

Living Well: Eating Well Class

May 2020

Topic: Utilizing Springtime Vegetables for Salads

“Eat The Rainbow”

Menu

Mediterranean Shaved Asparagus Salad

Fennel and Radicchio Salad

Fennel Salad

Veggie Nicoise Salad

Vegetable Stacks

Summer Buzz Fruit Salad

Melon Salad with Bourbon-Maple Vinaigrette

Fattoush

Quinoa Salad with Red Pepper & Cilantro

Peachy-Orange Arugula Salad

Mediterranean Shaved Asparagus Salad

Ingredients:

2 # thick fresh asparagus spears, trimmed
3 to 4 oranges
3 cups baby arugula
2 (15 oz.) cans no-salt added navy or cannelloni (white kidney beans), rinsed & drained.
¼ cup pitted Kalamata olives, quartered
1 Tbsp. Cider vinegar
1 Tbsp. Tahini
1 tsp. Dijon-style mustard
¼ tsp. Black pepper

Directions:

Using a vegetable peeler, cut asparagus lengthwise into paper thin ribbons. Reserve the remaining thicker portions for another use. Peel and section two oranges. Remove 1 tsp. Zest & squeeze ½ cup juice from the remaining oranges. In an extra-large bowl combine asparagus ribbons, orange sections, arugula, beans & olives. For dressing in a small bowl whisk together orange zest & juice, vinegar, tahini, mustard & pepper. Season with salt (optional). Drizzle dressing over arugula mixture; toss to coat.

Fennel Salad

Ingredients:

1 cup olive oil
3 Tbsp. Lemon juice
2 tsp. Dijon mustard
2 tsp. Honey
Salt & pepper
2 fennel bulbs, stalks discarded; bulbs halved, cored & sliced thin crosswise
½ red onion, halved through root end & sliced thin crosswise
½ cup golden raisins, chopped
3 Tbsp. Capers, rinsed & minced
½ cup fresh parsley leaves
½ cup sliced almonds, toasted

Directions:

Whisk oil, lemon juice, mustard, honey, salt & pepper together in a large bowl. Add fennel, onion, raisins & capers & toss to combine. Cover & refrigerate for 30 minutes to allow flavors to blend. Stir in parsley & almonds. Season with salt & pepper to taste & serve.

Serves: 4

Veggie Nicoise Salad

Ingredients:

1/3 cup olive oil
¼ cup lemon juice
2 tsp. Minced fresh oregano
2 tsp. Minced fresh thyme
1 tsp. Dijon mustard
1 garlic clove, minced
¼ tsp. Coarsely ground pepper
1 can (16 oz.) kidney beans, rinsed & drained
1 small red onion, halved & thinly sliced
1 # small red potatoes (about 9), halved
1# fresh asparagus, trimmed
½ # green beans, trimmed
12 cups torn romaine (about 2 small bunches)
4 hard-boiled large eggs, quartered
1 jar (6 ½ oz.) marinated, quartered artichoke hearts, drained
½ cup Nicoise or Kalamata olives

Directions:

For vinaigrette, whisk together first 8 ingredients. In another bowl, toss kidney beans & red onion with 1 Tbsp. Vinaigrette. Set aside the bean mixture & remaining vinaigrette.

Place potatoes in a saucepan & cover with water. Bring to a boil. Reduce heat; simmer, covered until tender, 10-15 minutes. Drain. While warm, toss with 1 Tbsp. Vinaigrette & set aside.

In a pot of boiling water, cook asparagus just until crisp tender, 2-4 minutes. Remove with tongs & immediately drop in ice water. Drain & pat dry.

In same pot of boiling water, cook green beans until crisp tender, 3 to 4 minutes. Remove beans; place in ice water. Drain & pat dry.

To serve, toss asparagus with 1 Tbsp. Vinaigrette, toss green beans with 2 tsp. Vinaigrette. Toss torn romaine with remaining vinaigrette; place on a platter. Arrange the vegetables, kidney bean mixture, eggs, artichoke hearts & olives on top.

1 serving: 329 calories, 19 g fat, 411 mg sodium, 28 g CHO, 7 g fiber, 12 G protein.

Serves; 8

Melon Salad with Bourbon-Maple Vinaigrette

Ingredients:

For the pecans:

- ½ cup pecans
- 1 slice thick-cut double smoked bacon, diced
- 2 Tbsp. Apple cider vinegar
- 2 Tbsp. Maple syrup
- ¼ tsp. Old Bay seasoning

For the Salad:

- 1 cup Kentucky bourbon
- ¼ cup maple syrup
- ½ cup apple cider vinegar
- 1 small shallot, finely chopped
- ½ tsp. Finely chopped fresh thyme
- Kosher salt
- 3 Tbsp. Olive oil
- 1 cantaloupe, peeled, seeded & thinly sliced
- Sea salt
- 2 Tbsp. Fresh micro cilantro or chopped cilantro

Directions:

Prepare the pecans. Preheat the oven to 350 degrees. Spread the pecans on a baking sheet & roast until toasted, 10-12 minutes; set aside.

Cook the bacon in a medium skillet over medium heat; stirring occasionally, until browned & crisp, about 6 minutes. Add the vinegar & maple syrup to the skillet & bring to a simmer, cook until thickened, 2 to 3 minutes. Remove from the heat & stir in the pecans & Old Bay seasoning. Spread on the baking sheet & let cool; then roughly chop.

Prepare the salad. Bring the bourbon to a gentle simmer in a medium saucepan over medium low heat, cook until reduced to about ½ cup, 3 to 4 minutes. Whisk in the maple syrup & vinegar; bring to a gentle simmer & cook until reduced by half, 2 to 3 minutes. Remove from the heat; stir in the shallot & set aside to cool. Whisk in the thyme & ½ tsp. Salt. Slowly drizzle in the Olive oil whisking until incorporated.

Arrange the melon on a platter and season with sea salt. Spoon the bourbon-maple vinaigrette over the melon, then sprinkle with the pecans. Top with cilantro.

Serves: 4-6

Living Well: Eating Well Class

June 2020

Topic: Hot Grilled Vegetables & Cool Slaws

Menu

Grilled Vegetable Salad with Mozzarella Pearls

Grilled Veggies with Arugula-Mint Pesto

Garden Vegetable Grilled Pizza

Plank-Smoked Peaches & Goat Cheese

Veggie & Apple Slaw

Creamy Cabbage & Fennel Coleslaw

Greek Pasta Salad

Lemon & Herb Red Potato Salad

Grilled Zucchini & Corn Salad

Savoy, Lime & Cilantro Coleslaw

Fresh Corn Salad

Mediterranean Salad Pizzas

Asian Slaw

Grilled Vegetable Salad with Mozzarella pearls

Ingredients:

Toss: 2 zucchini, seeded & bias sliced into ½ inch-1 inch pieces
2 Roma tomatoes, halved & seeded
1 each: red & yellow bell peppers, lobed
2 Tbsp. Olive oil, divided
Add: 8 oz. fresh mozzarella pearls
2 Tbsp. Capers
Whisk: 2 Tbsp. Cider vinegar
½ tsp. Honey
Pepper to taste

Directions:

Using a grill pan, heat to medium-high. Brush with oil.
Toss: zucchini, tomatoes & bell peppers with 1 Tbsp. Oil
Grill vegetables covered until grill marks appear, 3-5 minutes per side.
Quarter tomato halves & slice peppers into strips; transfer to a bowl.
Add mozzarella & capers to vegetables.
Whisk together vinegar, remaining 1 Tbsp. Oil & honey; toss with vegetables. Season salad with pepper.

Serves: 4 (makes 6 cups)

Grilled Veggies with Arugula-Mint Pesto

Ingredients:

1 cup lightly packed arugula
½ cup lightly packed fresh mint leaves
½ cup Olive oil
2 Tbsp. Slivered almonds, toasted
1 Tbsp. Lime juice
2 cloves garlic, minced
¼ cup finely shredded Parmesan cheese

Directions:

In a blender or food processor, combine first 6 ingredients (through garlic). Cover & blend until smooth. Add cheese; cover & blend until combined. Season to taste with pepper.
Spoon pesto over or brush onto grilled vegetables before serving.

Makes 10 servings,

Per serving: calories: 157, Fat: 13 g, sodium: 92 mg, CHO: 9 g, Protein: 3 g, Fiber: 2 g.

Grilling vegetables: zucchini, carrots, cherry tomatoes, yellow squash, red peppers & any other favorites.

Wash vegetables, toss with oil; cook vegetables over medium heat turning once or twice, until crisp tender.

Garden Vegetable Grilled Pizza

Ingredients:

1 ½ cups fresh baby spinach, chopped
1 tsp. Olive oil
Prepared thin pizza crust (refrigerated bistro flatbread) x 2 crusts
6 Tbsp. Grated Parmesan cheese
6 cloves garlic, thinly sliced
1 ½ cups chunky tomato sauce
12 oz. bite-size fresh mozzarella cheese balls, drained, thinly sliced & patted dry with paper towels
1 ½ cups grilled corn kernels
1 ½ cups chopped grilled or roasted eggplant
6 slices bacon, uncured, crisp cooked, drained & crumbled
1 ½ # heirloom tomatoes, cut up
Small fresh basil leaves
Freshly ground black pepper

Directions:

In a small bowl combine spinach & 1 tsp. Oil
Using a large sheet pan lined with parchment paper, unroll prepared dough.
Baked for 8 minutes at 400 degrees F.
Sprinkle with 1 Tbsp. Parmesan cheese & one clove of the garlic over top of crust. Top with ¼ cup tomato sauce. Add ¼ cup spinach mixture, 2 oz. of the mozzarella cheese, ¼ cup of the corn, ¼ cup eggplant & 1 slice crumbled bacon.
Bake for 10 minutes until crust is crisp & cheese is melted.
Repeat with remaining crust & toppings.
Before serving: top pizzas with tomatoes, basil & pepper.
Makes: 6 servings (from 1 pizza)

Per serving:

Calories: 642, Fat: 28 g, Sodium: 559 mg, CHO: 70 g, Fiber: 7 g, Protein: 26 g

Veggie and Apple Slaw

Ingredients:

2 cups shredded, green cabbage
2 cups shredded, red cabbage
1 cup celery, thinly sliced
¼ cup white wine vinegar
2 Tbsp. Pure maple sugar
1 tsp. Dijon-style mustard
3 medium red apples such as Jazz or Honey crisp
2 medium carrots

Directions:

In an extra-large bowl, combine green cabbage, red cabbage & celery.
For the dressing: in a small bowl whisk together vinegar, maple syrup, & mustard.
Using the coarse bald of a spiralized or box grater, shred apples & carrots; toss with cabbage mixture. Toss to coat.

Makes: 8 servings

Creamy Cabbage & Fennel Coleslaw

Ingredients:

½ cup mayonnaise
1/3 cup buttermilk
1 Tbsp. White vinegar
½ tsp sugar, optional
1 tsp. Horseradish
4 cups shredded green and/or red cabbage
1 cup shredded carrots
2 cups thinly sliced fennel
¼ cup chopped red onion
¼ cup snipped fresh parsley
Salt & pepper to taste

Directions:

For dressing: In a large bowl, combine first 5 ingredients.
Add cabbage, carrots, fennel, onion & parsley; toss to coat.
Cover and chill 2 to 24 hours.
Season to taste with salt & pepper.
Stir before serving.

Makes 8 servings (3/4 cup serving)

Calories: 145, Fat: 12 g, Sodium: 212 mg, CHO: 5 g, Fiber: 2 g, protein: 1 g

Greek Pasta Salad

Ingredients:

4 cups dried penne pasta
2 cups, cherry tomatoes, quartered or halved
1 medium cucumber, halved lengthwise & sliced
½ cup sliced green onions
1/3 cup pitted Kalamata olives, halved
1/3 cup olive oil
½ cup lemon juice
2 Tbsp. Snipped fresh basil or 2 tsp. Dried basil
2 Tbsp. Snipped fresh oregano or 2 tsp, dried oregano
4 to 6 cloves, minced
½ tsp. Black pepper
1 cup crumbled feta

Directions:

Cook pasta according to package directions; drain.

Rinse with cold water; drain again. Transfer to a large bowl; stir in tomatoes, cucumber, green onions & olives.

For dressing: in a screw top jar, combine next 6 ingredients (through pepper). Cover & shake well.

Drizzle over pasta mixture; toss gently to coat. Cover and chill 4 to 24 hours.

Before serving, sprinkle salad with cheese and top with additional fresh oregano and/or basil.

Makes 20 servings (1/2 cup each)

Calories: 137, Fat: 7 g, Sodium: 90 mg, CHO: 15 g, Fiber: 1 g, & Protein: 3 g

Living Well: Eating Well

July 2020

Topic: Taco Time & Fresh Salsas

Menu

Spicy Asian Tacos

Fish Tacos

Black bean, Corn, & Roasted Red Pepper Lettuce Cups

Skirt Steak Tacos with Guacamole & Lime Crema

Charred Corn Guacamole

Pork Verde Street Tacos

Caribbean Black Beans & Rice

Blueberry Salsa

Fresh Summer Salsa

Grilled Cucumber Salsa

Peach Rosemary Salsa

Slow cooker Pulled Chicken Tacos

Green Apple Nachos

Spicy Asian Tacos

Ingredients:

6 cups, $\frac{3}{4}$ to 1" pieces peeled & seeded butternut squash
 $\frac{3}{4}$ to 1 cup water
3 cups sliced fresh button mushrooms
2 cups broccoli florets
1 cup thinly sliced carrots
2 Tbsp. Cornstarch
5 tsp. Reduced sodium soy sauce
6 cloves garlic, minced
1 Tbsp. Grated fresh ginger
2 tsp. Unseasoned rice vinegar
1 tsp. Crushed red pepper
4 cups coarsely chopped Swiss chard
24 6 inch white corn tortillas, warmed
 $\frac{1}{4}$ cup thinly sliced green onions

Directions:

In a 12 inch non-stick skillet combine squash and $\frac{1}{4}$ cup of the water. Bring to a simmer over medium-high, reduce heat, Simmer covered 6 to 8 minutes. Stir in mushrooms, broccoli & carrots. Simmer, covered 5 minutes more.

In a small bowl, combine cornstarch, soy sauce, garlic, ginger, vinegar & crushed red pepper. Stir in another $\frac{1}{4}$ cup of the water.

Add soy mixture & Swiss chard to vegetables in skillet. Cook 1 minute, stirring occasionally & adding enough of the remaining water to reach desired consistency.

Spoon vegetable mixture onto doubled tortillas & sprinkle with green onions. Fold or roll up tortillas. Serve immediately.

Serves: 6

Black Bean, Corn & Roasted Red Pepper Lettuce cups

Ingredients:

2 limes
2 cups fresh or frozen roasted corn, thawed
1 (15 oz.) can no salt added black beans, rinsed & drained
1 medium mango, halved, seeded, peeled & chopped
1 cup cherry tomatoes, halved
½ cup bottled, roasted red sweet peppers, chopped
¼ cup coarsely snipped fresh cilantro
1 fresh jalapeño chile pepper, seeded & finely chopped
1 Tbsp., chili powder
3 cloves garlic, minced
Black pepper
12 to 16 hearts of romaine lettuce
½ of a medium avocado, peeled & sliced

Directions:

Remove 1 tsp. lemon zest & squeeze 3 Tbsp. juice from limes
In a medium bowl, combine lime zest & juice and the next ingredients up until the romaine lettuce. Season with black pepper.
Spoon bean mixture and avocado onto lettuce leaves.

Serves: 4

Pork Verde Street Tacos

Ingredients:

1 Tbsp. Olive oil
3# boneless Boston butt roast, trimmed
1 tsp. Kosher salt, divided
2# coarsely chopped tomatillos
1 cup chopped yellow onion
2 poblano peppers, stemmed, seeded & coarsely chopped
1 Tbsp. Smoked paprika
2 tsp. Cumin seeds, toasted
¼ cup fresh lime juice
8 yellow corn tortillas, charred
Pickled onions (see below)
Garnish chopped fresh cilantro

Directions:

In a large skillet, heat oil over medium heat until hot. Sprinkle pork with ½ tsp. Salt. Add pork to skillet; cook until browned on all sides. Place in a slow cooker.
Add tomatillos, onion, poblano, paprika, cumin seeds and remaining ½ tsp. Salt.
Cover and cook on low for 8 hours or on high for 4 hours. Shred pork, return to slow cooker.
Add lime juice, stirring well. Serve on tortillas.
Top with pickled onions & garnish with cilantro, if desired.

Pickled onions: In a medium bowl, stir together (1 medium red onion, sliced, 1 cup warm water, ½ cup Apple cider vinegar, 1 Tbsp. Sugar & 1 tsp kosher salt).
Let stand for 1 hour. Refrigerate in an airtight container for up to 2 weeks.

Serves: 8

Tacos De Pescado (fish)

Ingredients:

1 # fresh or frozen firm-flesh fish fillets (halibut or salmon) about 1 inch thick
¼ cup tequila, lime juice or lemon juice
2 Tbsp. Lime juice or lemon juice
1 fresh jalapeño or Serrano chile pepper, seeded & finely chopped
2 cloves garlic, minced
¼ tsp. Ground cumin
24 4 inch corn tortillas or 8 inch flour tortillas
1 ½ cup shredded lettuce
1 cup chopped red or green sweet pepper (2 small)
1 medium red onion, halved & thinly sliced
Snipped fresh cilantro

Directions:

Thaw fish, if frozen. Rinse fish, pat dry with paper towels. Place fish in a shallow dish. For marinade, in a small bowl stir together tequila, lime juice, chile pepper, garlic & cumin; pour over fish. Cover and marinate in the refrigerator for 30 minutes, turning fish occasionally. Meanwhile, preheat oven to 350 degrees F. Stack tortillas and wrap tightly in foil. Bake about 10 minutes or until heated through.

Preheat broiler. Drain the fish, discarding marinade. Pat fish dry with paper towels. Place fish on the greased unsheathed rack of a broiler pan. Broil 4 inches from heat for 5 minutes. Using a wide spatula, completely turn fish. Broil for 3 to 7 minutes more or just until fish flakes easily when tested with a fork.

Using a fork, break broiled fish into ½ inch chunks. To assemble tacos, divide lettuce among warm tortillas, placing lettuce on one half of each tortilla. Top lettuce with fish chunks, sweet pepper and red onion. Fold tortillas in half over-filling. If desired, sprinkle with cilantro.

Makes: 4 servings.

Note: Marinate the fish no longer than 30 minutes or the acidic lime juice will "Cook" it making the fish tough in texture.

Living Well: Eating Well Class

August 2020

Topic: Increase Protein by Adding Beans to your meals

Menu

Ribollita Soup with Poached Eggs

Sun-Dried Tomato Chick-pea Sliders

Teriyaki Burgers with Pineapple

Southwestern Enchilada Casserole

Moroccan Butternut Squash with Chickpea Stew

Cauliflower & White Bean Soup

Five Ingredient Veggie Burgers

Chicken & Black Bean Nachos

Southwestern Black Bean Salad

Hearty Tortellini Soup

Minestrone Soup

Summer Squash Soup with White Beans & Kale

Greek Chickpea Salad

Texas Caviar

Sun dried Tomato Chickpea Sliders

Ingredients:

½ cup chopped onion
½ cup coarsely chopped fresh mushrooms
½ cup coarsely chopped zucchini
1 clove garlic, minced
¾ cup no salt added garbanzo beans (chickpeas), drained & liquid reserved, rinsed & drained (aquafaba)
¼ cup chopped sun-dried tomatoes (not oil packed)
1 tsp. Italian seasoning, crushed
½ tsp. Lemon zest
Sea salt & pepper, to taste
¼ cup cornmeal
1 large zucchini, cut lengthwise into ¼ inch thick planks
2 Tbsp. Balsamic vinegar
8 slices Roma tomato

Directions:

In a large skillet, cook the first four ingredients (through garlic) over medium 3 to 4 minutes; stirring occasionally and adding water, 1 to 2 Tbsp. At a time, as needed to prevent sticking. Place in a food processor with the chickpeas, sun-dried tomatoes, Italian seasoning, and lemon zest. Cover & pulse until chunky but not puréed. Add 1 to 2 Tbsp. Of the aquafaba if the mixture seems dry or isn't sticking together. Mixture should be moist but not wet. Season with salt & pepper.

With wet hands, shape bean mixture into eight patties. Chill at least 20 minutes. Lightly dredge patties in corn meal to coat.

Heat a grill pan over medium heat. Cook sliders 8 to 10 minutes or until browned and heated through, turning once. Brush zucchini planks with some of the balsamic vinegar. Cook in grill pan 4 to 6 minutes or until crisp-tender and grill marks appear, turning once. Cut planks into 16 pieces for "buns". Place sliders & tomato slices between plank pieces. Drizzle with remaining vinegar.

Makes 8 sliders

Southwestern Enchilada Casserole

Ingredients:

2 cups chopped onions
1 ½ cups chopped sweet peppers
4 cloves garlic, minced
2 tsp. Chili powder
1 tsp. Oregano, crushed
1 tsp. Dried basil, crushed
3 cups coarsely chopped greens, such as kale, collard, or Swiss chard
2 cups sliced zucchini
1 (15 oz) can no salt added black beans, rinsed & drained
1 (14 oz.) can no salt added diced tomatoes, drained
1 cup fresh corn, kernels removed
6 (6 inch) corn tortillas, cut into 1-inch pieces

Directions:

In a large skillet, cook onions and sweet peppers over medium-high 5 minutes, stirring occasionally and adding water, 1 to 2 Tbsp., at a time, as needed to prevent sticking. Reduce heat to medium. Add garlic, chili powder, oregano, and basil, cook and stir 2 minutes more.

Stir in greens, zucchini, beans, tomatoes, corn and two-thirds of the tortilla pieces. Cook, covered 5 minutes, stirring once.

Preheat oven to 375 degrees. Transfer 1 cup of the cooked vegetables to a blender. Cover and blend until smooth, thinning with a little water if needed. Return puréed mixture to the remaining cooked vegetables.

Transfer vegetable mixture to a 3 qt. rectangle baking dish. Top with the remaining one-third tortilla pieces. Bake 15 minutes or until heated through.

Let stand 5 minutes before serving.

Serves: 6

Moroccan Butternut Squash and Chickpea Stew

Ingredients:

4 cups low sodium vegetable broth
3 cups (3/4 inch) pieces, peeled butternut squash
1 (14.5 oz. can) no salt added diced tomatoes, undrained
½ cup chopped onion
4 cloves garlic, minced
2 tsp. Curry powder
1 tsp. Ground cumin
1 tsp. Paprika
½ tsp. Ground ginger
1/8 tsp. Cayenne pepper
1 (5 oz. pkg.) fresh baby spinach
1 (15 oz.) can no salt added garbanzo beans (chickpeas), rinsed & drained
1 cup cooked brown rice
¼ cup coarsely snipped fresh parsley
Lime wedges

Directions:

In a 6 qt. Dutch oven, combine the first 10 ingredients (through cayenne pepper). Bring to boiling, reduce heat. Simmer 18-20 minutes or just until squash is tender. Stir in spinach, chickpeas, and rice; heat through.

Top servings with parsley and serve with lime wedges for squeezing.

Makes: 8 cups

Five Ingredient Veggie Burgers

Ingredients:

2 cups no salt added canned black beans, drained & liquid reserved
1 medium onion, quartered
½ cup quick cooking rolled oats
1 Tbsp. Lime juice
2 tsp. Chili powder
Sea salt & black pepper
4 (100 % whole wheat hamburger buns, split and toasted)
4 leaves leaf lettuce
1 tomato, sliced
2 red onion slices, separated
¼ cup ketchup
2 Tbsp. Drilled mustard

Directions:

In a food processor, combine the first 5 ingredients (through chili powder). Cover and pulse until chunky but not puréed. Add a small amount of reserved bean liquid if mixture seems dry or isn't sticking together.

Mixture should be moist but not wet. Season with salt & pepper.

With wet hands, shape bean mixture into four 3 ½ inch patties. Chill at least 20 minutes.

In a large non-stick pan, cook burgers over medium-high heat 8 to 10 minutes or until burgers are lightly browned and cooked through. Turning once.

Serve burgers on hamburger buns with lettuce, tomato & onion slices.

Serve with ketchup & dilled mustard.

Dilled mustard: Combine ½ cup Dijon mustard and ¼ tsp. Chopped fresh dill. Transfer to an airtight container. Chill up to 5 days.

Makes 4 burgers.

Chicken and Black Bean Nachos

Ingredients:

3 ½ cups shredded rotisserie chicken
1 cup red enchilada sauce
½ small onion, chopped
1 cup fresh corn kernels (from 2 ears corn)
1 (15 oz. can) black beans, rinsed
12 ounces pepper-Jack cheese (about 3 cups), divided
Black pepper
8 ounces tortilla chips
Fresh cilantro and lime wedges for serving

Directions:

Toss together chicken, enchilada sauce, onion, corn, beans and 8 ounces of cheese in a bowl. Season with black pepper.

Using a parchment paper lined baking sheet, add tortilla chips and top with chicken mixture.

Top with cheese. Bake in 375 degree oven until cheese is melted.

Serve with cilantro & lime wedges.

Serves: 6

Summer Squash Soup with White Beans & Kale

Ingredients:

1 cup finely chopped leeks (white part only)
3 cloves garlic, minced
2 tsp. Dried Italian seasoning
6 medium yellow Summer squash, halved lengthwise and sliced into ¼ inch thick slices (6 cups)
2 16 oz. cans cannelloni beans, rinsed & drained
½ of a bunch of kale, stemmed and cut into ½ inch strips (2 cups)
2 Tbsp. Lemon juice
¼ tsp. Sea salt, optional
Black pepper

Directions:

Preheat a large pot or Dutch oven over high until a drop of water sizzles when added
Add leek, garlic and Italian seasoning. Cook 3 minutes, stirring constantly.
Add squash, beans, kale and 4 cups water. Bring to boiling; reduce heat.
Simmer uncovered, 10 to 15 minutes or until squash is tender. Stir in lemon juice, salt & pepper.

Makes: 6 cups