

“What’s In My Fridge?”

Shopping List

- | | | |
|---|--|---|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Couscous | <input type="checkbox"/> Ground Beef (Lean) |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Kidney Beans |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Almonds | <input type="checkbox"/> Talking Rain |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Low Fat Sour Cream | |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Laughing Cow Cheese | |

Recipe Shopping List for additional items

Healthy Butternut Squash Soup

- 4 cups (1-inch) cubed peeled butternut squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 4 large shallots, peeled and halved
- 1 (1/2-inch) piece peeled fresh ginger, thinly sliced
- 2 1/2 cups fat-free, less-sodium chicken broth
- 2 tablespoons (1-inch) slices fresh chives
- Cracked black pepper (optional)

DIRECTIONS

1. Combine first 5 ingredients in a roasting pan or jelly-roll pan; toss well. Bake at 375° for 50 minutes or until tender, stirring occasionally. Cool 10 minutes.
2. Place half of squash mixture and half of broth in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large saucepan. Repeat procedure with remaining squash mixture and broth. Cook over medium heat 5 minutes or until thoroughly heated. Top with chives and pepper, if desired.

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

DIRECTIONS

1. Peel, then slice eggs in half lengthwise
2. Place the yolks in a mixing bowl
3. Set the whites on a plate (If they slide around, line the plate with lettuce leaves for serving.)
4. To the egg yolks, add the remaining ingredients except the sea salt. Mix with a fork until evenly combined, breaking up the egg yolks as you mix
5. Spoon the filling into the hole in the egg whites. Sprinkle with crunchy sea salt to season

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

DIRECTIONS

1. In a small mixing bowl, combine cheese with vinaigrette until smooth.
2. Fold in scallions, roasted red pepper, black olives, capers, lemon zest, tuna, parsley & dill. Season with salt and pepper.
3. Serve as desired (sandwich, salad, dip, etc.)

Recipe courtesy of www.thelaughingcow.com/recipes

Easy Open Face Tacos

- 1 pound of Organic beef
- 1 can of refried beans
- 1 can of black beans, rinsed to remove excess sodium
- ½ container of salsa
- Beef broth
- 1 lime
- Green salad
- Cheese, grated
- Baked Chips (Pop Chips: cheese or salt and pepper flavor work well here)

DIRECTIONS

1. Sauté beef in one tablespoon of olive oil for 5 minutes
2. Add the can of refried beans and the strained black beans
3. Simmer for 3-4 minutes
4. Add one cup of beef broth and ½ small container of salsa and let simmer for 3-5 minutes

5. Add the juice of one lime to the mixture
6. Get a plate and cover it with baked chips
7. Put the taco mixture onto the chips and then add green salad, salsa, and grated cheese

Easy Low Fat Chili Recipe

- 1 medium onion, chopped
- 1/4 cup chopped green pepper
- 2 cups water, divided
- 1 can (15-1/2 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) navy beans, rinsed and drained
- 1 can (14-1/2 ounces) reduced-salt diced tomatoes, undrained
- 1 can (6 ounces) salt-free tomato paste
- 2 to 4 teaspoons chili powder
- 1 teaspoon salt, optional
- 1/2 teaspoon pepper

DIRECTIONS

1. In a large saucepan, cook the onion and green pepper in 1/2 cup water until tender
2. Add beans, tomatoes and tomato paste
3. Stir in chili powder, salt if desired, pepper and remaining water
4. Bring to a boil
5. Reduce heat; cover and simmer for 20 minutes

Recipe courtesy of Taste of Home recipe November 1993

The Brazilian Babe

- 1 cup of Zola Acai juice
- 1 cup pineapple juice
- 1 (12 fluid ounce) can of Talking Rain
- 1 orange, sliced in rounds

DIRECTIONS

1. In a pitcher combine the Zola Acai & pineapple juice
2. Just before serving, slowly add Talking Rain; stir to blend
3. Serve over ice in cups or glasses
4. Garnish with orange slices