

Recipes of the Month

Breakfast:

Asparagus Quiche with a Spaghetti Squash Crust

Ingredients

13 ounces, weight Asparagus

½ Small Yellow Onion

2 cloves Garlic

1 teaspoon Olive Oil

5 Eggs

1 cup Milk

1 cup Swiss Cheese

½ teaspoons Salt

¼ teaspoons Pepper

3 cups Cooked Spaghetti Squash (1 Small Squash)

Preparation Instructions

Preheat oven to 400°F.

Cut off the woody ends of the asparagus. Chop the onion, mince the garlic, and cut the asparagus spears into 1-inch pieces. Heat the olive oil in a pan over medium heat, and saute onion and garlic for several minutes, until the onion is soft. Add the asparagus and continue to saute until the asparagus has turned bright green and is soft but not limp.

Whisk together the eggs, milk, cheese, salt, and pepper.

Grease a pie pan. Press the cooked spaghetti squash to the sides and bottom of the pan, forming an even crust. Pour the egg mixture into the pan. Add the asparagus, onion, and garlic on top of the egg mixture; be sure it sinks in.

Bake for 40 minutes until quiche is firm. Enjoy!
Tastykitchen.com

Lunch: Skinny Pizza Rolls (dashingdish.com)

1/2 cup Shredded mozzarella cheese
1/2 cup Pizza sauce (or tomato sauce)
20 Turkey pepperonis
24 Wonton wrappers
1/8 cup Parmesan cheese
1 tsp Basil/oregano mix or Italian seasoning
1/2 tsp Garlic powder
Pinch Sweetener (stevia or splenda)
Pinch Black Pepper
Optional 1/3 cup Chicken breast, diced or
1/3 cup light italian sausage

THE ESTIMATED TOTAL TIME TO MAKE THIS RECIPE IS 30-35 MINUTES.

Preheat oven to 450 degrees. Prepare a large baking sheet with parchment paper, or foil coated with non-stick cooking spray. Gather ingredients.

2

Pour pizza sauce, (or tomato paste) and mozzarella cheese in a medium bowl

Slice the pepperoni into quarters, and add them to the sauce/cheese mixture. Stir until combined.

4

Next, add the seasonings. Stir again until everything is well combined.

5

To begin filling wonton wrappers, I find it easiest to create an 'assembly line'. I did this by stacking my wonton wrappers, and having my filling, and a small bowl of water near by to 'seal' the wrappers shut.

6

Then, begin filling by placing about a tablespoon of filling in the center of each wrapper. You could use a little more or less, just try not to over-fill them, or the filling will ooze out the sides when you are baking them.

7

To seal them shut, place your finger in the water...

8

Then trace two of the corners with the water.

9

Fold the wrapper in half to meet the two dry corners with the two wet corners.

10

Press to seal the two sides together. (*Note: the water acts like glue to seal the corners shut!*)

11

I decided to do half of my pizza rolls with chicken, and half without... So I added my chicken to my sauce mixture after making half of my pizza rolls with just pepperoni.

12

And I continued making my pizza rolls until all of my wonton wrappers were filled. (*Note: You may be able to fill even more than 24*

wrappers depending on how much filling you use in each one!)

13

When wonton wrappers are filled, give them a light spray with non-stick cooking spray and sprinkle parmesan cheese over the top of each one.

14

Lay pizza rolls out on prepared baking sheet. Bake in preheated oven (450 degrees) for 10-15 minutes, or until the tops are lightly golden brown.

15

Serve warm and enjoy

Dinner: Crockpot Orange Honey Tilapia (crockpot365.com)

4 tilapia filets (frozen is just fine)

2 tablespoons balsamic vinegar

1 tablespoon honey

1 (10-ounce) can mandarin oranges, drained

aluminum foil

salt and pepper to taste at the table

The Directions.

Use a 6-quart slow cooker. Lay a length of foil on your countertop and

place the fish directly in the middle. Dribble balsamic vinegar and honey over the top of each fillet, and place a handful of drained mandarin oranges on top (my kids like to drink the juice!).

Fold over foil and crimp the edges to form a packet. Put the foil packet into your slow cooker, and put the lid on (if you'd prefer to have one fish fillet per packet for serving, divide the sauce and the oranges). Cook on high for two hours, or until fish flakes easily with a fork. If your fish was frozen, it may take another 30 minutes or so, but you should still check it after two hours. Season to taste with some salt and pepper at the table.

Dessert/Snack: Baked Cinnamon Bananas (livinghealth.blogspot.com)

1 Ripe Banana, peeled and sliced lengthwise

Lemon Juice

2 tsp. Honey

Ground Cinnamon

Line toaster oven tray with nonstick aluminum foil. Preheat oven to 350°F. Lightly brush banana halves with lemon juice. Place cut sides up on toaster tray. Spoon honey over banana halves and sprinkle lightly with cinnamon. Bake for 10 minutes. Remove from oven; cut into 1-inch pieces. To keep it healthy still, adding some dark chocolate morsels would be great. Add them in on the last five minutes to get them to melt on the banana...Enjoy!