

# December Recipe Ideas

## CHICK ON A STICK SUPPER

- 1/2 cup ketchup
- 2 tablespoons honey
- 1 tablespoon Worcestershire sauce
- 1 1/2 pounds chicken breast tenders
- kosher salt and pepper
- canola oil, for the grill
- 6 ears corn, shucked
- 1 tablespoon unsalted butter, cut into pieces
- 2 scallions, sliced



### Directions

1. Make a sauce of ketchup, honey, and Worcestershire sauce to brush on your chicken skewers a few minutes before they are done grilling.
2. Thread each tender onto a wooden skewer that you soaked in water so it wouldn't burn on the grill, and cook each kebab 4 minutes on each side.
3. Also add your corn to the grill with the chicken, turning occasionally, until slightly charred. While still warm, cut the kernels off the cobs to make a salad. Toss with the butter, scallions, salt, and pepper.
4. Remember to coat the chicken with sauce the last 2-3 minutes of grilling before you take it up and serve it on the corn.

Servings 4

Calories 430

## GOOEY GREEN BEAN SALAD

- 1 lb. of green beans
- 1 bunch of radishes
- Salt and freshly ground black pepper
- 1 cup extra virgin olive oil (EVOO)
- 1 tablespoon Dijon mustard
- 2-3 tablespoons honey
- 1/4 cup cider vinegar
- Salt and freshly ground black pepper
- 6 scallions, sliced on the bias



### Directions

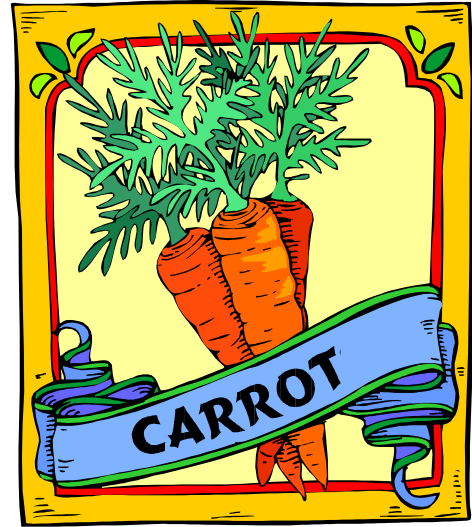
1. Steam the green beans in a covered pot with a half-inch of boiling water for 3-4 minutes then shock them in cold water and drain well.
2. Mix the mustard, honey, vinegar, a pinch of salt and the pepper with extra virgin olive oil and pour it over the beans and scallions.
3. Top with sliced radishes.

Servings 4

Calories 120

## CARROT CURRY SOUP

2 tablespoons olive oil  
1 1/2 pounds peeled carrots  
1 large onion  
1 tablespoon butter  
1 pinch sugar  
3 large garlic cloves  
2 tablespoons curry powder  
3 cups low fat, low sodium chicken broth  
1 1/2 cups half-and-half (or whole milk)  
Salt and freshly ground pepper



### Directions

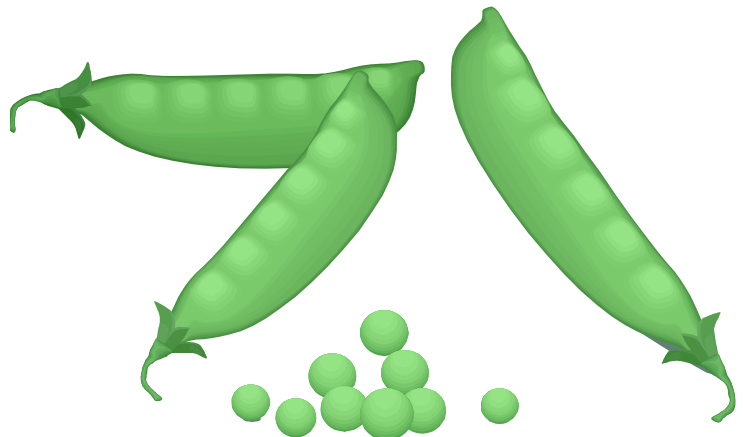
1. Saute carrots & onion in olive oil until vegetables start to turn golden brown, 7 to 8 minutes.
2. Reduce heat to low and add butter, sugar and garlic, cooking for 10 more minutes. Add curry powder; continue to saute until fragrant, 30 seconds to 1 minute longer.
3. Add broth. Reduce heat to low and simmer 10 minutes until carrots are tender. Puree with an immersion blender, mixing in milk until thick smooth texture is achieved.

Servings 6-7

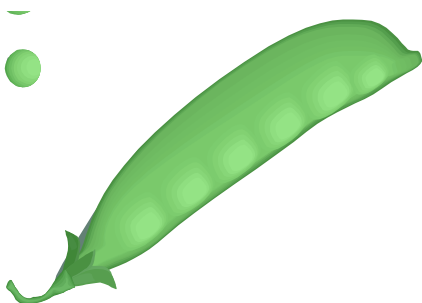
Calories 155

## IT'S A SNAP PEA SALAD & HALIBUT

- 1 tablespoon fresh lime juice
- 1 teaspoon grated fresh ginger
- 2 tablespoons olive oil
- kosher salt and black pepper
- 12 ounces sugar snap peas (4 cups), strings removed
- 1 small red onion, thinly sliced
- 1 tablespoon sesame seeds, toasted (optional)
- 4 6-ounce pieces halibut fillet
- 1 lime, cut into wedges



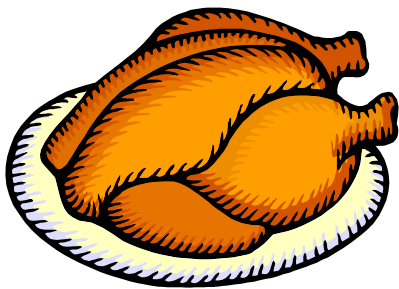
1. Mix lime juice, ginger, olive oil, and salt and pepper.
2. Add the snap peas, onion, and sesame seeds and toss to coat.
3. Heat 1 tablespoon of olive oil in a large nonstick skillet over medium-high heat. Season the fish with 1/2 teaspoon salt and 1/4 teaspoon pepper.
4. Cook until opaque throughout, 3 to 5 minutes per side.
5. Serve with the salad and lime wedges.



Servings 4  
Calories 313



## MAPLE GLAZED CHICKEN & SWEET POTATOES



- 1 3 1/2- to 4-pound chicken, cut into 8 pieces
- 1 yellow onion, cut into 1-inch wedges
- 2 small sweet potatoes cut into chunks
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3 tablespoons maple syrup
- 6 sprigs fresh thyme

Servings 6– 8  
Calories 625

### Directions

1. Heat oven to 400° F.
2. Rinse the chicken and pat it dry. Arrange the chicken, onion, and sweet potatoes in a 9-by-13-inch baking dish. Coat the chicken and vegetables with olive oil and season with the salt and pepper. Drizzle with the maple syrup and top with the sprigs of thyme.
3. Roast, stirring the vegetables once, until the chicken is cooked through (about 1 hour.)

*Enjoy a Merry Christmas with this decadent dessert that definitely qualifies as a special “sometimes” treat!*



## RASPBERRY RED CHRISTMAS CAKE



Cooking spray  
3 cups sifted flour  
2 tablespoons unsweetened cocoa  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 2/3 cups granulated sugar  
1/2 cup butter, softened  
4 large egg whites  
2 cups fat-free buttermilk  
1 (1-ounce) bottle red food coloring  
1 teaspoon vanilla extract

### Directions

1. Combine dry ingredients and set aside.
2. Cream butter and sugar together, then add egg whites and beat with electric mixer.
3. Wisk in buttermilk, food coloring, and vanilla.
4. Slowly combine dry ingredients with wet to form a batter.
5. Pour into bundt pan and bake at 350 for 45 minutes.
6. When cakes has cooled, top with whip cream and raspberries and serve.

Servings 10  
Calories 320

# November Recipe Ideas

## Grilled Turkey Corn Carne

- olive oil
- 1 clove garlic
- 1 tsp. Dijon mustard
- Salt and pepper
- 4 turkey breast cutlets, about 1 lb.
- 1 pint cherry tomatoes, halved
- 2 cups cooked corn kernels
- 1/4 cup thinly sliced scallions
- 1/4 cup olive oil
- Juice of 1 lemon
- 1/4 cup coarsely chopped parsley
- Lettuce leaves



## Directions

1. Whisk together the 3 tablespoons oil, garlic, mustard, salt and pepper until smooth. Brush this sauce on the cutlets. Grill over hot coals about 4 minutes per side or until cooked through, or brush and sauté in a nonstick pan 2 to 3 minutes per side.

2. To make the salad, toss the tomatoes, corn and scallions in a bowl. Dress with the 1/4 cup olive oil, lemon juice and parsley. To serve, line 4 plates with lettuce leaves, spoon on salad and top with grilled turkey cutlets. Makes 4 servings.

Servings 4

Calories 329

## Pizza Pie Salad

- 1 cup diced fresh mozzarella
- 1/3 cup thin pepperoni slices, quartered
- 1 cup halved grape tomatoes
- 1/2 cup fresh mushrooms, sliced
- 3/4 cup diced green bell pepper
- 1 jar of calamata olives
- 1 small jar of peppercinis
- Small head of leafy lettuce
- 1/2 cup salad croutons
- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons grated Parmesan
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Pinch of sugar



## Directions

1. Combine all the dressing ingredients in a large bowl and whisk the mixture well.

2. Add the mozzarella, pepperoni, tomatoes, mushrooms, bell pepper, and olives to the bowl and toss the mixture to distribute the dressing.

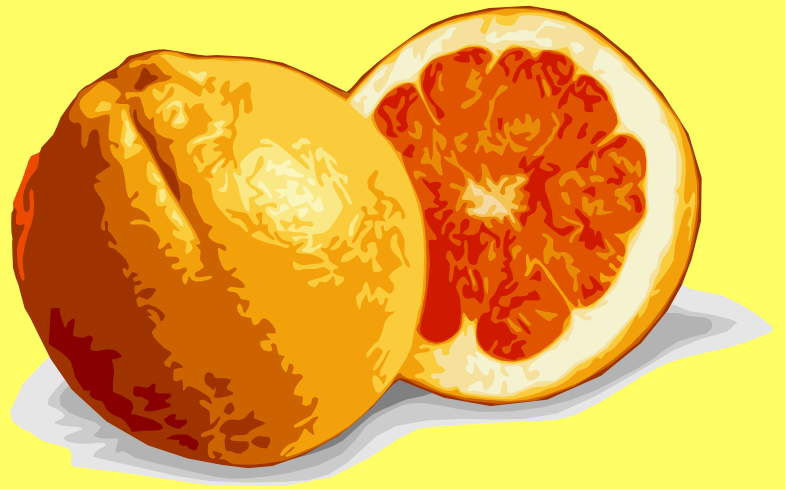
Serve the salad on a bed of lettuce and top it with croutons just before eating.

Servings 4

Calories 269

## Blood Orange, Beet. & Asparagus Salad

- 1 blood orange
- 4 medium beets
- 1 lb. asparagus
- 1/4 cup fresh orange juice
- 3 tbsp. wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. chopped shallot
- 1 clove garlic, minced
- 1/2 tsp. thyme
- Salt and pepper



## Directions

Peel orange and cut into sections without membrane or seeds. Set aside.

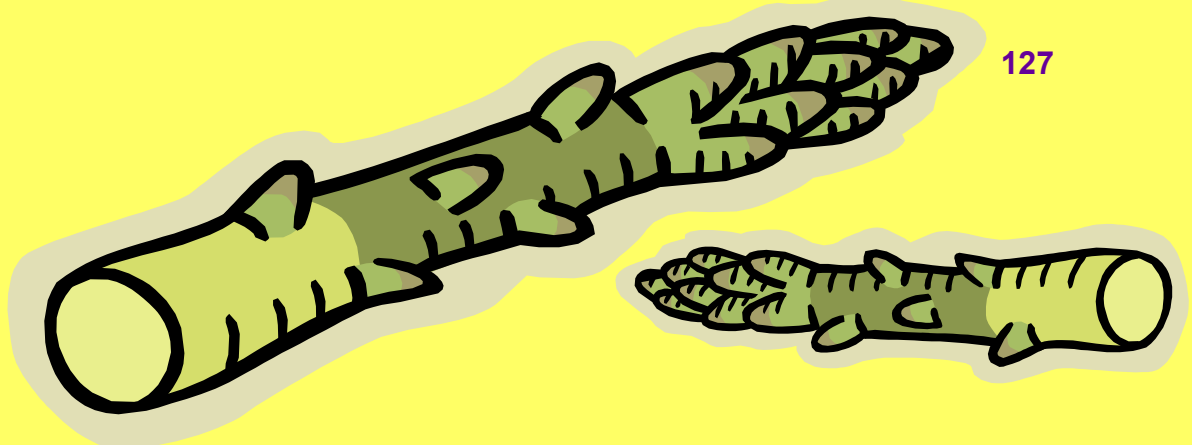
Cut stems off beets; wrap each individually in foil; and bake in a 375 degree oven until soft but not mushy, about 15 minutes. Let beets cool. When cool enough to handle, slide skins off, and slice beets into 1/4 inch rounds. Set aside.

Trim and blanch asparagus for 1 to 3 minutes, depending on size, and shock in cold water immediately after draining.

To make vinaigrette, place orange juice and vinegar in small bowl. Add mustard and whisk lightly. Add shallot and garlic. Slowly pour olive oil into mixture, whisking constantly, so that the liquids emulsify. Add thyme, season with salt and pepper. To serve, toss the beet rounds, cooked asparagus and orange sections in the vinaigrette drizzle and plate.

Servings 4

Calories



127

## Great Gobbler Turkey Meatballs

- ½ cup seasoned bread crumbs
- 1 cup whole oats (crumbled in food processor)
- 1 small onion
- 1 large egg
- ½ cup chopped flat-leaf parsley
- ¼ cup grated parmesan cheese
- salt and pepper
- 2 pounds ground turkey
- ¼ cup extra virgin olive oil
- 2 cups lowfat chicken broth



### Directions

1. In a medium bowl, mix together the oats, the onion, egg, parsley, parmesan cheese and ½ tea-spoon each salt and pepper. Add the turkey and mix until combined.
2. Place the bread crumbs in a shallow bowl. Roll the meat mixture into eighteen 1 ½ inch balls, then roll in the bread crumb mixture to coat.
3. In a large nonstick skillet, heat the olive oil over medium heat. Add the meatballs and cook, turning occasionally, until browned, about 8 minutes. Lower the heat and add ½ cup chicken broth and cook until the liquid is absorbed. Add the remaining chicken broth in ¼ -cup increments until the meatballs are cooked through and all the broth has been absorbed, about 20 minutes.

Serving size – 5 meatballs  
Calories 530

Happy

Thanksgiving!