

- 01 *WINTER ROTISSERIE CHICKEN SALAD*
- 02 *ROASTED APPLE WALNUT SALAD*
- 03 *CITRUS SALMON & ORANGE BALSAMIC SWEET POTATOES*
- 04 *CHICKEN APPLE PANINI*
- 05 *FIG, PEAR, and BRIE PANINI & TOMATO BISQUE*

GROCERY LIST

1 5 Oz. BOX OF SPINACH
1 LARGE APPLE
1 BAG OF WALNUTS
1 ROTISSERIE CHICKEN
1 BOTTLE OF DIJON MUSTARD
1 16Oz. PLAIN GREEK YOGURT
1 JAR OF FIG PRESERVES
1 WEDGE OF BRIE CHEESE
1 MEDIUM SIZED PEAR
1 LOAF OF WHOLE GRAIN BREAD
1 CAN OF TOMATO BISQUE
1 BAG OF RED SEEDLESS GRAPES
1 PACKAGE OF PROVOLONE CHEESE
1 CAN OF WATER CHESTNUTS
1 PACKAGE OF FETA OR GOAT CHEESE
1 BAG OF CELERY
2 4 Oz. SALMON FILETS
2 MEDIUM SWEET POTATOES
POMEGRANATE SEEDS
2 FRESH ORANGES

PANTRY STAPLES (ALREADY HAVE)

1 BOTTLE BALSAMIC VINEGAR
1 BOTTLE CHAMPAGNE VINEGAR
1 BOTTLE OLIVE OIL
1 JAR MINCED GARLIC

OPTIONAL

Whole Grain Crackers
Hummus
1 Bag Of Carrots

WINTER ROTISSERIE CHICKEN SALAD

1 / 5

PULLED ROTISSERIE CHICKEN | 3 CUPS

RED SEEDLESS GRAPES | 1 CUP

NON-FAT GREEK YOGURT | 1/2 CUP

DIJON MUSTARD | 1/4 CUP

CHOPPED WATER CHESTNUTS | 1/2 CUP

WALNUTS | 1/2 CUP

DICED CELERY | 1 1/2 CUP

SALT | 1/8 TSP.

PEPPER | 1/8 TSP.

SPINACH LEAVES | 1/2 CUP

- 01 *Add the walnuts to a small skillet and turn the heat to medium. Cook the walnuts in the skillet for about 3 to 5 minutes, stirring frequently, until toasted (you will know they are done when the nuts start to brown, you can smell the nuttiness of the walnuts, and the oil from the nuts begins to be released into the pan).*
- 02 *In a small mixing bowl, whisk together the yogurt, Dijon mustard, salt & pepper.*
- 03 *In a large bowl combine the pulled chicken and the yogurt - mustard mixture, mixing well to combine.*
- 04 *Add the red grapes, water chestnuts and celery to the chicken mixture and toss gently to incorporate all ingredients.*
- 05 *Add the toasted walnuts to the mix and gently mix them into the chicken salad.*

ROASTED APPLE WALNUT SALAD

2 / 5

SPINACH | 2 1/2 CUPS

DICED APPLES | 1/2 CUPS

TOASTED WALNUTS | 2 TBSP.

WHITE BEANS | 1/2 CUP

FETA OR GOAT CHEESE | 1 1/2 TBSP.

INGREDIENTS FOR DRESSING:

DIJON MUSTARD | 1 TSP.

MINCED FRESH GARLIC | 1 TSP.

CHAMPAGNE VINEGAR | 3 TBSP.

OLIVE OIL | 1/2 CUP

SALT & PEPPER TO TASTE

01 *Preheat the oven to 350 degrees Fahrenheit.*

02 *In a small mixing bowl or a salad emulsifier, whisk together all Vinaigrette ingredients. Set aside for later use.*

03 *Line a small baking sheet with parchment paper.*

04 *In a small mixing bowl toss the diced apples with the 1/2 tablespoon of lemon juice and spread on the lined baking sheet. Place in preheated oven and bake for about 15 minutes, stirring occasionally until apples have softened.*

05 *While apples are roasting, place walnuts in a small skillet over medium heat. Toast walnuts by allowing them to cook in the skillet about 5 minutes, stirring fairly frequently so the nuts do not burn. You will begin to smell the nuttiness of the walnuts as they begin to toast and release their oils (no oil is needed in the skillet to toast these because there is already so much oil in the nuts!).*

06 *Once walnuts have toasted, remove from the burner and allow to cool.*

07 *Place 2 1/2 cups of spinach onto a dinner plate.*

08 *To assemble the salad:*

01 *Place 2 1/2 cups of spinach onto a dinner plate.*

02 *Top spinach with the diced apples, followed by white beans, the toasted walnuts, a drizzle of the champagne vinaigrette, and feta or goat cheese.*

CITRUS SALMON & ORANGE BALSAMIC SWEET POTATOES

3 / 5

2 SALMON FILETS

DICED SWEET POTATOES | 5 CUPS

FRESH ORANGE JUICE | 1/4 CUP & 2TBSP.

BALSAMIC VINVEGAR | 1 TSP.

HONEY | 1 TSP.

OLIVE OIL | 1 TBSP. & 1 1/2 TSP.

CHOPPED WALNUTS | 1/4 CUP

POMEGRANATE SEEDS | 3 TBSP.

SPINACH LEAVES | 1 CUP

SALT & PEPPER TO TASTE

- 01 *Preheat the oven to 375 degrees Fahrenheit.*
- 02 *In a small bowl, whisk together the orange juice, balsamic vinegar, honey, 1 tablespoon + 1/2 teaspoon olive oil, 1/4 teaspoon salt and 1/8 teaspoon pepper.*
- 03 *In a large mixing bowl, combine the diced sweet potatoes with HALF of the orange - balsamic mixture.*
- 04 *Spread sweet potatoes out on a pan and roast in the oven for about 30 minutes, stirring half-way to make sure all sides roasting evenly.*
- 05 *While potatoes are roasting, lay the two salmon filets on a small baking sheet, skin side down. Top each filet with about 1/2 teaspoon olive oil and a sprinkle of salt.*
- 06 *Once potatoes are done remove from oven and add back to the mixing bowl and pour the remaining orange juice mixture over potatoes. Mix ingredients well and set aside.*
- 07 *To your already heated oven, add the salmon filets, cooking for about 15 minutes (general rule is about 10 minutes for every inch thickness).*
- 08 *While salmon is roasting, add the chopped walnuts to a small skillet and heat to medium heat. Cook about 5 minutes, stirring frequently until toasted. Once done add to the sweet potatoes along with the pomegranate seeds. Mix well to combine all ingredients.*
- 09 *Once salmon is done, remove from oven and squeeze lemon juice over the top.*
- 10 *Add a salmon filet, balsamic sweet potatoes, and fresh spinach (or any veggie) to your dinner plate.*

CHICKEN APPLE PANINI

4 / 5

2 SLICES OF WHOLE GRAIN BREAD

DIJON MUSTARD | 2 TBSP.

PULLED ROTISSERIE CHICKEN | 1/4 - 1/2 CUP

SPINACH LEAVES | 1/4 CUP

3-4 SLICES OF APPLE

2 SLICES OF PROVOLONE CHEESE

CARROTS (OPTIONAL)

HUMMUS

- 01 *Spread one slice of bread with one tablespoon Dijon mustard.*
- 02 *Top the spread with the chicken, followed by the spinach leaves, apples slices and then the provolone cheese.*
- 03 *Spread the second slice of bread with the second tablespoon of Dijon mustard and place it, spread-side down onto the top of the cheese to complete the sandwich.*
- 04 *Grease a medium skillet with 2 teaspoons of butter (or can use olive oil if desired) and heat to medium heat.*
- 05 *Place the sandwich in the heated skillet, placing another heavy pan on top of the sandwich to press it down while cooking. After about 5 minutes, flip the sandwich, pressing the other side. Cook sandwich until the bread is toasted and the cheese is melty and warm. Alternately - use a panini press to keep this even simpler!*
- 06 *Serve with carrot sticks and hummus and enjoy!*

PEAR, FIG and BRIE PANINI & TOMATO BISQUE

5 / 5

SLICED PEARS | 1/4 CUP

FIG PRESERVES | 1 TBSP.

SLICED BRIE | 1/4 CUP

SPINACH LEAVES | 1/4 CUP

2 SLICES OF WHOLE GRAIN BREAD

1 CAN OF TOMATO BISQUE

- 01 *Spread one slice of the bread with 1 tablespoon fresh fig preserves*
- 02 *Top with spinach leaves.*
- 03 *Top spinach with pear slices.*
- 04 *Top pear slices with sliced brie (about 3 slices) OR spread second piece of bread with the brie spread.*
- 05 *Grease a medium skillet with about 2 teaspoons of butter or olive oil and heat over medium heat.*
- 06 *Place sandwich in heated skillet, placing another heavy pan on top of sandwich to press it down while cooking. After about 4 minutes, flip the sandwich, pressing the other side. Cook sandwich until the bread is toasted and the cheese is melty and warm.*
- 07 *Serve with warm tomato soup and enjoy!*