

Recipes Week 3

Roasted Vegetables

1 lb chopped Carrots
 1 lb cleaned radishes
 1 head garlic
 2 chopped onions
 1 pint cherry tomatoes
 2 medium zucchini chopped

WW Pesto Sauce

2 Tbsp pine nuts
 2 cup fresh basil
 1/2 cup Vegetable or chicken broth
 1/4 cup grated Parmesan cheese
 1 Tbsp olive oil
 2 cloves garlic, peeled
 1/2 tsp salt

Toast pine nuts, then combine all ingredients in the blender

(Inspired by WeightWatchers.com)

Fall Overnight Oats

1 cup(s) uncooked old fashioned oats
 1 chopped green apple.
 1 pinch ground cinnamon
 1 pinch table salt
 1 cup(s) unsweetened applesauce
 1/2 cup(s) whole milk (your choice)

Combine all ingredients, in a bowl stir, cover and refrigerate overnight. Garnish with more apple, cinnamon or other flavorings.

Toasted Cinnamon and Apple Granola

2 tbs butter
 6 C Rolled oats
 2 tbs vanilla extract
 3 tbs brown sugar
 2 tbs ground cinamon
 1 tsp salt
 2 cups dried apples, unsweetened

Position oven racks in the top and bottom thirds of the oven; preheat oven to 350°F.

Grease rimmed baking sheet with butter. Melt remaining butter. Spread oats on on pan. Sprinkle with brown sugar, cinnamon, vanilla and salt. Bake at 350 until browned and crunchy. Chop dried apples. When Granola is done, let cook then Stir in chopped apples. 1/2 c serving is 4 SP, 1/4 cup is 2 SP

Quinoa Crunch

1 cup quinoa raw, rinsed
 1/4 cup whole flaxseed
 1 Tbsp honey
 1 Tbsp olive oil
 1 Tbsp cinnamon

Mix all ingredients together. a baking sheet and bake at 375 deg. F oven until lightly browned. Stir every 10 minutes or so. Let cool and store in jars. 2 tbs = 1 serving

Roasted Chickpeas

1 Can chickpeas
 1 tsp olive oil

Drain chickpeas and toss with olive oil, salt, pepper and any seasoning you want. Bake at 400 for 30 minutes or until dried and toasty.

Curried Chicken

1/2 c chopped onion
 2 cloves garlic chopped
 1 tbs Curry powder
 8 ounces raw chicken breast
 1 cup vegetable broth
 1 tsp arrowroot powder.

Saute onion & garlic in a little vegetable broth until brown, sprinkle in curry powder, stir until aromatic, then add chicken breast, and vegetable broth. Simmer until chicken is cooked. Thicken sauce by adding in 1 tsp of arrowroot powder.

Taco Soup

3 cups chicken broth
1 cup shredded chicken
shredded carrots

shredded radishes
Sliced zucchini
1 Packet Taco Seasoning
1/2 c quinoa

fresh cilantro

lemon
salt and pepper to taste

Combine all ingredients except grain. Simmer until vegetables are soft. Add 1/4 cup grains to each bowl, and ladle soup over it. Garnish with cilantro and add a squeeze of lemon

Chili Mac Topping

16 oz uncooked 93% lean ground beef
1 chopped onion
2 Chopped garlic cloves

2 tsp chili powder
1 tsp ground cumin
2 cans rotel. (or diced tomatoes)
1 can purreed tomato sauce
1/4 c canned green chili peppers, diced, drained
15 oz canned kidney beans, rinsed and drained
salt and pepper to taste

Sautee ground beef until no longer pink, then add chopped onion, 2 chopped garlic cloves. Sautee until browned, add spices then stir in tomatoes, tomatoe sauce and green peppers. Simmer for 15 minutes, then stir in kidney beans. Simmer 15 more minutes to let flavors meld. Tastes better the next day.

Roasted Vegetable Dressing

1 1/2 tablespoons extra-virgin olive oil
1 1/2 tablespoons cider vinegar
1 tablespoon minced shallot

2 teaspoons whole-grain Dijon mustard
1 teaspoons honey
Mix Dressing. 1 SP per TBLS

BBQ Slaw Dressing

1/2 C Greek Yogurt
1/4 C Cider Vinegear
1 tsp dried oregano
1 tsp dried onion
1 tsp dried garlic (or 1 head chopped)

1/4 chopped fresh parsley
Mix all together and mix with shredded cabbage . Let sit 30 minutes before eating

