

# Instant Pot Oreo Cheesecake

## INGREDIENTS

For the crust

- Cooking spray
- 16 Oreos, finely crushed (about 1 1/2 c.)
- 3 tbsp. melted butter
- Pinch kosher salt

For the cheesecake

- 2 (8-oz.) blocks cream cheese, softened
- 1/2 c. granulated sugar
- 1/4 c. packed brown sugar
- 1/4 c. sour cream
- 2 large eggs
- 1 tsp. pure vanilla extract
- 1/4 tsp. kosher salt
- 1 tbsp. all-purpose flour
- 10 Oreos
- Whipped topping, for garnish
- Crushed Oreos, for garnish
- Chocolate syrup, for serving

## DIRECTIONS

1. Make crust: Grease a 6" springform pan with cooking spray. In a medium bowl, combine Oreo crumbs, melted butter, and salt and mix until mixture is the texture of wet sand. Using a glass, press mixture evenly into the bottom and up the side of the pan. Freeze for 20 minutes.
2. Meanwhile, make cheesecake: In a large bowl using a hand mixer, beat cream cheese, sugars, and sour cream until light and fluffy. Add eggs, one at time, and beat until just blended. Don't overmix. Add vanilla, salt, and flour and beat until combined.
3. Crush 10 Oreos with your hands and fold into the cheesecake batter. Pour batter into springform pan on top of crust and bang pan on countertop a few times to tap out air bubbles in the mixture. Tightly wrap entire pan in two layers of foil.
4. Pour 1 cup water into Instant Pot and place trivet in the bottom. Fold a large piece of foil (about 18") into thirds to make a long "sling," and lower it into the pot. Put the springform pan on top and fold the sling.
5. Lock lid and set to Pressure Cook on high for 37 minutes. Let pressure naturally release 10 minutes, then follow manufacturer's guide for quick release, making sure to wait until cycle is complete before unlocking and removing lid.
6. Remove cheesecake from the pot using sling, unwrap and discard foil, then place on a wire rack to cool for at least an hour. Refrigerate for 4 hours or up to overnight.
7. To serve, dollop whipped topping on cake and top with more crushed Oreos. Slice and drizzle each slice with chocolate sauce.

# Mini Death By Chocolate Cheesecakes

## INGREDIENTS

For the cheesecakes

- 12 Oreos
- 4 tbsp. melted butter
- 1 ½ (8-oz.) blocks cream cheese, softened
- 1/3 c. granulated sugar
- 1 tbsp. all-purpose flour
- 1 tbsp. cocoa powder
- 1/4 tsp. kosher salt
- 2 large eggs
- 1 c. bittersweet chocolate chips, melted

For the chocolate sauce

- 1/4 c. chocolate chips
- 3 tbsp. heavy cream

For the chocolate whipped cream

- 3/4 c. heavy cream
- 3 tbsp. chocolate syrup
- 1 (1.55-oz) Hershey's bar, broken into small pieces, for garnish

## DIRECTIONS

1. Preheat oven to 350°. Line 12 muffin tins with paper liners.
2. Make crust: In a large resealable plastic bag or a food processor fitted with a metal blade, crush or blend Oreos until fine crumbs form. Transfer to a bowl and pour in melted butter. Stir until crumbs are completely coated and moistened. Press about 1 tablespoon of crumb mixture into the bottom of each liner.
3. Make cheesecake: In a large bowl using a hand mixer (or in the bowl of a stand mixer using the paddle attachment), beat cream cheese, sugar, flour, cocoa powder, and salt until light and fluffy. Add egg; beat until well combined. Fold in melted chocolate.
4. Pour cheesecake filling over crust in prepared liners. Bake cheesecakes until only slightly jiggly in the center, 12 to 14 minutes.
5. Let cool for 5 minutes in the pan and then transfer to a rack to cool completely. Refrigerate until cold, at least 1 hour.
6. Make chocolate sauce: Once cheesecakes are cold, add chocolate chips and heavy cream to a microwave-safe dish. Microwave in 10-second intervals until chocolate is melted; stir until smooth and creamy. Spread about 1 tablespoon chocolate sauce on top of each cheesecake. Return to refrigerator to let chocolate sauce set, about 10 more minutes.
7. Make chocolate whipped cream: In a large bowl, beat heavy cream with chocolate syrup just until stiff peaks form, about 4 minutes. Transfer to a piping bag fitted with a star tip. Top each cheesecake with chocolate whipped cream and garnish with a piece of chocolate.

# Baked Pineapple Salmon

## INGREDIENTS

- Cooking spray, for pan
- 17 pineapple rings, fresh or canned
- 1 large salmon fillet (about 3 lbs.)
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. melted butter
- 3 tbsp. sweet chili sauce
- 2 tbsp. freshly chopped cilantro
- 3 cloves garlic, minced
- 2 tsp. freshly grated ginger
- 2 tsp. toasted sesame oil
- 1/2 tsp. crushed red pepper flakes
- Toasted sesame seeds, for garnish
- Thinly sliced green onions, for garnish
- Lime wedges, for serving

## DIRECTIONS

1. Preheat oven to 350°. Line a large rimmed baking sheet with foil and grease with cooking spray. In the center of the foil, lay pineapple slices in an even layer.
2. Season both sides of the salmon with salt and pepper and place on top of pineapple slices.
3. In a small bowl, whisk together butter, chili sauce, cilantro, garlic, ginger, sesame oil, and red pepper flakes. Brush all over salmon fillet.
4. Bake until the salmon is cooked through, about 25 minutes. Switch the oven to broil, and broil for 2 minutes, or until fish is slightly golden. Garnish with sesame seeds and green onions and serve with lime wedges.

# Blueberry Cheesecake

## INGREDIENTS

For the blueberry puree

- 2 c. blueberries
- 2 tbsp. granulated sugar
- 2 tsp. lemon juice

For the crust

- 9 graham crackers, finely crushed (about 1 1/4 c.)
- 6 tbsp. melted butter
- 1/4 c. granulated sugar

For the cheesecake

- 4 (8-oz.) blocks cream cheese, softened
- 1 c. granulated sugar
- 2 large eggs
- 1 tsp. pure vanilla extract
- 1/4 c. sour cream

- 2 tbsp. all-purpose flour
- 1/4 tsp. kosher salt
- 1 c. blueberry puree

For topping

- Whipped cream
- Blueberries

## **DIRECTIONS**

1. Preheat oven to 325°. In a small food processor, blend blueberries until no large chunks remain.
2. In a small saucepan over medium heat, add blueberry puree, sugar, and lemon juice. Bring to a boil, then reduce heat and let simmer until slightly reduced, stirring occasionally, 10 minutes. Let cool to room temperature.
3. Make crust: In a large bowl, mix together graham cracker crumbs, melted butter, and sugar, until mixture resembles wet sand. Press into bottom and up sides of an 8" or 9" springform pan.
4. Make filling: In a large bowl using a hand mixer (or in the bowl of a stand mixer), beat cream cheese and sugar until no lumps remain. Add eggs, one at a time, then stir in vanilla and sour cream. Add flour and salt and beat until just combined. Fold in blueberry puree.
5. Pour mixture over crust. Wrap bottom of pan in aluminum foil and place in a large roasting pan. Pour in enough boiling water to come up halfway in the baking pan.
6. Bake until center of cheesecake only slightly jiggles, about 1 hour 30 minutes. Turn off heat, prop open oven door, and let cheesecake cool in oven, 1 hour.
7. Remove foil and refrigerate cheesecake until completely chilled, at least 5 hours and up to overnight.
8. When ready to serve, top cheesecake with whipped cream and blueberries.

## **Cantaloupe Breakfast Bowls**

### **INGREDIENTS**

- 1 cantaloupe, halved
- 1 1/2 c. almond milk
- 1 c. frozen raspberries, plus fresh (or more frozen) raspberries for garnish
- 1 banana, sliced into coins, divided
- 1/2 c. frozen pineapple
- 1/2 c. Greek yogurt
- 1 tsp. pure vanilla extract
- 1/2 c. granola

### **DIRECTIONS**

1. Using a spoon, remove and discard seeds from cantaloupe. Use spoon to widen hole in the center, leaving a 1" border at the edges. Reserve removed fruit to add to smoothie.
2. Combine almond milk, raspberries, half the banana, pineapple, greek yogurt, vanilla, and extra cantaloupe. Blend until smooth.
3. Pour smoothie into cantaloupe "bowls" and garnish with raspberries, granola, and remaining banana slices. Serve.

## **Low-Carb Antipasto "Tacos"**

### **INGREDIENTS**

- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1/2 tsp. Italian seasoning
- 6 slices deli ham
- 6 slices provolone
- 6 large slices Genoa salami
- 1 c. iceberg lettuce
- 1/3 c. sliced cherry tomatoes
- 1/4 c. pepperoncini, thinly sliced
- 1/4 c. sliced black olives

### **DIRECTIONS**

1. In a small bowl, whisk together oil and vinegar. Season with Italian seasoning, salt, and pepper, and whisk to combine.
2. Lay a slice of salami on a work surface and top with a slice of provolone and a slice of ham. Fill with some iceberg lettuce, tomato, pepperoncini, and olives. Drizzle with some dressing. Use a toothpick to gather into a taco and repeat with remaining ingredients.
3. Serve with more dressing.

## **Instant Pot Shredded Beef Nachos**

### **INGREDIENTS**

For the chuck roast:

- 1 2-lb. beef chuck roast
- 2 tsp. dried oregano
- 2 tsp. brown sugar
- 1 1/2 kosher salt
- 1 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. vegetable oil
- 1 (12-oz.) can Mexican beer, such as Tecate

For the nachos

- 1 (13-oz.) bag corn chips
- 3 c. Monterey Jack cheese
- 1 c. drained pickled jalapeños
- 1 avocado, cubed
- 2 radishes, sliced into rounds
- 1/4 c. loosely packed cilantro leaves
- 1/4 red onion, finely chopped
- Lime wedges, for serving

## DIRECTIONS

1. In a small bowl, whisk to combine oregano, brown sugar, salt, chili powder, cumin, and garlic powder. Rub spice mix all over roast.
2. Heat Instant Pot to Sauté and add vegetable oil. Sear all sides of chuck roast until golden, about 2 minutes per side. Remove roast.
3. Pour beer into Instant Pot, then add chuck roast back to pot. Scatter onions over pot roast and secure Instant Pot lid.
4. Select Pressure Cook and cook on high for 55 minutes. Let pressure release naturally for 10 minutes, then quick release remaining air. Remove roast from instant pot and use two forks to shred into bite-sized pieces.
5. Preheat oven to 375° and line a large baking sheet with aluminum foil. Spread an even layer of chips onto the baking sheet, then top with 1/3 of the cheese, jalapeños, and shredded beef. Top with more chips, and another 1/3 of cheese, jalapeños, and beef. Finish with one more layer of chips and the remaining cheese, jalapeños, and beef. Bake until cheese is melty and chips have crisped slightly, 10 minutes.
6. Garnish with avocado, radishes, cilantro, and red onion. Serve with lime wedges on the side for squeezing.

## Banana Pudding Bundt Cake

### INGREDIENTS

For the cake

- Cooking spray
- 1 box yellow cake mix
- 1 (3.4-oz.) box vanilla pudding
- 4 large eggs
- 1/2 c.
- (1 stick) melted butter
- 1 c. water

For the frosting and decorating

- 1/2 c. heavy cream
- 1 (8-oz.) block cream cheese
- 4 tbsp. butter, softened
- 1 1/2 c. powdered sugar
- 2 tsp. pure vanilla extract
- 1/2 c. crushed Nilla Wafers
- 1 banana, sliced into coins

### DIRECTIONS

1. Preheat oven to 350° and grease a bundt pan generously with cooking spray. In a large bowl, whisk together cake mix, pudding mix, eggs, melted butter, and water. Pour into prepared pan and bake until a toothpick inserted in middle of cake comes out clean, 45 minutes. Let cool in pan 10 minutes, then run a knife around edges and invert onto a cooling rack. Let cool completely.
2. Meanwhile, make frosting: In a large bowl, using a hand mixer beat heavy cream until stiff peaks form.

3. In another large bowl, beat cream cheese and butter together until no lumps remain. Add powdered sugar and beat until smooth, then add in vanilla. Fold in whipped cream until just combined.
4. Using a serrated knife, cut cake in half horizontally. Remove top half.
5. Frost bottom half with about half the frosting, then top with crushed wafers and half the banana slices. Top with top half of cake and frost with remaining frosting and garnish with remaining crushed wafers and banana slices.

## **Tropic Like It's Hot Cake**

### **INGREDIENTS**

For the cake

- 2 1/4 c. (335 g) all-purpose flour
- 1 tbsp. baking powder
- 1/4 tsp. table salt
- 3/4 c. (170 g) unsalted butter, at room temperature
- 1 1/2 c. (315 g) granulated white sugar
- 3 large eggs
- 1 tbsp. vanilla extract
- 1 1/3 c. (310 ml) milk
- Yellow, green, and red food coloring
- Cooking spray

For the frosting

- 4 oz. (1/2 cup) unsalted butter, at room temperature
- 8 oz. cream cheese, cold
- 1 1/2 tsp. vanilla extract
- 16 oz. powdered or confectioners' sugar

For the magic

- 1 3/4 c. pink, orange, green, and yellow sprinkle explosion mix
- 1 lb. dried sweetened shredded or flaked coconut
- Food coloring: brown
- 1 paper umbrella (you can also use an old-fashioned candy stick)
- 1 paper straw
- 1 c. crushed graham crackers for the sand (about 6 full rectangles)

### **DIRECTIONS**

#### **BAKE THE CAKE**

1. Preheat your oven to 350°F (175°C) and put the oven rack in the middle of the oven. If you are using a convection oven, set it to 325° (165°C).
2. Combine the flour, baking powder, and salt in a large bowl and whisk until they are really mixed together. You have to mix all the dry ingredients together first, so that there are no clumps in your batter, which will create white spots. Set aside.
3. In a separate bowl, use an electric mixer on medium speed to blend the butter and sugar together, until they become fluffy. Make sure to scrape the sides of the bowl with a spatula so it's all mixed in from the sides.
4. Add the eggs, one at a time, to the butter-sugar mixture, with the mixer on medium speed. Again, make sure to scrape the sides of the bowl. Add the vanilla to the milk and set it aside.

5. Mix about one-third of your dry ingredients into the butter-sugar-egg mixture, then blend in half of the milk, always mixing on medium speed.
6. Mix in the second third of the dry ingredients, then the remaining milk mixture.
7. Stop the mixer for a few seconds and use a spatula to push down anything sticking to the sides of the bowl as you go, then mix in the last of the flour mixture. Make sure it's all mixed in from the sides and everything is smooth. You don't want any lumps, but don't overmix it—stop the mixer as soon as the batter is smooth.
8. To bake the cake, divide the batter into three portions. Dye the portions yellow, green, and orange if you'd like. Pour the batters into one greased 6-inch (15-cm) round cake pan and two greased 6-inch (15-cm) oven-safe glass or stainless-steel mixing bowls. First bake the bowl cakes for 12 minutes, then turn and bake for another 12 minutes. Bake the round cake for 10 minutes, then turn and bake for another 10 minutes.
9. Let the cakes cool in the pans for 5 to 10 minutes. (When they're warm, they're really fragile, and that's when they tend to break.) Then flip them over onto a baking sheet or cooling rack and let them cool completely before you frost them.

## **MAKE THE FROSTING**

1. Use an electric mixer on medium speed to blend the butter until it is smooth. Add the cream cheese and blend it together until there are no lumps. Then add the vanilla. Stop the mixer and use a spatula to push down anything sticking to the sides of the bowl, making sure it's all mixed in from the sides and everything is smooth.
2. Mix in the powdered sugar a little bit at a time on the lowest speed—otherwise it will fly everywhere! Use the spatula to push down anything sticking to the sides of the bowl, making sure it's all mixed in from the sides and everything is smooth.
3. Use right away. Technically the frosting will last at least a week in the refrigerator, but fresh frosting is key! It tastes and feels so much better.

## **MAKE THE MAGIC**

1. First, dye the coconut: Put the coconut in a glass or stainless-steel mixing bowl. Sprinkle on about 2 tablespoons brown food coloring and toss with your hands or a metal spoon to coat, adding color as needed until the coconut is fully dyed. (If you use your hands, wear plastic gloves, or else your hands will be dyed.)
2. Now build a three-layer coconut explosion cake! With the fully cooked cakes, build the cake using the two bowl cakes as your top and bottom and the flat layer between them; cut the hole for the explosion in the flat layer and the bottom bowl layer. (The top bowl should be upside-down, so that the end result is spherical like a coconut.) Don't forget to add the sprinkles to the center, for the explosion! Coat the outside of the cake with a thick layer of white frosting so that the coconut will stick. Cover the cake with the dyed coconut—but be careful to leave a circle of white frosting on the top, so that it looks like a coconut you've cut open.
3. Make it extra beachy, if you like: Garnish the cake with a paper umbrella and a straw, then sprinkle the graham crackers around the base, so it looks like it's in a bed of sand.



# Churro Cupcakes

## INGREDIENTS

For the cupcakes

- 2 c. all-purpose flour
- 1 c. granulated sugar
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. ground cinnamon
- 1 tsp. kosher salt
- 3/4 c. (1 1/2 stick) melted butter, cooled
- 1 c. milk
- 1 large egg
- 1 tsp. pure vanilla extract
- Cinnamon-sugar, for sprinkling

For the frosting

- 1 (8-oz.) block cream cheese, softened
- 4 tbsp. butter, softened
- 3 c. powdered sugar
- 2 tbsp. heavy cream
- 1 tsp. pure vanilla extract
- 1/2 tsp. ground cinnamon
- Pinch kosher salt
- Cinnamon-sugar, for topping
- Churros, for garnish

## DIRECTIONS

1. Preheat oven to 350° and line two muffin tins with cupcake liners. In a large bowl, combine flour, sugar, baking powder, cinnamon, and salt.
2. In a medium bowl, whisk together melted butter, milk, egg, and vanilla. Add to dry ingredients and mix until just combined. Divide batter evenly among liners, filling ¾ full, then sprinkle tops with cinnamon-sugar.
3. Bake until a toothpick inserted in middle comes out clean, 20 minutes. Let cool completely.
4. Meanwhile make frosting: In a large bowl using a hand mixer, beat cream cheese and butter until smooth. Add powdered sugar and cinnamon and beat until no lumps remain. Add heavy cream, vanilla, and a pinch of salt and beat until combined. If frosting is too thick, add more heavy cream a tablespoon at a time until desired consistency.
5. Transfer frosting to piping bag fitted with a large open star tip. Pipe frosting onto cooled cupcakes, then sprinkle with cinnamon sugar and top with a mini churro.

# Cajun Butter Baked Salmon

## INGREDIENTS

- 2 lemons, sliced into rounds
- 1 large salmon fillet (about 3 lbs.)

- Kosher salt
- Freshly ground black pepper
- 4 tbsp. melted butter
- 3 cloves garlic, minced
- 2 tbsp. whole grain mustard
- 2 tsp. cajun seasoning
- 1 tsp. fresh thyme leaves
- Pinch crushed red pepper flakes
- Thinly sliced green onions, for serving

## **DIRECTIONS**

1. Preheat oven to 350° and line a large baking sheet with foil. Lay lemon rounds in an even layer in center of pan. Place salmon on top and season with salt and pepper.
2. In a small bowl, combine melted butter, garlic, mustard, cajun seasoning, thyme, and red pepper flakes. Brush all over salmon.
3. Bake until salmon is cooked through, about 25 minutes. Switch oven to broil, and broil for 2 minutes, or until butter mixture has thickened.
4. Garnish with green onions before serving.

## **Instant Pot Chili**

### **INGREDIENTS**

- 1 tbsp. extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 1/2 lb. ground beef
- 2 c. low-sodium beef broth
- 1 (15-oz.) can kidney beans, rinsed and drained
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (15-oz.) can fire roasted diced tomatoes
- 1 1/2 tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1/2 tsp. cayenne
- Kosher salt
- Freshly ground black pepper
- Shredded Cheddar, for serving
- Sour cream, for serving
- Fritos, for serving
- Thinly sliced green onions, for serving

### **DIRECTIONS**

1. Set Instant Pot to Sauté function and add oil. Add onion and cook until soft, 5 minutes. Stir in garlic and cook until fragrant, 1 minute, then add tomato paste, stirring to combine. Add ground beef and cook, breaking meat up with a wooden spoon, until no longer pink, 7 minutes. Drain fat, if necessary.

2. Return insert to Instant Pot and add broth, beans, tomatoes, and seasoning. Season with salt and pepper. Lock lid and set to Pressure Cook on High for 14 minutes.
3. Follow manufacturer's instructions to quick release, then remove lid. Serve with desired toppings.

## **Instant Pot Baked Potatoes**

### **INGREDIENTS**

For the potatoes

- 1 c. water
- 6 russet potatoes

For the toppings

- Butter, softened
- Chopped cooked bacon
- Shredded cheddar
- Shredded white cheddar
- Canned chili, warmed
- Cooked ground beef
- Sliced olives
- Sliced jalapeños
- Sour cream
- Freshly chopped chives
- Thinly sliced green onions
- Chopped cherry tomatoes
- Diced red onion
- Black beans, rinsed and drained
- Diced avocado
- Chopped artichoke hearts
- Frozen spinach, defrosted and drained

### **DIRECTIONS**

1. Place trivet inside Instant Pot and pour in water. Place potatoes on top of trivet and lock lid. Set to Pressure Cook on High for 14 minutes.
2. Let Instant Pot release naturally, then unlock lid and remove potatoes.
3. Slice potatoes open and fluff insides with a fork. Serve with desired toppings.

## **Greek Shrimp**

### **INGREDIENTS**

- 3 tbsp. butter
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 1 c. cherry tomatoes, halved
- 1/2 c. kalamata olives, sliced
- 1 lb. shrimp, peeled and deveined
- 1 tbsp. dried oregano

- Kosher salt
- Freshly ground black pepper
- Pinch crushed red pepper flakes
- 2 Persian cucumbers, sliced into half moons
- 2 tbsp. freshly chopped dill
- 1/2 c. crumbled feta
- Butterhead lettuce, for serving (optional)

## **DIRECTIONS**

1. In a large skillet over medium heat, melt butter. Add bell pepper, tomatoes, and olives and cook until peppers are soft and tomatoes are beginning to burst, 5 minutes. Add garlic and cook until fragrant, 1 minute more.
2. Add shrimp and cook until shrimp is no longer pink, another 3 minutes. Season with oregano, salt, pepper, and a pinch of red pepper flakes. Turn off heat, then add cucumbers and dill and toss to combine.
3. Garnish with feta, and serve in lettuce cups if desired.

## **Cheesy Bacon Ranch Chicken**

### **INGREDIENTS**

- 4 slices thick-cut bacon
- 4 boneless skinless chicken breasts (about 1 3/4 lbs.)
- Kosher salt
- Freshly ground black pepper
- 2 tsp. ranch seasoning
- 1 1/2 c. shredded mozzarella
- Chopped chives, for garnish

### **DIRECTIONS**

1. In a large skillet over medium heat, cook bacon, flipping once, until crispy, about 8 minutes. Transfer to a paper towel-lined plate. Drain all but 2 tablespoons of bacon fat from the skillet.
2. Season chicken with salt and pepper. Return skillet to medium-high heat, add chicken and cook until golden and just cooked through, about 6 minutes per side.
3. Reduce heat to medium and sprinkle chicken with ranch seasoning and top with mozzarella. Cover the skillet and cook, until cheese is melted and bubbly, about 5 minutes.
4. Crumble and sprinkle bacon and chives on top before serving.

## **Cracked Pepper Potato Chips with Onion Dip**

### **INGREDIENTS**

For the Chips:

- 3 large russet potatoes (2 1/4 pounds total) sliced into 1/8-inch thick rounds
- 2 tablespoons olive oil
- 2 teaspoons coarsely ground black pepper
- Salt

For the Dip:

- 2 teaspoons olive oil
- 1 small onion, minced
- 2 scallions, thinly sliced, greens and whites separated
- 1 1/4 cups nonfat Greek style yogurt or 1 2/3 cups regular nonfat plain yogurt
- 1/4 cup mayonnaise
- 3/4 teaspoon onion powder
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## **DIRECTIONS**

1. Make chips: Toss potatoes in a large bowl with 2 tablespoons of oil, and pepper until well coated. Preheat oven to 450 degrees F. Arrange potato slices in 1 layer on 2 cookie sheets. Bake for 20 to 25 minutes until chips are crisped and lightly browned. Remove from oven, season with salt and cool.
2. Make dip: Heat oil over medium heat and add onions and scallion whites. Cook, stirring often, until golden brown and soft, about 10 minutes. Remove from heat and allow to cool.
3. If using regular yogurt, place it in a strainer lined with a paper towel and set the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.
4. Combine onions with thickened or Greek-style yogurt, mayonnaise, onion powder, garlic powder, salt, pepper and scallion greens and stir well to incorporate. Chill for 1 hour to let flavors meld. Serve with chips.
5. Excellent source of: Vitamin C
6. Good source of: Potassium

## **Cucumber-Dill Yogurt Dip**

### **INGREDIENTS**

- 2 cups plain whole milk yogurt
- 1/4 English hothouse cucumber, small dice (about 3/4 cup)
- 2 tablespoons minced fresh dill
- 1 teaspoon ground coriander
- 3/4 teaspoon red pepper flakes
- 1/2 teaspoon white wine vinegar
- 1 teaspoon kosher salt
- Freshly ground black pepper

Serving Suggestion: Assortment of vegetables such as green beans, celery, cucumber, mushrooms, roasted beets, or boiled potatoes

### **DIRECTIONS**

In a medium bowl, mix together yogurt, cucumber, dill, coriander, red pepper flakes, vinegar, and salt until evenly combined. Season well with freshly ground black pepper, taste, and adjust seasoning, as needed. Serve with an assortment of vegetables for dipping.

## **Pear and Pistachio Guacamole**

### **INGREDIENTS**

- 3 Hass avocados, halved, pitted and cubed
- 2 firm ripe Seckel pears or 1 large Anjou pear, cored and finely diced
- 2 tablespoons chopped fresh cilantro
- 1 1/2 tablespoons fresh lime juice
- 3/4 teaspoon ground coriander
- Kosher salt
- 1 clove garlic, finely chopped
- 1 small jalapeno, minced with some seeds
- Freshly ground black pepper
- 3 tablespoons chopped roasted pistachios
- Lime wedges, for serving
- Blue corn tortilla chips, for serving

### **DIRECTIONS**

1. Toss together the avocados and pears in a medium bowl. Stir in the cilantro, lime juice, coriander, 1/2 teaspoon salt, the garlic and jalapenos until combined. Add additional salt and pepper to taste.
2. Transfer to a serving bowl, sprinkle with the pistachios and serve with lime wedges and blue corn tortilla chips.

## **Grilled Shrimp in Lettuce Leaves with Serrano-Mint Sauce**

### **INGREDIENTS**

- 1 pound large shrimp (about 36), peeled and deveined
- 3 tablespoons canola oil
- Salt and freshly ground pepper
- 12 leaves green curly leaf lettuce
- Serrano-Mint Sauce, recipe follows
- Chili oil, for drizzling, optional
- Fresh cilantro leaves

### **Serrano-Mint Sauce:**

- 1 cup tightly packed mint leaves, plus more for garnish
- 2 serrano chiles, chopped

- 4 cloves garlic, chopped
- One 1-inch piece fresh ginger, peeled and chopped
- 2 teaspoons sugar
- 1/4 cup white wine vinegar
- 2 tablespoons fish sauce
- Salt

## **DIRECTIONS**

1. Preheat the grill to medium-high. In a large bowl, toss shrimp in oil and season with salt and pepper. Grill the shrimp for 1 to 2 minutes on each side or until just cooked through. Be careful not to overcook the shrimp, or they will be tough and rubbery. Remove from the grill.
2. Place about 3 shrimp in each lettuce leaf. Drizzle with the Serrano-Mint Sauce and with a little chili oil, if desired. Sprinkle with a few cilantro leaves. Roll up the lettuce leaves, and eat immediately.

## **Serrano-Mint Sauce:**

1. Place all ingredients, except for salt, in a blender. Pulse until smooth. Season, to taste.

# **10-Minute White Bean Soup with Toasted Cheese and Tomato**

## **INGREDIENTS**

- 1/2 cup dry white wine
- 2 sprigs fresh rosemary, each about 6 inches long
- 2 sprigs fresh thyme
- 2 1/2 cups low-sodium chicken or vegetable broth
- Two 15-ounce cans of cannellini or other white beans, strained and rinsed
- 1 small shallot, peeled, trimmed and halved
- 1 small garlic clove, peeled, trimmed and halved
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- Kosher salt and freshly ground black pepper
- 4 slices crusty sourdough bread (each about 1-inch thick; 8 ounces total),
- 3/4 cup shredded part-skim mozzarella cheese
- 2 plum tomatoes, seeded and chopped (about 1 cup)
- 1/4 cup grated Parmesan

## **DIRECTIONS**

1. Position a rack about 4 inches from the broiler heat source, and preheat. Bring the wine, rosemary, thyme and 2 cups of the chicken broth to a boil in a covered medium saucepan over high heat. Reduce to a bare simmer.
2. Puree the beans, shallots, garlic, oil, butter, remaining 1/2 cup chicken broth, 1/2 teaspoon salt, a few grinds of pepper and 1/2 cup of the simmering broth in a blender until completely smooth and emulsified, about 2 minutes.

3. Meanwhile, lay the bread slices on a rimmed baking sheet, and top evenly with the mozzarella. Broil until the tops are browned and bubbling, 1 to 2 minutes; remove from the oven. Divide the tomatoes evenly among the toasts, and top with the parmesan.
4. Remove the herb sprigs from the simmering broth; set aside. Whisk the bean puree into the broth, and return it to a gentle boil. Ladle the soup into bowls, and garnish with the reserved herb sprigs and a few grinds of black pepper. Serve with the cheese toasts.

## **Weeknight Lazy Lasagna**

### **INGREDIENTS**

- 8 ounces uncooked lasagna noodles, broken into 2-inch pieces
- 1 cup part-skim ricotta cheese
- 1 cup shredded part-skim mozzarella cheese, divided
- 1/3 cup grated parmesan cheese
- 1 jar (24 ounces) pasta sauce with meat

### **DIRECTIONS**

1. Preheat oven to 400°. Cook lasagna noodles according to package directions. Meanwhile, in a large bowl, mix ricotta cheese, 1/2 cup mozzarella cheese and Parmesan cheese. Drain noodles well; stir into cheese mixture.
2. Spread 1 cup pasta sauce into a greased 11x7-in. baking dish. Layer with half of the noodle mixture and 1 cup sauce; layer with the remaining noodle mixture and sauce. Sprinkle with remaining cheese.
3. Cover with greased foil; bake until heated through, 10-15 minutes.

## **Easy Peasy Biscuits**

### **INGREDIENTS**

- 4 cups all-purpose flour
- 4 tablespoons baking powder
- 1 tablespoon sugar
- 1 tablespoon ground flaxseed
- 1 teaspoon sea salt
- 1 cup coconut oil, solid
- 1-1/2 cups 2% milk

### **DIRECTIONS**

1. Preheat oven to 450°. In a large bowl, whisk flour, baking powder, sugar, flaxseed and salt. Add coconut oil and cut in with a pastry blender until mixture resembles coarse crumbs. Add milk; stir just until moistened.
2. Turn onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to a rectangle 1/2 in. thick; fold dough into thirds (as you would a letter). Pat or roll dough again into a rectangle 1/2 in. thick; cut with a pizza cutter or knife into 24 biscuits, each about 2-1/2 in. square. Place 1 1/2 in. apart on an ungreased baking sheet. Bake until light brown, 8-10 minutes. Serve warm.



3. **Freeze option:** Freeze cut biscuit dough on waxed paper-lined baking sheets until firm. Transfer to airtight containers; return to freezer. To use, bake biscuits as directed.
4. **Freeze option:** Freeze cooled baked biscuits in airtight containers. To use, heat in a preheated 350° oven 15-20 minutes.

## PECAN PIE COBBLER

### INGREDIENTS

- 1/2 cup butter, cubed
- 1 cup plus 2 tablespoons all-purpose flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup 2% milk
- 1 teaspoon vanilla extract
- 1-1/2 cups coarsely chopped pecans
- 1 cup packed brown sugar
- 3/4 cup brickle toffee bits
- 1-1/2 cups boiling water
- Vanilla ice cream, optional

### DIRECTIONS

1. Preheat oven to 350°. Place butter in a 13x9-in. baking pan; heat pan in oven 3-5 minutes or until butter is melted. Meanwhile, combine the flour, sugar, baking powder and salt. Stir in milk and vanilla until combined.
2. Remove baking pan from oven; add batter. Sprinkle with pecans, brown sugar and toffee bits. Slowly pour boiling water over top (do not stir). Bake, uncovered, until golden brown, 30-35 minutes. Cool on wire rack for 30 minutes (cobbler will thicken upon cooling). Serve warm and if desired, with ice cream.

## Stovetop Cheeseburger Pasta

### INGREDIENTS

- 1 package (16 ounces) penne pasta
- 1 pound ground beef
- 1/4 cup butter, cubed
- 1/2 cup all-purpose flour
- 2 cups 2% milk
- 1-1/4 cups beef broth
- 1 tablespoon Worcestershire sauce
- 3 teaspoons ground mustard
- 2 cans (14-1/2 ounces each) diced tomatoes, drained
- 4 green onions, chopped
- 3 cups shredded Colby-Monterey Jack cheese, divided
- 2/3 cup grated Parmesan cheese, divided

### DIRECTIONS

- Cook pasta according to package directions; drain.
- Meanwhile, in a Dutch oven, cook and crumble beef over medium heat until no longer pink, 5-7 minutes. Remove from pan with a slotted spoon; pour off drippings.
- In same pan, melt butter over low heat; stir in flour until smooth. Cook and stir until lightly browned, 2-3 minutes (do not burn). Gradually whisk in milk, broth, Worcestershire sauce and mustard. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Stir in tomatoes; return to a boil. Reduce heat; simmer, covered, 5 minutes.
- Stir in green onions, pasta and beef; heat through. Stir in half of the cheeses until melted. Sprinkle with remaining cheese; remove from heat. Let stand, covered, until melted.

## **Turkey Biscuit Skillet**

### **INGREDIENTS**

- 1 tablespoon butter
- 1/3 cup chopped onion
- 1/4 cup all-purpose flour
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
- 1/4 cup fat-free milk
- 1/8 teaspoon pepper
- 2 cups cubed cooked turkey breast
- 2 cups frozen peas and carrots (about 10 ounces), thawed
- 1 tube (12 ounces) refrigerated buttermilk biscuits, quartered

### **DIRECTIONS**

- Preheat oven to 400°. Melt butter in a 10-in. cast-iron or other ovenproof skillet over medium-high heat. Add onion; cook and stir until tender, 2-3 minutes.
- In a small bowl, mix flour, broth, milk and pepper until smooth; stir into pan. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add the turkey and frozen vegetables; heat through. Arrange biscuits over stew. Bake until biscuits are golden brown, 15-20 minutes.

## **Cheesy Chicken & Broccoli Orzo**

### **INGREDIENTS**

- 1-1/4 cups uncooked orzo pasta
- 2 packages (10 ounces each) frozen broccoli with cheese sauce
- 2 tablespoons butter
- 1-1/2 pounds boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 medium onion, chopped
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

### **DIRECTIONS**

- Cook orzo according to package directions. Meanwhile, heat broccoli with cheese sauce according to package directions.
- In a large skillet, heat butter over medium heat. Add chicken, onion, salt and pepper; cook and stir 6-8 minutes or until chicken is no longer pink and onion is tender. Drain orzo. Stir orzo and broccoli with cheese sauce into skillet; heat through.

## **Weekday Beef Stew**

### **INGREDIENTS**

- 1 sheet frozen puff pastry, thawed
- 1 package (15 ounces) refrigerated beef roast au jus
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1 package (16 ounces) frozen vegetables for stew
- 3/4 teaspoon pepper
- 2 tablespoons cornstarch
- 1-1/4 cups water

### **DIRECTIONS**

- Preheat oven to 400°. Unfold puff pastry. Using a 4-in. round cookie cutter, cut out 4 circles. Place 2 in. apart on a greased baking sheet. Bake until golden brown, 14-16 minutes.
- Meanwhile, shred beef with 2 forks; transfer to a large saucepan. Add tomatoes, vegetables and pepper; bring to a boil. In a small bowl, mix cornstarch and water until smooth; stir into beef mixture. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes.
- Ladle stew into 4 bowls; top each with a pastry round.