

Recipes for Webpage

Apple Cider Vinaigrette Recipe

1 garlic clove , minced

1 tablespoon Dijon mustard

1/4 cup raw **apple cider vinegar**

2 tablespoons fresh lemon juice

1-2 tablespoons raw honey , as needed for sweetness

1/3 cup extra-virgin olive oil

salt and pepper , to taste

Combine all of the ingredients in glass container with a lid, then seal the lid and shake until the honey dissolves and the ingredients are well combined. Adjust flavor to taste, if necessary. For best flavor, allow the dressing to marinate for at least 30 minutes before serving over your favorite greens.

Store leftovers in the fridge for up to a week, and shake well before serving each time.

Grilled Peaches with Spicy Cream Cheese Topping

Serves: 6

½ cup light cream cheese, softened

1 tbsp honey

¼ tsp ground red pepper

2 cups thawed, frozen fat-free whipped topping

6 peaches, halved and pitted

¼ cup slivered almonds, toasted

Optional: Fresh mint leaves

1. Prepare grill for direct heat over medium-high heat. Spray grid with nonstick cooking spray.
2. Gently stir cream cheese in a medium bowl until smooth. Whisk in honey and ground red pepper until well blended. Fold in whipped topping. Cover and refrigerate until ready to use.
3. Place peaches, cut side down, on prepared grill. Grill, covered, 2-3 minutes. Turn over; grill 2-3 minutes or until peaches begin to soften.
4. Remove to plate; let stand to cool slightly.
5. Arrange 2 peach halves, cut sides up, on 6 serving plates. Top evenly with spicy cream cheese topping and almonds. Garnish with mint, if desired.

For toasted almonds: Spread almonds in a single layer in heavy skillet. Cook and stir over medium heat for 1-2 minutes or until nuts are lightly browned, stirring frequently.

Strawberry-Mango Salsa with Cinnamon Tortilla Chips

Makes: 2 ½ – 3 cups salsa and 24 chips

Prep Time: 10 min

Cook Time: 8-10 min

Total Time: 18-20 min

Yields: 4 servings

Ingredients

3 whole wheat tortillas

1 tbsp sugar

1 tsp cinnamon

2 cups diced strawberries (about 1 8-oz. container)

1 cup diced mango (about 1 large mango)

2 Tbsp diced red onion

2 Tbsp to 1/4 cup chopped fresh cilantro

1/4 tsp salt

1 Tbsp fresh lime juice

Optional: 1 jalapeño (seeded and finely diced, or about 2 Tbsp)

Instructions

1. Spray tortillas with evenly with cooking spray.
2. Sprinkle evenly with sugar and cinnamon.
3. Cut each tortilla into 8 wedges using a pizza roller.
4. Bake at 400 degrees F for 8-10 minutes or until crispy.

While chips cook:

1. Combine strawberries, mango, and remaining ingredients; gently stir.

Honey Balsamic Roasted Brussels Sprouts

Serves: 8

2 pounds Brussels sprouts, fresh

1 1/3 Tbsp Fresh Rosemary, Minced

1 1/3 Tbsp Fresh Thyme, Minced

1 1/4 Tbsp Canola Oil

4 Tbsp Balsamic Vinegar

2 Tbsp honey

1/8 tsp Salt

1/8 tsp Black Pepper, Ground

Preheat oven to 350 degrees. Wash Brussels sprouts. Cut off ends and then cut Brussels sprouts in half lengthwise. Toss Brussels sprouts with rosemary, oil, and thyme. Place in a single layer on a non-stick sheet pan. Roast on sheet pan in oven at 350F for approximately 20 minutes. Remove from oven.

Add balsamic vinegar and drizzle with honey. Toss to coat. Place back in oven to roast for 5 more minutes. Remove and season with salt and black pepper.

Buffalo Chicken Stuffed Spaghetti Squash

Serves: 4

- 1 ¼ lbs chicken breast, cooked and shredded
- 1 medium spaghetti squash, halved (about 3 lb)
- 2 ribs celery, thinly sliced
- 2 green onions, white and green parts thinly sliced
- ½ cup diced red bell pepper
- ½ cup Buffalo Sauce

Optional: ¼ cup Light Ranch Dressing

Optional: ¼ cup reduced fat blue cheese crumbles

To roast the squash:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. Slice both ends from squash and discard. Stand squash up on one of its cut ends and use a large knife to cut the squash in half, lengthwise. Scoop seeds and stringy insides out using a large spoon.
3. Place squash cut-side down on the baking sheet.
4. Bake for 30-40 minutes or until squash is tender (baking time will depend on the size of your squash.) Let cool slightly before using a fork to gently scrape the squash into a large bowl. Reserve the shells.
5. While squash is roasting, cook the chicken.

Assemble:

Place squash shreds, chicken, celery, onions, peppers, and Buffalo sauce in a large bowl. Toss well to coat. Spoon squash mixture into the squash shells. Return the stuffed shells back to the baking sheet and place in 350°F oven for 10-15 minutes or until heated through.

Avocado Chicken Waldorf Salad

Serves: 4-6

Ingredients

1 lb. boneless, skinless chicken breast, cooked, cubed
2 tsp dried basil
2 tbsp. fresh lemon or lime juice
1 tbsp. olive oil
1 medium avocado
¼ cup cilantro
1/3 cup diced celery
¼ cup red onion, diced
1 small apple, diced
¼ cup walnuts or pecans, chopped
Salt, pepper to taste

Instructions

1. In a blender or food processor, blend avocado, lemon juice, olive oil, basil, salt, and pepper until smooth and creamy, scraping sides as needed. Set aside.
2. In a medium bowl, combine chicken, celery, red onion, grapes, apples, and nuts.
3. Stir in avocado dressing with other ingredients. Add additional salt and pepper to taste.
4. Serve on top of a bed of greens, in a lettuce wrap, on top of cucumber slices, or on its own!

Broccoli with Quinoa and Bacon

Serves: 4

¾ cup uncooked quinoa, rinsed and drained

1 cup water

3 tsp olive oil, divided

2 cups fresh broccoli florets

2 tbsp water

1/8 tsp salt

2 bacon slices, cooked and crumbled*

1. Heat quinoa in a medium saucepan over medium-high heat; sauté 2 minutes. Add 1 cup water; bring to a boil. Cover, reduce heat, and simmer 13 minutes. Remove from heat; let stand 2 minutes.
2. While quinoa cooks, heat a saucepan over medium-high heat. Add 1 tsp olive oil to pan; swirl to coat. Add broccoli florets; sauté 2 minutes. Add 2 tbsp water; cover and reduce heat. Cook 2 minutes. Combine quinoa, broccoli, 2 tsp olive oil, salt, and bacon.

*Can use turkey bacon for a heart-healthy alternative.

Sesame Ginger Grilled Salmon

Serves: 4

1 tbsp reduced sodium soy sauce

¼ cup orange juice

1 tbsp horseradish mustard

2 dashes cayenne pepper

½ tsp ground ginger

1 tsp minced garlic

1 tbsp honey

4 boneless salmon filets, 3 oz each

1 tsp toasted sesame seeds

1. In a small bowl, whisk together soy sauce, orange juice, mustard, cayenne pepper, ginger, garlic, and honey.
2. Place salmon filets in a large ziplock bag and drizzle evenly with marinade. Seal bag and shake gently to coat fish.
3. Marinate in the refrigerator for 1 hour, turning occasionally.
4. Preheat grill to medium high heat (~350 F).
5. Place salmon on the grill, reserving marinade. Baste fish with marinade then grill 6 minutes on each side or until fish flakes easily when pierced with a fork.
6. Bring remaining marinade to a boil and boil 2-3 minutes. Drizzle cooked salmon with heated marinade and top with toasted sesame seeds.