

## Healthy Recipes from our Newsletter

*Each on a separate page for easy printing*

### **CAPRESE STUFFED MUSHROOMS**

PREHEAT OVEN TO 425 DEGREES.

4 PORTOBELLO MUSHROOMS  
2 TBSP EXTRA-VIRGIN OLIVE OIL  
2 C. SHREDDED MOZZARELLA CHEESE  
1-PINT CHERRY OR GRAPE TOMATOES, HALVED  
2 CLOVES GARLIC, MINCED  
2 TBSP. FRESH BASIL, THICKLY SLICED  
KOSHER SALT  
BALSAMIC GLAZE, FOR DRIZZLING

PLACE MUSHROOMS ON A PARCHMENT-LINED BAKING SHEET AND BRUSH WITH OIL. ADD MOZZARELLA TO MUSHROOM CAPS AND TOP WITH TOMATOES. SCATTER WITH GARLIC AND BASIL AND SEASON WITH SALT. BAKE UNTIL MUSHROOMS ARE TENDER AND CHEESE IS MELTED - ABOUT 25 MINUTES. DRIZZLE WITH BALSAMIC GLAZE AND SERVE. YIELDS ENOUGH FOR 3-4 PEOPLE.

## **POWER BALLS**

2 CUPS OLD-FASHIONED OATS  
1 CUP EXTRA CRUNCHY PEANUT BUTTER  
1/2 CUP HONEY  
1/2 CUP MINI CHOCOLATE CHIPS  
1/2 CUP DRIED CRANBERRIES  
1/2 CUP SUNFLOWER SEEDS  
2 TBSP. GROUND FLAXSEED

COMBINE ALL INGREDIENTS IN A FOOD PROCESSOR, UNTIL BLENDED.

COVER AND REFRIGERATE FOR 30 MINUTES.

FORM THE MIXTURE INTO 30 BALLS.

WRAP EACH BALL INDIVIDUALLY IN FOIL OR PLASTIC WRAP AND STORE IN THE REFRIGERATOR.

## **SHRIMP and AVOCADO APPETIZERS**

**3/4 CUP REDUCED-CALORIE MAYONNAISE**

**1 TSP PREPARED WASABI PASTE**

**1/2 TSP SOY SAUCE**

**1/2 LARGE SEEDLESS CUCUMBER, CUT INTO 24 1/4-INCH-THICK SLICES**

**1/2 MEDIUM AVOCADO, QUARTERED AND CUT INTO 24 SLICES**

**8 OZ (ABOUT 24 SMALL) PEELED AND DEVEINED COOKED SHRIMP**

**2 LARGE RADISHES, FINELY CHOPPED**

**1/4 CUP WHOLE MINT LEAVES (FOR GARNISH)**

**STIR TOGETHER MAYONNAISE, WASABI PASTE AND SOY SAUCE UNTIL SMOOTH. PLACE CUCUMBER SLICES ON SERVING PLATTER, SPREAD EACH WITH 1/2 TSP WASABI MAYONNAISE. PLACE A SLICE OF AVOCADO ON TOP AND TOP EACH WITH A SHRIMP. SPRINKLE WITH RADISH AND TOP WITH A MINT LEAF. YIELDS 2**

## **PEACH SMOOTHIE**

2 CUPS MILK

2 CUPS FROZEN SLICED PEACHES

1/4 CUP ORANGE JUICE CONCENTRATE

2 TABLESPOONS SUGAR ( YOU MAY USE SPLENDA OR SUGAR SUBSTITUTE HERE)

5 ICE CUBES

PUT ALL OF THIS IN A BLENDER AND MIX. POUR INTO CHILLED GLASSES.

1 CUP = 143 CALORIES

# **CILANTRO-LIME SALMON**

## **INGREDIENTS**

**1/2 YELLOW ONION, ROUGHLY CHOPPED**

**1/2 TSP. GARLIC POWDER**

**3 LIMES, ZESTED AND JUICED, PLUS WEDGES FOR SERVING**

**2 TSP. GROUND CUMIN**

**1 TSP. KOSHER SALT**

**1/2 TSP. EACH GROUND BLACK PEPPER AND CRUSHED RED PEPPER FLAKES**

**1/4 C. OLIVE OIL**

**2 TBSP. HONEY**

**1 C. PACKED CILANTRO, STEMS AND LEAVES, PLUS ADDITIONAL LEAVES FOR SERVING**

**1 1/2 LB. SALMON, CUT INTO 4 FILLETS**

**COOKING SPRAY**

## **DIRECTIONS**

**COMBINE ALL INGREDIENTS EXCEPT FOR THE SALMON IN A BLENDER OR FOOD PROCESSOR AND PUREE UNTIL SMOOTH.**

**COMBINE SALMON AND MARINADE. MARINATE FOR AT LEAST ONE HOUR OR UP TO OVERNIGHT, OR FREEZE FOR UP TO 3 MONTHS IN COVERED BOWL OR BAG.**

**PREHEAT OVEN TO 450 DEGREES F. REMOVE FROM CONTAINER (DEFROST IF FROZEN) SHAKE OFF EXCESS MARINADE, AND DISCARD.**

**LIGHTLY SPRAY BAKING SHEET PAN WITH COOKING SPRAY, PLACE THE FILLETS, SKIN SIDE DOWN, AND ROAST UNTIL MEDIUM**

## ZUCCHINI NOODLES WITH AVOCADO PESTO & SHRIMP

PREP - 35 M    READY IN - 35 M

*"CUT SOME CARBS AND USE SPIRALIZED ZUCCHINI IN PLACE OF NOODLES IN THIS ZESTY PESTO PASTA DISH RECIPE. TOP WITH CAJUN-SEASONED SHRIMP TO COMPLETE THIS QUICK AND EASY DINNER."*

### INGREDIENTS

5-6 MEDIUM ZUCCHINI (2¼-2½ POUNDS TOTAL), TRIMMED  
¾ TEASPOON SALT, DIVIDED  
1 RIPE AVOCADO  
1 CUP PACKED FRESH BASIL LEAVES  
¼ CUP UNSALTED SHELLED PISTACHIOS  
2 TABLESPOONS LEMON JUICE  
¼ TEASPOON GROUND PEPPER  
¼ CUP EXTRA-VIRGIN OLIVE OIL PLUS 2 TABLESPOONS, DIVIDED  
3 CLOVES GARLIC, MINCED  
1 POUND RAW SHRIMP (21-25 COUNT), PEELED AND DEVEINED, TAILS LEFT ON IF DESIRED  
1-2 TEASPOONS OLD BAY SEASONING

### DIRECTIONS

USING A SPIRAL VEGETABLE SLICER OR A VEGETABLE PEELER, CUT ZUCCHINI LENGTHWISE INTO LONG, THIN STRANDS OR STRIPS. STOP WHEN YOU REACH THE SEEDS IN THE MIDDLE (SEEDS MAKE THE NOODLES FALL APART). PLACE THE ZUCCHINI "NOODLES" IN A COLANDER AND TOSS WITH ½ TEASPOON SALT. LET DRAIN FOR 15 TO 30 MINUTES, THEN GENTLY SQUEEZE TO REMOVE ANY EXCESS WATER.

MEANWHILE, COMBINE AVOCADO, BASIL, PISTACHIOS, LEMON JUICE, PEPPER AND THE REMAINING ¼ TEASPOON SALT IN A FOOD PROCESSOR. PULSE UNTIL FINELY CHOPPED. ADD ¼ CUP OIL AND PROCESS UNTIL SMOOTH.

HEAT 1 TABLESPOON OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD GARLIC AND COOK, STIRRING, FOR 30 SECONDS. ADD SHRIMP AND SPRINKLE WITH OLD BAY; COOK, STIRRING OCCASIONALLY, UNTIL THE SHRIMP IS ALMOST COOKED THROUGH, 3 TO 4 MINUTES. TRANSFER TO A LARGE BOWL.

ADD THE REMAINING 1 TABLESPOON OIL TO THE PAN. ADD THE DRAINED ZUCCHINI NOODLES AND GENTLY TOSS UNTIL HOT, ABOUT 3 MINUTES. TRANSFER TO THE BOWL, ADD THE PESTO AND GENTLY TOSS TO COMBINE.

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