

Cauliflower Calzones (The Iron You)

Makes three medium size calzones (feeds 3) may need to double or triple recipe to serve family of 4 or larger

Ingredients

Crust:

1 small head cauliflower, cut into small florets (should yield about 3 cups once processed)

½ cup / 1.7 oz / 50 gr mozzarella cheese, shredded

1 free range egg, lightly beaten

½ teaspoon fine grain sea salt

½ teaspoon oregano

¼ teaspoon ground black pepper

Filling:

6 tablespoons thick tomato sauce

½ cup / 1.7 oz / 50 gr mozzarella cheese

pinch of salt

Instructions

Preheat oven to 450°F (220°C) and place a rack in the middle. Line a baking sheet with parchment paper and grease liberally with olive oil. In a food processor rice the cauliflower florets in batches (process until evenly chopped but not pulverized). Transfer cauliflower rice to a microwave dish and microwave on high for 8 minutes, until cooked. Place the cauliflower rice in a tea towel and twist it to squeeze out as much moisture as you can (I squeezed out more than 1 cup of liquid). This is very important. The cauliflower rice needs to be dry. Otherwise you'll end up with a mushy dough, not a crusty one. Transfer the cauliflower rice to a mixing bowl and add egg, mozzarella, oregano, sea salt and pepper. Mix well. Using your hands, press the mixture onto the baking sheet and shape into three discs (diameter should be about 5 inches). Place in the oven and bake for 10 (no more no less, 10 minutes). Remove from the oven and, working quickly, top the half of each disc with tomato sauce and mozzarella. Using a large spatula carefully lift the half of the disc without filling and fold it over the other part (that's ok if the disc brakes a bit). Use your fingers to push the edges of each calzone together and seal in the filling. Bake in the oven for an additional 12 minutes. Serve hot!

Creamy Chicken & Wild Rice Soup (Unmeasured Scoop)

Ingredients

6c (buy 2 32oz cartons) chicken broth

1 1/2 c chopped sweet potatoes (Panera doesn't use sweet potatoes so if you want you can substitute carrots here)

1 1/2 c cooked wild rice
1 c chopped celery
1 c chopped sweet onion
3 c shredded cooked chicken
1/2 c flour (I used white whole wheat)
1 c reduced fat half and half
salt
pepper
2 Tbs olive oil

Instructions

Preheat oven to 350, season your chicken with salt, pepper and olive oil. Cook for 25 minutes and shred (I place mine in the electric mixer for a minute or two and with the flat paddle and it does the job). Set chicken aside. Cook wild rice according to box instructions and set aside (this usually takes about 60 minutes so you can start soup while rice is cooking). In large pot combine olive oil, onions, celery, sweet potatoes, salt and pepper. Saute for 5 minutes. Add chicken broth and bring to a boil for 5 minutes. Reduce heat to low. Stir in chicken and rice. In small bowl whisk flour and half and half together. Slowly add to soup. Bring soup to boil and then reduce heat to low to keep heated. Season with more salt and pepper if needed. Serve with crusty bread.

Baked Spaghetti Squash w/ Garlic & Butter (Steamy Kitchen)

Ingredients

1 small spaghetti squash (about 3-4 pounds)
2 tablespoons butter
2 cloves garlic, finely minced
1/4 cup finely minced parsley (or basil)
1/2 teaspoon salt (or to taste)
1/4 cup shredded parmesan cheese
2 c steamed broccoli (I added this in)

Instructions

Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes. Heat a large saute pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Add in steamed broccoli and toss well, sprinkle in the parmesan cheese

and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.

Turkey Paninis (Unmeasured Scoop)

Ingredients

1 pound turkey
½ pound Swiss (or favorite cheese)
1 cup spinach
mustard (or favorite spread)
mayo (or favorite spread)
whole wheat bread
fruit
chips

Instructions

Build your sandwiches and place in George Forman or in skillet with plate on top of sandwich to press sandwich down. Cook until bread is browned and cheese is melted (if your bread is browned and cheese is not melted, remove from heat and put in microwave for 10-15 seconds. Serve with fresh fruit and chips.

Butternut Squash & Asparagus Bake (Unmeasured Scoop)

Ingredients

2 c diced butternut squash
2 c uncooked whole grain elbow macaroni pasta
3 Tbs butter
1/2 of diced onion
2 cloves minced garlic
3 Tbs flour
1/2 tsp salt
2 c 2% milk
1c shredded Italian mix cheese
1/2 c grated parmesan
2 c chopped asparagus
2 Tbs olive oil
Topping:
1/4 c plain breadcrumbs
1/2 Tbs sage
1/2 Tbs oregano
1/4 tsp salt
1/4 tsp cracked pepper

Instructions

Preheat oven to 425. Cut squash length-wise and remove seeds. Place on aluminum foil lined baking sheet and roast for 1 hour. Chop asparagus and set aside. Remove butternut squash from oven. Slice butternut squash as shown below and then scoop out of skin so you are left with cubes (like slicing and scooping an avocado). Set aside squash. Bring water to a boil in medium sized pot and cook pasta. Place measuring cup in sink and drain pasta, being sure to catch 1/4 c of pasta water. Place pot over medium heat. Cook butter, garlic and onion until onion translucent. Add in flour to create a roux. Stir in milk and cook on medium high until milk is slightly bubbling, stir in cheese and 1 tsp salt. Stir in butternut squash, asparagus and pasta and 1/4 c pasta water. Grease 3 qt. baking dish (I used 2 8x8 dishes b/c I was bringing to friend) and pour pasta into dish. Mix up breadcrumbs, oregano, sage, salt and pepper. Sprinkle over top of pasta. Bake at 350 for 30 minutes. Remove from oven and place oven on broil high and bake for an additional 4 minutes until breadcrumbs are browned.

Cilantro-Lime Black Bean Quesadillas (Unmeasured Scoop)

Ingredients

8 Whole Wheat Quesadillas
2 c mozzarella cheese
1 can black beans drained and washed
1 lime (or 2 limes if you want a lime-ier taste!)
3/4 c chopped cilantro

Instructions

In a bowl combine your black beans, cilantro and juice from 1 lime (or 2), set aside. Lay out 2 quesadillas. Sprinkle 1/4c cheese on one quesadilla so it covers every part, sprinkle 1/4c black beans mixture on top and then another 1/4c sprinkle of mozzarella on top of the black beans. Place other quesadilla over top and place in greased pan over medium/high heat. Spray top of quesadilla with pam and when bottom has browned, flip over. Remove when other side is browned and cheese is oozing out sides. Repeat 3 times to make remaining 3 quesadillas. Serve with plain greek yogurt & fresh salsa.