

Entrees

Tropical Chicken Pockets by Chef Maggie Jiménez makes 20 sandwich pockets

Ingredients

- 2 hearts romaine lettuce, finely chopped
- 1/2 pound deli chicken (for sandwiches) or rotisserie chicken pieces, finely chopped
- ½ cucumber, peeled, seeded, small dice
- 1 1/2 cup pineapple, small dice
- 1 haas avocado, small dice
- salt and pepper to taste
- 10 mini whole wheat pitas, cut in half

Honey Lime Dressing

- 1 lime, juiced
- 3 tablespoons honey
- 1 garlic clove
- 1/4 cup cilantro
- 1/3 cup olive oil
- salt & pepper to taste

Directions

1. In a large mixing bowl, combine lettuce, chicken, cucumber, pineapple and avocado. Season to taste with salt and pepper.
2. To make the dressing, add lime, honey, garlic and cilantro in a blender. Turn blender on and add oil in a steady stream until well combined. Season to taste with salt and pepper.
3. Add the dressing to the salad and toss well.
4. Fill each pita with the salad mixture.

Barbequed Chicken Taco with Backyard Mango Salsa by Chef Johnny Vincenz serves 4

Ingredients

- 4 Fresh 6oz Boneless Skinless Chicken Breast
- Fresh Blue Corn Tacos (or white corn)
- 3oz your favorite Barbeque sauce
- 1 mango (peeled and small diced)
- 1 ounce Red Onion, (Small Diced)
- 1 ounce Green Peppers (Small Diced)
- 12 leaves Fresh Cilantro (Chopped)
- Juice from 1 Fresh Lime
- 1.5 oz Olive Oil
- 8 Slices Fresh Avocado
- 3ounces Shredded Lettuce
- Salt and Pepper

Directions

1. Marinate Chicken Breast in Barbeque Sauce for One Hour
2. Grill on Outside Barbeque or Inside Grill Pan for approximately 4 minutes on each side until completely cooked depending on thickness of chicken breast.
3. Set aside at room temperature.
4. In a separate bowl mix mango, red onion, green peppers, chopped cilantro, fresh lime, olive oil,
5. Season with Salt and Pepper, Set aside

Assembly

1. Warm a non stick pan or griddle
2. Lightly rub the tortillas with salad oil on both sides,
3. Place in skillet and heat for one minute each side, when tortilla begins to brown flip, remove from heat.
4. Julienne warm chicken (thin strips).
5. Lay tortillas out flat on clean surface, top with lettuce, chicken, mango salsa and one slice of avocado each. roll and place on plate
6. Garnish with drizzles of barbeque sauce fresh cilantro and julienne tortillas.

Mac & Zac with Cheese by Chef Allen Susser serves 6 - 8

Ingredients

- 1 pound macaroni pasta
- 1 teaspoons Kosher salt
- 1 small zucchini, thinly sliced in coins
- 4 tablespoons low-fat grated parmesan
- 4 tablespoons low-fat mozzarella
- ½ cup Eggbeaters
- ½ cup 2 % milk

Directions

1. Prepare pasta as directed
2. Preheat the oven to 350 degrees.
3. In a medium sized bowl mix the cooked macaroni with the zucchini, 2 tablespoons of parmesan, mozzarella, eggbeaters and milk.
4. Season with salt.
5. Pour the pasta mixture into a non-stick oven proof pan.
6. Sprinkle with the remaining parmesan.
7. Bake for 15 minutes until heated through and the cheese has browned on top.

Entrees

Smiley Spaghetti Cupcakes by Chef Maggie Jiménez makes 10-12 servings

Ingredients

- 8 ounces spaghetti, cooked and drained
- 4 eggs, slightly beaten
- 1/2 cup grated parmesan cheese
- 1/4 cup sour cream
- 1 cup spaghetti sauce
- salt and pepper to taste
- 2 cups mozzarella cheese
- 12 slices pepperoni, each cut into 3 round pieces and 1 half moon to make a smiley face

Directions

1. Preheat oven to 375 degrees.
2. Generously grease a 12-cup muffin pan and set aside.
3. In a large bowl, combine spaghetti, eggs, parmesan cheese, sour cream and spaghetti sauce. Season to taste with salt and pepper.
4. Using tongs, evenly fill each muffin cup with some of the spaghetti mixture.
5. Top each with mozzarella cheese and pepperoni smiley faces.
6. Bake for 15 minutes.
7. Let stand for 5 minutes before removing from baking pan.

Individual Whole Wheat Pizzas by Chef Rocco DiSpirito serves 6

Ingredients

- 1 teaspoon molasses
- 1½ cups warm water (about 110 degrees)
- 1 tablespoon active dry yeast
- 2 teaspoons extra virgin olive oil
- 1 teaspoon salt
- 3½ cups whole wheat flour plus extra for rolling
- cornmeal for pizza stone
- 2 cups Veggie Marinara Sauce
- 1/2 cup chopped fresh basil
- 1½ 8-ounce packages Weight Watchers Reduced Fat Mozzarella
- 1/2 cup grated Parmigiano-Reggiano

Directions

1. In a large bowl, dissolve molasses in warm water.
2. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
3. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour until dough comes together.
4. Tip dough out onto a surface floured with the additional whole wheat flour, if necessary, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 5 minutes, or mix in a Kitchenaid.
5. Place dough in an oiled bowl, and turn to coat surface.
6. Cover loosely with plastic wrap or a towel, and let stand in a warm place until doubled in size, about 1 hour.
7. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 6 pieces.
8. Form each into a tight ball. Let rise for about 45 minutes, until doubled.
9. Preheat oven to 550 degrees with pizza stone inside
10. Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust.
11. When the circle has reached the desired size, place on a pizza peel with cornmeal. Dot dough with a fork.
12. Slide dough onto pizza stone in the oven and bake for 2-3 minutes.
13. Remove from oven and spread about 1/3 cup sauce on baked dough leaving a 1/2-1 inch border.
14. Sprinkle sauce with basil.
15. Mix cheeses together and sprinkle 1/6 of the mixture over the sauce.
16. Slide pizza back onto the pizza stone in the oven and bake 4-5 more minutes, or until cheese is golden brown and bubbling and crust is brown and crispy.
17. Repeat with remaining dough to make 6 pizzas total.
18. Allow to cool for about 2 minutes, cut into wedges with a pizza wheel and serve.

Entrees

Ham & Cheese Ravioli by Chef Jonathan Eismann serves 4

Ingredients for Dough

- 3/4 cup All Purpose Flour
- 1/4 cup 00 Semolina Flour
- 3 ea. Egg Yolks
- 3 – 5 Tbsp. Cool Water
- 1/4 Tsp. Salt – Optional
- 1 cup 00 Semolina Flour for rolling the dough
Egg Wash
- 1 whole egg mixed with 1 Tbsp. water

Ingredients For The Filling: #1

- 1/2 cup Small Diced Ham
- 1/2 cup Cottage Cheese
- 1/4 cup Grated Parmesan
- 1/4 cup Grated Whole Milk Mozzarella
- 1 ea Egg Yolk
- 1 Tbsp. 00 Semolina

Ingredients For The Filling: #2

- 1 cup Small Diced Zucchini
- 2 Tbsp. Olive Oil
- 1 clove Minced Garlic
- 1/2 cup Diced Tomato – seeds & liquid removed
- 1/2 cup Cottage Cheese
- 1/4 cup Grated Parmesan
- 1 ea Egg Yolk
- 1 Tbsp. 00 Semolina

Directions For The Pasta Dough

1. Put the flour and semolina in a medium sized stainless steel or glass mixing bowl.
2. Mix the 2 flours together until thoroughly mixed.
3. Create a well in the center of the flour so it resembles a volcano.
4. Put the eggs yolks and add water in 1 Tbsp. at a time the well. The dryer the dough the better it will be.
5. Mix the flour into the eggs and water using a spoon. Once the dough comes together take it out of the bowl and knead it for 2 minutes.
6. Form the dough into a block about 3/4" thick.
7. Wrap in plastic wrap. Let the dough rest in the refrigerator while you make the filling.

Directions For Filling # 1

1. Mix all of the ingredients in a stainless steel or glass mixing bowl. Keep chilled.

Directions for Filling #2

1. Heat the olive oil and sauté the zucchini for 5 minutes.
2. Add the garlic and cook for 1 more minute.
3. Add the tomatoes and cook for 2 more minutes.
4. Cool and add the remaining ingredients

Directions For Making The Ravioli

1. Dust a clean counter top area with some of the flour for rolling the dough.
2. Cut the block of dough into 2 pieces. Dust the dough with the 00 Semolina Flour for rolling the dough and using a rolling pin or pasta machine roll the dough out until it is 1/16" thick.
3. Do this with both pieces of dough to create 2 manageable sheets of dough that are a similar size and shape. Do your best to roll the dough into a rectangle or square.
4. Using a knife or cutter cut the dough into uniform circles or squares about 1 1/2" across.
5. Place the cut pasta dough pieces on the counter top. Put 1/2 - 3/4 Teaspoon for filling in the center of each piece of dough.
6. Wet the edges with the egg wash.
7. Press a second piece of the dough on top of the first and seal with finger tips, or ravioli cutter.
8. Cook the ravioli in lightly salted boiling water for 4 minutes.
9. Drain and place in bowls or plates.
10. Serve with Tomato sauce, olive oil, and chopped tomatoes with basil and garlic or any of your favorite pasta sauce.
11. Sprinkle with grated parmesan

Entrees

Miami Spice Chicken with Soy Steamed Broccoli by Chef Allen Susser erves 4

Ingredients

- 2 large chicken breasts, boneless, skinless
- 1 teaspoon Miami spice
- 1 tablespoon olive oil
- 2 cups broccoli florettes
- 1 clove garlic, smashed
- 2 teaspoons low-sodium soy sauce

Miami Spice

- 1 tsp. Ground cumin
- 1 tsp. Dried Oregano
- 1 tsp. Whole thyme
- 2 tsp. Dried Orange zest
- 1/2 tsp. Ground Allspice
- 1/2 tsp. Chipotle Chile Flakes
- 2 tbsp. Granulated Onion
- 2 tbsp. Dried Minced Garlic
- 1 tsp. Coarse Black Pepper
- 2 tbsp. Coarse Salt

To Prepare the Chicken

1. Butterfly cut the chicken breasts in half.
2. Season them on both sides with the Miami spice.
3. Drizzle with a little olive oil.
4. Warm a heavy skillet with the remaining olive oil.
5. Add the spiced chicken breasts over medium high heat cooking until well browned.
6. Turn the chicken and continue to cook over medium heat until cooked through, about 5-6 minutes overall.

To prepare the Broccoli

1. Steam the broccoli in a small amount – about ¼ cup -of water in a covered pan along with the garlic.
2. When the broccoli is bright green and softened, add the soy and cook until the liquid in the pan is almost all gone.

Serve the chicken along side the broccoli

Noodles in Gingery Peanut Dressing by Chef Michelle Bernstein erves 4

Salad Ingredients

- 1 lb cooked noodles (can be linguine or any Asian noodle that cooks in 2 minutes)
- 1/2 cup scallions or green onions, sliced thin
- 1/2 cup white cabbage, sliced thin
- ½ cup carrots, sliced thin
- 1/2 cup dry roasted and salted peanuts, crushed (or salted crushed cashews)
- 1 tablespoon sesame seeds

Dressing

- 3 tbsp soy sauce
- 3 tbsp rice wine vinegar
- 2 tbsp sesame oil
- 2 tsp sugar
- 3 tbsp creamy peanut butter (or cashew butter)
- 2 tsp fresh ginger, chopped

In a blender combine all ingredients for the dressing.

In a large bowl add all salad ingredients, toss with dressing to coat. Serve.

Ground Turkey Sliders, Filled with cheddar Cheese by Chef Michelle Bernstein erves 4

Ingredients

- 2 pounds ground turkey
- 3 tbsp seasoned bread
- 3 tbsp yellow onion, minced
- 1 egg white, beaten softly
- 3 tbsp chopped fresh parsley
- 2 tbsp chopped fresh cilantro
- salt and pepper
- Filling:
- 2 cups grated Low Fat Cheddar Cheese

Directions

1. In a large bowl, mix all the ingredients together.
2. Form them into 16 sliders.
3. Fill each with a tablespoon of the cheese.
4. Cook on a grill or in a hot pan for about 3 minutes on each side. (internal temperature should reach 180F)
5. Serve