



HERB MARINATED CHICKEN BREAST

Ingredients

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Steps

1. Whisk together the olive oil, lemon juice, garlic, basil, oregano, thyme, salt, and black pepper.
2. Place the chicken breasts in a shallow dish and evenly coat with marinade from step 1. Marinate covered in the refrigerator for at least 30 minutes (or up to overnight for more flavor).
3. Preheat the oven to 375°F.
4. Transfer the marinated chicken breasts to a baking dish. Discard any excess marinade.
5. Bake the chicken in the preheated oven for about 20 to 25 minutes or until the internal temperature reaches 165°F (74°C) and the chicken is cooked through.



GREEK SALAD

Ingredients

Salad

- 1 bag romaine hearts (3 heads, 18 ounces), wash, dry, chop
- 1 pint grape tomatoes, halved
- 1/2 red onion, cut into wedges
- 1 ounce whole Kalamata olives
- 3 ounces feta cheese
- 1 cucumber, sliced

Dressing

- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon oregano
- 1/3 teaspoon garlic powder
- 1/2 tablespoon salt
- Black pepper to taste

Steps

1. Blend dressing ingredients until completely mixed.
2. Drizzle freshly blended dressing over salad.



VEGETARIAN POTSTICKERS

Ingredients

- 2 teaspoons sesame oil
- 1/4 cup minced onion
- 1-1/4 cup shredded Brussels sprouts
- Juice from 1 lime
- 1 tablespoon minced ginger
- 2 tablespoons fresh minced parsley
- 2 tablespoons fresh minced cilantro
- 16 potsticker wrappers

Steps

1. To prepare the filling, heat sesame oil in a large skillet with a lid. Add minced onion and cook for 2 minutes. Add in Brussels sprouts, lime juice, and ginger; cooking until Brussels sprouts are brighter in color and just tender, 3 to 4 minutes. Remove from heat and stir in the parsley and cilantro.
2. One wrapper at a time, place about 1 tablespoon of filling in the middle. Dip your finger in clean water and run it along the entire edge of the wrapper. Working from one side, pleat and pinch together making sure the potsticker is closed.
3. For cooking, heat a tablespoon of sesame (or other) oil over medium-high heat. Place potstickers in pan so none of them are touching. Cook until bottoms are browned. Pour in 1/4 cup of water, place a tight-fitting lid on the pan, and continue to cook for another 3 to 4 minutes until the wrappers are tender.



MUSHROOM KALE LASAGNA ROLLS

Ingredients

- 10 lasagna noodles, cooked
- 2-1/2 cups marinara sauce
- 5 cups kale, stems removed, chopped fine
- 8 ounces mushrooms, chopped fine
- 1 teaspoon olive oil
- 2 cloves garlic, chopped
- 15 ounces part skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 egg, whisked
- salt and fresh pepper
- 10 tablespoons part-skim mozzarella cheese, shredded

Steps

1. Preheat oven to 350 degrees. Ladle about 1 cup sauce on the bottom of a 9- by 12-inch baking dish.
2. Finely chop kale by hand or in a food processor.
3. In a large saucepan, heat oil over medium heat. Add garlic and sauté until golden, about a minute. Add kale, salt and pepper and sauté about 5 minutes. Add mushrooms to the pan, cook until soft (about 5 minutes). Adjust salt and pepper.
4. Combine cooked kale, mushrooms, ricotta, Parmesan cheese, egg, salt and pepper in a medium bowl.
5. Place a piece of wax paper on the counter and lay out cooked lasagna noodles. Make sure noodles are dry. Take 1/3 cup of mushroom kale mixture and spread evenly over noodle. Roll carefully and place seam side down onto the baking dish. Repeat with remaining noodles.
6. Ladle 1 cup of sauce over the rolls in the baking dish and top each one with a tablespoon of mozzarella cheese. Put foil over baking dish and bake for 40 minutes, until cheese melts.

FIVE-MINUTE BLACK BEAN SALAD



Ingredients

- 1 can black beans
- 1 can black eyed peas
- 1 can corn or 1-1/2 cups frozen corn thawed
- 1 large avocado
- 1/4 cup finely chopped red onion
- 1 red bell pepper diced
- 1/4 cup chopped cilantro
- 1/4 cup apple cider vinegar
- Juice of 1 to 2 limes

Add for your preferred spice level:

- Paprika
- Cayenne pepper
- Garlic powder

Steps

1. Open cans of corn (or bag of thawed frozen corn), black beans and black-eyed peas, rinse in a colander, then mix together in a large bowl.
2. Rinse and finely chop the red onion, bell pepper, the fresh cilantro and stir in with the garlic powder, cayenne pepper and paprika to taste.
3. Pour in the apple cider vinegar and juice of 2 limes, and stir well together.
4. Dice the avocado and gently mix in last.