Country Bacon Salsa

Ingredients:

10 Plum Tomatoes, cored and diced
2 Green Bell Peppers, seeded and diced
1 Large Red Onion, diced
2 Jalapenos, seeded and diced
3 Garlic Cloves, peeled and minced
1 Bunch Fresh Cilantro Leaves, chopped
Juice from 3 limes
½ lb Bacon, cooked and crumbled
Salt
Scoops Brand Tortilla Chips

Directions:
In a large bowl, toss first 8 ingredients. Add salt to taste.
Refrigerate. When ready to serve add crumbled bacon and spoon into Scoops.

Serving: 1 Scoop Approx. 40 Calories
Apple Strawberry Goat Cheese Crostini

Ingredients:

16 Slices of French Bread (1/2 inch thick)
1 Medium Fuji Apple
1 Medium Granny Smith Apple
1 Pint Strawberries
½ Cup Belle Chevre Crumbled Goat Cheese
Fresh Basil Leaves *for garnish
Orange Blossom Honey Balsamic Vinegar

Directions:

1. Place bread slices on ungreased baking sheet. Broil 3-4 in. from the heat for 1-2 minutes or until golden brown.
2. Combine Apples (chopped) and strawberries (sliced) with goat cheese in a large bowl.
3. Place fruit and goat cheese mixture on bread slices.
4. Garnish with Basil and a drizzle of Balsamic Vinegar.

Note: To serve warm, place topped bread back under the broiler for 1 minute before garnishing.
CHICKEN AND HONEY MUSTARD PINWHEELS

INGREDIENTS:

2 CUPS FINELY SHREDDED ROTISSERIE CHICKEN BREAST
1 CUP FINELY CHOPPED ARUGULA
1 CUP LOW-FAT CREAM CHEESE AT ROOM TEMPERATURE
½ CUP HONEY-NUT CREAM CHEESE SPREAD AT ROOM TEMPERATURE
½ CUP CHOPPED SUN-DRIED TOMATOES
¼ CUP HONEY
¼ CUP WHOLE GRAIN MUSTARD
ZEST OF LEMON (1/2 LEMON)
KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
TWO 12 X 9 FLAT BREADS (WHOLEWHEAT)
Pear Honey FOR TOPPING

DIRECTIONS:

Mix chicken, arugula, cheeses, honey, mustard, sun dried tomatoes, lemon zest in medium bowl until smooth. Sprinkle with salt and pepper.

Divide mixture in half and spread over the breads, leaving a ½ inch border. Starting at the longest edge, lightly roll up the breads like a jelly roll. Cut each roll into 1/2 inch thick pieces using a serrated knife and serve with a small dollop of Pear Honey. Yields 8 - 10 servings.

APPROXIMATELY 206 CALORIES PER SERVING.
Greek Quinoa Salad

Ingredients:

- 2 Cups Water
- 1 Cup Quinoa
- Pinch of Salt
- 1 Cup Grape Tomatoes, halved
- 1 Cup Cucumber, Chopped
- 1/3 Cup Pitted Kalamata Olives, halved
- 1/4 Cup Diced Red Onion
- 1/3 Cup Feta Cheese
- Salt and Freshly Ground Black Pepper, to taste

Directions:

1. Using a strainer, rinse the quinoa under cold water. Add quinoa, water and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the
heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature.

2. In a large bowl, combine quinoa, tomatoes, cucumber, kalamata olives, red onion, and feta cheese.

3. To make the dressing, whisk together dressing ingredients. Pour dressing over the salad and stir until mixed well. Season with salt and pepper, to taste.
Quinoa Stuffed Bell Peppers

Ingredients:

1 medium onion, chopped
1 Tbsp olive oil
2 ribs celery, chopped
1 Tbsp ground cumin + 1 tsp for topping
2 cloves garlic, minced + 1/2 clove for topping
1 jalapeno, seeded and chopped
2 cups fresh tomatoes, diced, stewed and drained - liquid reserved
2 cups black beans, rinsed, drained
1/2 ear of fresh corn, scraped from the cob
3/4 cup quinoa
1 1/2 cups water
1 cup monterey jack cheese
4 large red bell peppers, halved lengthwise, ribs removed
1/2 cup of greek yogurt
3 ounces of uncured, pasteurized, bacon - cubed and cooked until crispy
1/4 cup cilantro, chopped
Salt and pepper to taste

Directions:

1. Heat oil in saucepan over medium heat. Saute onion, celery and jalapeno for about 5 minutes, until soft, and then add 1 Tbsp cumin and 2 cloves of garlic and cook for an additional minute.
2. Stir in drained tomatoes (reserving liquid), and cook for 5 minutes until most of the liquid has evaporated.
3. Stir in black beans, corn, quinoa and 1 1/2 cups water. Cover and bring to a boil.
4. Reduce heat to medium-low and simmer for about 20 minutes, or until quinoa is tender.
5. Stir in 1 cup of cheese and season with salt and pepper, if desired.
6. Preheat oven to 350 degrees F, and pour reserved liquid from tomatoes in the bottom of your baking dish.
7. Fill each halved bell pepper with 3/4 cup quinoa mixture and place in baking dish. Cover with foil and bake 40 minutes.
8. Transfer stuffed bell peppers onto serving dish and drizzle pan juices over top.
9. In small bowl, mix together yogurt, 1 tsp cumin, and 1/2 clove minced garlic.
10. Place 2 tbsp of yogurt mixture on top of each pepper & sprinkle with bacon and cilantro.
Vegetable Tian

Ingredients:

½ Tablespoon Olive Oil
1 Medium Onion
1 Teaspoon Minced Garlic
1 Medium Zucchini
1 Medium Yellow Squash
1 Medium Tomato
1 Teaspoon Dried Thyme
2 Sprigs of Thyme
Salt/Pepper to taste

¼ Cup Italian Cheese Blend

Directions:

1. Preheat oven to 400 degrees.
2. Sauté the onion and garlic in the olive oil; approx 8 min until soft.
3. Slice the remaining vegetables to 1/8” thickness.
4. Spread the drained onion/garlic mixture evenly on the bottom of the baking dish.
5. Arrange the sliced vegetables in the baking dish vertically, in an alternating pattern.
6. Sprinkle with the thyme; salt and pepper to taste.
7. Place sprigs of thyme over the vegetables.
8. Cover with foil.
9. Bake 30 minutes.
10. Remove the foil; remove the thyme sprig; sprinkle lightly and evenly with cheese.
11. Bake an additional 10 minutes until the cheese is melted.
Mocha Dream Ice Cream

Ingredients:

1 Cup- Non-dairy or coconut milk coffee creamer
.5 Cup- Hot Cocoa mix (Mocha flavored)
1 Tbs- Non-fat dry milk
3-5 Baby carrots
.25 Cup- Cabbage
.5” Slice of yellow squash
.25 Large avocado
.25 Cup- Spinach
.25 Cup- Kale
1 Tbs- Honey or Agave Nectar
1-2 Cups Ice

Directions:

Place all items into Vitamix and press Go!

Garnish with fresh fruit
Jalapeno Stuffed Strawberries

Ingredients:
1 Jalapeno Pepper, finely chopped
24 Strawberries, hulled
¼ Cup Cream Cheese, softened
½ Teaspoon Lime Juice
1 Teaspoon Chili Powder
1 Tablespoon Cilantro

Directions:
1. Wash Strawberries and pat dry
2. Hollow out strawberries with a spoon
3. In a mixing bowl, combine cream cheese, jalapeno, lime juice and chili powder
4. Stuff strawberries with cream cheese mixture
5. Dip cheese end of strawberry into cilantro
6. Refrigerate one hour and serve!
Zucchini-Lemon Sorbet

Ingredients:

- 2 Zucchini
- ½ Cup Lemon Juice
- 1 Tablespoon Lemon Zest
- 2/3 Cup Sugar
- 2 Sprigs Mint Leaves

Directions:

1. Cut the zucchini in half lengthwise and scrape out the seeds. Cut the zucchini into chunks and place into a blender along with the lemon juice, lemon zest, sugar, and mint.

2. Puree until smooth and then strain into a bowl through a mesh strainer.

3. Cover and refrigerate 1-2 hours until cold.
4. Pour the mixture into an ice cream maker and freeze according to manufacturer’s directions to your desired consistency.

Servings per recipe: 4

Calories: 153