clean up or use a lightly brush olive oil cast iron pan in the oven. Optional: Sear fish before roasting.
Season with salt and pepper; roast for 6-10 minutes. Note: Time is pending fish size and true oven temp.

In a small bowl, combine mustard, maple syrup, garlic and lemon juice.
After the 10 minutes of cooking, brush salmon with glaze mixture.
Return to the oven (Optional: Broiling) for the last 3-5 minutes or until salmon is just cooked through.

Yield: 4 pieces

Nutrition Information (per serving) based on original recipe:
Calories: 240; Total fat: 9 grams; Saturated fat: 1.5 grams; Carbohydrates: 14 grams;
Cholesterol: 50 milligrams; Sodium: 125 milligrams; Protein: 25 grams

Recipe courtesy Dana Angelo White / Food Network and revised by Monica Souza
Quinoa & Vegetables Pilaf

1 can low fat chicken broth
\( \frac{1}{2} \) tsp sea salt
1 cup organic quinoa, rinsed and drained
2 tbsp. olive oil
1 tsp garlic powder (or 2 fresh cloves)
1 cup zucchini, trimmed and cut into \( \frac{1}{2}'' \) pieces
\( \frac{1}{2} \) pound asparagus, trimmed and cut into \( \frac{1}{2}'' \) pieces
2 cups sweet bell peppers (red, orange, yellow) cut into \( \frac{1}{2}'' \) pieces
Ground black pepper
4 green onions, thinly sliced
1 tbsp. fresh Italian parsley, chopped

Add broth and sea salt to medium sized saucepan, bring to a boil, stir in quinoa, reduce heat to low and simmer until all broth is absorbed, approximately 15 minutes. Remove from heat, fluff with fork, cover and set aside.

Add olive oil and garlic to skillet, sauté on medium high for 30 seconds. Add zucchini, asparagus and sweet bell peppers and sauté until slightly tender. Mix with quinoa, green onions and parsley. Season with sea salt and pepper before serving.
Roasted Brussels Sprouts & Shallots

http://www.eatingwell.com/recipes/roasted_brussels_sprouts_shallots.html

From EatingWell: October/November 2005

This easy side dish combines the natural sweetness of caramelized shallots with the earthiness of Brussels sprouts, a fall favorite.

12 servings, 1/2 cup each | Active Time: 40 minutes | Total Time: 1 hour 40 minutes

Ingredients

- 24 small shallots
- 2 tablespoons extra-virgin olive oil, divided
- 2 pounds Brussels sprouts, preferably small
- 1 teaspoon kosher salt

Preparation

1. Preheat oven to 375° F.
2. Peel shallots, leaving the root ends intact so they'll hold together. Place on a large sheet of foil; sprinkle 1 tablespoon oil over the top. Seal the packet and bake until the shallots are tender, about 45 minutes. Remove from foil and set aside to cool.
3. Meanwhile, remove the outer leaves from Brussels sprouts and trim the stems. Cut the small sprouts in half and quarter the larger ones. Place the shallots and Brussels sprouts in a roasting pan. Toss with the remaining 1 tablespoon oil and salt.
4. Increase oven temperature to 400° F. Roast, tossing twice during cooking, until the Brussels sprouts are tender and lightly browned, 25 to 35 minutes.
Roasted Fall Vegetables (adapted from Food Everyday)

1 small butternut squash (peeled, seeded, cut into 1 inch pieces)
1 lb new red potatoes (well scrubbed and quartered)
1-2 medium red onions (peeled and quartered)
3-5 carrots (halved lengthwise and cut into 1 1/2 inch lengths)
3 garlic cloves (peeled and smashed)
1 ½ T olive oil
Coarse salt and ground pepper

Toss all veggies in oil. Add salt and pepper. Roast on Silpat (silicon baking sheet from DeMarle at Home) at 450° for about 40 minutes, or until they are beginning to brown.

Additional ideas:
- add herbs before roasting
- sprinkle fresh grated Parmesan over the top 10 minutes before end of roasting
Use veggies in a sandwich with goat cheese, tossed with pasta, or mixed with cooked rice.
Semi Guilt Free Pasta Alfredo

1 tablespoon unsalted butter
1 clove garlic, minced
1 teaspoon grated lemon zest
2 teaspoons all-purpose flour
1 cup low-fat (2%) milk
Kosher salt
2 tablespoons low-fat cream cheese
3/4 cup grated parmesan cheese, plus more for topping
3 tablespoons chopped fresh parsley
12 ounces fresh fettuccine
Freshly ground pepper
South Beach Diet Italian-Style Spaghetti Squash

Minutes to Prepare: 15
Minutes to Cook: 20
Number of Servings: 4

Ingredients
1 lb Spaghetti Squash, halved lengthwise and seeded
1 tbsp extra-virgin Olive Oil
1/2 medium red onion, thinly sliced
1/2 zucchini (8 oz), cut into 1/2" dice
2 medium tomatoes, diced
1/8 tsp coarsely ground pepper
1/4 c reduced fat grated Parmesan cheese

Directions
Place the squash halves, cut sides down, in a glass baking dish. Add 1/8 cup water and cover with plastic wrap. Microwave on high for 8-10 minutes until tender; cool slightly.
Meanwhile, in a large skillet, heat 1 tbsp of the oil. Add the onion and cook over medium-high heat for 3 minutes until the onion is translucent. Add the zucchini and cook for 4-5 minutes until the zucchini begins to brown. Add the tomatoes, salt, and pepper. Reduce the heat; simmer gently for 10 minutes.
Using a fork, scrape the squash strands into a bowl. Toss with the remaining tbsp of oil. Mound the squash in the center of 4 pasta bowls and spoon the vegetable mixture around the squash. Drizzle with more oil, if desired, and garnish with Parmesan cheese.

Serving Size: 4
Number of Servings: 4
Sweet Potato and Beet Galette with Gorgonzola Cheese and Thyme

Ingredients:

1 single pie crust  
1 large sweet potato, washed, peeled and sliced thin  
3 medium beets, washed, peeled and sliced thin  
½ cup Gorgonzola cheese  
2 tbs olive oil  
½ tsp kosher salt  
1 tbs fresh thyme

Directions:

Preheat oven to 350.

Roll crust into a circle that is about 1/8 of an inch thick. Arrange sliced beets and sweet potatoes in a circle, leaving 1 inch crust to crimp. Fold and crimp excess dough over the edges. Brush the entire galette with olive oil, sprinkle with salt, fresh thyme, and Gorgonzola cheese. Bake for about 30 minutes or until the crust is golden brown.
DRINKS & DESSERTS
Detox Drink for 10 days

**Ingredients**

1 red ruby grapefruit
1 medium cucumber
1 lemon
1 orange (optional)
2 tangerines (optional)
A few mint leaves
A pitcher of water
Ice (optional)

1. Rinse and clean the skin of the grapefruit, cucumber, lemon and orange or tangerine.
2. Slice and leave skin of the grapefruit, cucumber, lemon and orange or tangerines and place in the pitcher of water.
3. Add mint leaves to the water.
4. Add ice if you want to chill it faster. If not, place in the refrigerator for 1 hour or until chilled.
5. Drink 1 cup of the detox water 30 minutes before each meal.
6. You can eat the fruit and cucumber if you like at the end of 10 days or use it in your compost to enrich your soil in your yard.

This drink is high in Vitamin Cs, antioxidant and keeps you hydrated. Enjoy! 😊
Frozen Peanut Butter Pie

Ingredients

- 1 2/3 cups chocolate graham cracker crumbs (about 8 1/2 cookie sheets)
- 7 tablespoons sugar, divided
- 2 large egg whites, lightly beaten
- Cooking spray
- 1 1/4 cups fat-free milk
- 2/3 cup reduced-fat crunchy peanut butter
- 1/2 teaspoon vanilla
- 1/2 cup (4 ounces) fat-free cream cheese, softened
- 1 (8-ounce) container frozen fat-free whipped topping, thawed
- 3 tablespoons finely chopped salted, dry-roasted peanuts
- 1/4 cup shaved milk chocolate (about 1 ounce)

Preparation

Preheat oven to 350°.

Combine crumbs, 3 tablespoons sugar, and egg whites; toss with a fork until moist. Press into bottom and up sides of a 9-inch deep-dish pie plate coated with cooking spray. Prick crust with a fork before baking. Bake at 350° for 10 minutes. Remove from oven; cool on a wire rack.

Combine milk and remaining 1/4 cup sugar in a heavy saucepan over medium-low heat. Cook 2 minutes or until sugar dissolves, stirring constantly; transfer mixture to a bowl. Add peanut butter and vanilla, stirring with a whisk until combined. Cover and chill 30 minutes.

Place cream cheese in a large bowl, and beat with a mixer at medium speed until light and fluffy. Add milk mixture, beating on low speed until combined. Fold in whipped topping; pour mixture into prepared piecrust. Freeze, uncovered, 8 hours or overnight or until hard. Sprinkle with peanuts and shaved chocolate. Transfer pie to refrigerator 30 minutes before slicing.
Fudgy Cream Cheese Brownies

Ingredients

- 3/4 cup sugar
- 1/4 cup plus 2 tablespoons reduced-calorie stick margarine, softened
- 1 large egg
- 1 large egg white
- 1 tablespoon vanilla extract
- 1/2 cup all-purpose flour
- 1/4 cup unsweetened cocoa
- Cooking spray
- 1 (8-ounce) block 1/3-less-fat cream cheese, softened
- 1/4 cup "measures-like-sugar" calorie-free sweetener
- 3 tablespoons 1% low-fat milk

Preparation

Preheat oven to 350°.

Beat sugar and margarine with a mixer at medium speed until light and fluffy. Add egg, egg white, and vanilla; beat well. Gradually add flour and cocoa, beating well. Pour into an 8-inch square pan coated with cooking spray.

Beat cream cheese and sweetener with a mixer at high speed until smooth. Add milk; beat well. Pour cream cheese mixture over chocolate mixture; swirl together using the tip of a knife to create a marbled effect.

Bake at 350° for 30 minutes. Cool completely in pan on a wire rack. Cut into squares.

Tip: Don't use reduced-calorie or fat-free tub margarine in this recipe because those products contain water, which will make the brownies gummy.
Pineapple Angel Food Cake

Ingredients:

1 (16 ounce) package angel food cake mix
1 (20 ounce) can crushed pineapple with juice
1 (12 ounce) container frozen whipped topping, thawed

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Spray 9x13 inch pan with vegetable oil spray.

2. In a large bowl, combine cake mix, and pineapple (with juice). Mix until well blended.

3. Pour batter into prepared 9x13 inch pan. Bake 350 degrees F (175 degrees C) for 25 minutes or until golden brown. Let cool.

4. Serve with whipped topping.
Strawberry Banana Smoothie

1 cup of Greek Vanilla yogurt
1 cup of strawberries
1 banana
1 cup of ice
½ cup of water or milk

Put all ingredients in blender and blend. Add more or less water and/or yogurt as necessary to desired consistency.

Can substitute or add blueberries, raspberries, mango, oranges, or pineapple as desired.