

“What’s In My Fridge?”

Shopping List

- | | | |
|--|------------------------------------|--|
| <input type="checkbox"/> Organic Eggs | <input type="checkbox"/> Kale | <input type="checkbox"/> Lemons |
| <input type="checkbox"/> Kirkland Rotisserie Chicken | <input type="checkbox"/> Avocados | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Edamame |
| <input type="checkbox"/> Laughing Cow Cheese | <input type="checkbox"/> Garlic | <input type="checkbox"/> Hinode Brown Rice |
| <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Oatmeal | <input type="checkbox"/> Earthbound Farms Kale |
| <input type="checkbox"/> Parmesan Cheese | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Zevia |

Recipe Shopping List for additional items

Health (and still yummy) Egg Salad

- 6 large organic eggs
- ½ cup low-fat mayonnaise
- 2 tablespoons whole-grain mustard
- Sea salt and freshly ground black pepper
- 2 scallions (white and green)
- 1 rib celery
- 2 radishes, chopped fine
- 1 chopped dill pickle
- 8 romaine lettuce leaves
- 1 cup chopped flat leaf parsley (optional)

Chicken and Quinoa Salad

- ¾ teaspoon ground cinnamon
- 1 teaspoon ground ginger
- Kosher salt and freshly ground pepper
- 4 medium carrots, thinly sliced
- 1 cup Quinoa,
- 2 cups coarsely shredded rotisserie chicken
- 3 tablespoons unsalted butter
- ½ cup sliced almonds
- ¼ cup golden raisins
- 4 scallions, white and light green parts only, roughly chopped
- ½ cup roughly chopped fresh cilantro, plus more for topping
- Greek yogurt
- Spinach salad
- Container of strawberries, sliced

DRESSING INGREDIENTS

- 1 rounded teaspoon grainy mustard

1 tablespoon red wine vinegar

3 tablespoons extra-virgin olive oil

Salt and pepper, to taste

Add a tablespoon of honey or agave if you'd like to make the dressing a bit sweeter.

Curry n' a Hurry Costco Rotisserie Chicken Salad

½ Costco Rotisserie Chicken, chopped into 1 inch cubes

3 ribs celery, chopped

1 cup seedless red grapes, halved

½ cup shredded carrot

4 scallions, chopped on an angle

1 cup plain low fat Greek yogurt

2 tablespoons curry powder

Salt and pepper

¾ cup chopped mango

¼ cup (2 ounces) sliced smoked almonds, cashews or walnuts

Garbanzo Bean Salad

1 (15 ounce) can garbanzo beans, drained

½ cup chopped celery

1 tablespoon diced onion

1 apple, cored and chopped

¼ cup chopped walnuts

¼ cup mayonnaise

1 tablespoon honey

½ teaspoon prepared mustard

¼ teaspoon lemon juice

½ head iceberg lettuce – rinsed, dried, and shredded

Omega-3 & Protein–Packed Fresh Herb Breakfast Eggs

6 whole Hard Boiled Eggs

3 wedges The Laughing Cow Smooth Sensations Cream Cheese Spread Classic Cream 1/3 Less Fat

3 Tablespoons Extra Virgin Olive Oil

4 slices Cooked Bacon

1 Tablespoon Dijon Mustard

1 Tablespoon Minced Fresh Tarragon

1 Tablespoon Minced Fresh Dill

1 Tablespoon Minced Roasted Red Pepper

Not Your Mama's Tuna Salad

2 whole Wedges of The Laughing Cow® Light Swiss Original Cheese

2 teaspoons Prepared Red Wine Vinaigrette (or Your Favorite Variety)

2 whole Scallions, Thinly Sliced

2 Tablespoons Roasted Red Pepper, Diced Small
2 Tablespoons Black Olives, Diced Small
1 teaspoon Capers
½ teaspoons Lemon Zest
1 can Albacore Tuna (water Packed), Drained
1 teaspoon Chopped Parsley
1 teaspoon Chopped Fresh Dill
¼ teaspoons Each Kosher Salt & Freshly Ground Black Pepper

Yummy Kale Salad

6 cups of clean & dried baby Kale (available at Costco)
Juice of 2 lemons
5-6 chopped cloves of garlic (I really like garlic, so I use 6 or more cloves of chopped garlic)
¼ cup of olive oil
Salt & pepper to taste

Deborah's Famous Garlic-Lemon Salad Dressing

Whisk together the following ingredients: (Easier method, use the Blender Bottle)
5 cloves of chopped garlic
Juice of 2 lemons
½ of a soft avocado, cubed
1/3 cup of olive oil
Salt & pepper to taste

True Foods Honey Lemonade

2 Small Lemons
4 Tablespoons Honey (To cut calories use less honey)
3 Cups of Water
Ice

Quinoa Salad Variations

ITALIAN SALAD

Mozzarella cheese squares
Fresh chopped basil
Chopped red onions
Olives (black, kalamata....your favorite)
Chopped tomatoes
Canned Kidney Beans rinsed and drained.
Mushrooms

Dressing: Olive oil and Balsamic Vinegar or Red Wine Vinegar, Salt and Pepper to taste

MEXICAN

Cheddar Squares

Canned Black Beans, rinsed, drained

Chopped Cilantro

Chopped red bell peppers

Chopped tomatoes

Chopped avocado

DRESSING: TRADER JOES CILANTRO DRESSING

2 Tbsp. freshly squeezed lemon juice or lime juice

¼ cup olive oil

¼ tsp. salt

Fresh ground pepper

Options: Pinch of cayenne, garlic powder or fresh minced garlic, minced fresh or dried ginger

GARDEN VEGETABLE VARIETY

1 cup edamame or snow peas

1 – 2 small carrots, peeled and sliced thin

½ green or red pepper, sliced thin

1 medium ripe tomato

1 medium cucumber, peeled and diced

1 cup chopped mushrooms

¼ cup chopped green onions

Other suggestions based on liking: broccoli, cauliflower, zucchini

¼ cup chopped fresh parsley, cilantro, or basil

½ cup chopped walnuts, toasted sunflower seeds or toasted cashews

Chicken, Rice, and Run!

Chicken, many options here: use chopped chicken breast or thighs, chicken sausage or ground chicken (use about 3/4 pound for 4 servings)

2 cups of chopped uncooked veggies (I like using asparagus)

2 cups of cooked brown rice

DIRECTIONS

1. In a large sauce pan on medium heat, warm up 1 Tbs. of olive oil
2. Add the chicken and cook until almost cooked through
3. Add the asparagus and cook and stir for about 1-2 minutes
4. Add the cooked brown rice and warm the entire dish through