



# Roasted Veggie Wrap with Pesto & Hummus

Recipe Submitted By: Chef Rebecca Mezick



## INGREDIENTS:

- Tortilla Wrap
- Red Onion
- Red Pepper
- Green Pepper
- Mushroom
- Zucchini
- Pesto
- Fresh Basil
- Fresh Garlic
- Parmesan Cheese
- Oil
- Splash of Lemon juice
- Hummus
- Chick Peas Rinsed
- Olive Oil
- Juice of 1 lemon
- Chopped Parsley
- Garlic Cloves
- Tahini

## DIRECTIONS:

1. Prepare vegetables into desired cut. Drizzle with oil & season to taste. Roast until tender. Set aside.
2. Blend all pesto ingredients to desired consistency.
3. Blend all hummus ingredients in a food processor until smooth.
4. Warm the wrap in a pan on low heat, spread the hummus evenly on the wrap and drizzle pesto on top of the hummus.
5. Add your veggies, fold wrap, and grill on both sides! Serve!



# EASY TUSCAN BEAN SOUP

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Recipe Submitted By: Chef Rebecca Mezick

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## INGREDIENTS:

- 1 Medium Yellow Onion, Diced
- 2 Medium Carrots, Diced
- 1 Medium Zucchini, Diced
- 4 Cloves Garlic, Pressed
- 1/4 Tsp Red Pepper Flakes
- 1/4 Tsp Dried Thyme
- 1/2 Tsp Dried Rosemary
- 1 Qt Low Sodium Veg or Chicken Stock
- 2 (14oz) Cans Cannellini Beans Rinsed
- 1 (14oz) Can NSA Dice Tomato w/ Juices
- 1 Tsp Fresh Ground Black Pepper
- 1 Tbsp White Sugar
- 1 Tbsp White Wine Vinegar
- Chopped Kale (if desired)

## DIRECTIONS:

1. Heat 2 Tbsp oil over medium heat in a heavy bottom pan. Add Vegetables and sauté for 4 minutes.
2. Add Garlic, Red Pepper Flakes, Thyme, Rosemary. Cook 30 seconds.
3. Stir in Broth, Beans, Tomatoes. Bring Contents to a boil, then turn down to low heat and add chopped kale (if desired). Cover Pot and Simmer 15 minutes.
4. Add Pepper, Sugar & Vinegar. Adjust Seasonings to Taste.
5. Serve topped with Parmesan or Dubliner Cheese and a side of Crusty Bread.

\*\*\*\*(Optional- Use immersion blender to partially puree soup for thickness)



# BUILD A HEALTHIER CHICKEN SALAD

Recipe Submitted By: Chef Audrey Racaniello



## INGREDIENTS:

- 2 Slices of Bread
- 1 Lettuce Leaf
- 1 Tomato Slice
- 1 Tbsp Light Mayo
- 1 Tbsp Fat-Free Plain Greek Yogurt
- 2 Dashes Garlic Powder
- 2 Oz Diced Chicken Breast
- 1 Tbsp Finely Chopped Celery
- 1 Tbsp Finely Chopped Red Onion
- 2 Tsp Sliced Almonds
- 2 Tsp Craisins or Apples

## DIRECTIONS:

1. If you like, toast bread to desired darkness.
2. In a bowl, combine mayo, yogurt, and garlic powder.
3. Mix well.
4. Add all remaining ingredients, stirring to coat.
5. Spoon Chicken mixture over tomato & lettuce and top with remaining slice of bread.
6. Serve!



# GARDEN MINESTRONE

Recipe Submitted By: Chef Justin Michaud



## INGREDIENTS:

- 2 Tsp Olive Oil
- 1 Cup Chopped Onion
- 1 Tsp Chopped Oregano
- 4 Garlic Cloves, Minced
- 3 Cups Chopped Yellow Squash
- 3 Cups Chopped Zucchini
- 1 Cup Chopped Carrot
- 1 Cup Corn Kernels
- 4 Cups Chopped Tomato
- 5 Cups Low Sodium Chicken Broth
- 1/2 Cup Uncooked Ditalini Pasta
- 1 Can Great Northern Beans Rinsed
- 1 Package Fresh Baby Spinach

## DIRECTIONS:

1. Heat Oil in a Heavy Bottom Pan, Adding Onion, Sautéing till soft. Add oregano and garlic. Stir in Squash, Zucchini, Carrot, and Corn. Sauté 5 minutes or until vegetables are tender.
2. Place 1/2 of the Tomatoes and 1/2 of the Broth in a blender until smooth. Add to pan. Stir in remaining Tomatoes and Broth and bring to a boil. Reduce Heat and Simmer for 20 minutes.
3. Add pasta and beans to pan. Cook until pasta is tender. Remove from heat, stir in Spinach and 1/2 Tsp Pepper. Ladle Soup into bowls.
4. Serve!

# SPICY CHICKEN QUINOA SOUP

Recipe Submitted By: Chef Heather Puglisi



## INGREDIENTS:

- 1 Cup Diced Onion
- 2 Garlic Cloves, Chopped
- 2 Tomatoes, Peeled & Diced
- 2 Carrots, Peeled & Chopped
- 1 Tsp Paprika
- 2 Tsp Cumin
- 2 Cups Cooked Chicken Breast Shredded
- 2 Cups Water
- 4 Cups Low Sodium Chicken Broth
- 2 Cups Frozen Peas
- 2 Cups Cooked Quinoa
- 4 Tbsp Chopped Parsley
- 3 Tbsp Chopped Cilantro

## DIRECTIONS:

1. Heat the olive oil over medium heat in a large heavy bottom soup pot.
2. Sauté diced onions & garlic about 5 minutes. Add tomatoes, carrots, paprika & cumin and cook for another 5 minutes, stirring often.
3. Add the chicken broth and water, increase the heat to high and bring to a boil. Add the peas, cooked quinoa, shredded chicken, chopped parsley & cilantro.
4. Add pepper to taste.
5. Reduce heat to low and simmer for 25 minutes. Serve!

\*\*\*\*Optional- Serve with diced avocado on top!





# CHICKEN, MUSHROOM & ROASTED PEPPER SANDWICH

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Recipe Submitted By: Chef Justin Michaud

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## INGREDIENTS:

- Boneless Chicken Breast
- Mushrooms
- Roasted Red Peppers
- Fresh Mozzarella Cheese
- Honey Balsamic Glaze
- Onion Focaccia Roll
- Fresh Garlic
- Olive Oil

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## DIRECTIONS:

1. Season Chicken Breast to taste and grill until an internal temp of 165 degrees is reached.
2. Sauté Mushrooms in olive oil with fresh garlic until tender.
3. Place grilled chicken in an oven ready pan. Top with sautéed mushrooms, roasted peppers and sliced mozzarella and place in oven or broil until cheese is melted.
4. Transfer chicken and toppings onto the sliced focaccia roll and drizzle with balsamic glaze.

\*\*Honey Balsamic Glaze can be made by combining honey w/ balsamic dressing



# CHOPPED MEXICAN SALAD

Recipe Submitted By: Chef Richard Scaife



## INGREDIENTS:

- 1 Tbsp Olive Oil
- 1/2 Bag Spinach
- 1 Can Black Beans Rinsed and Drained
- 1 Can Whole-Kernel Sweet Corn
- 1 Bell Pepper, Chopped
- 1 Avocado, Chopped
- Pepper to Taste
- Garlic to Taste
- Hot Sauce to Taste
- 1 Bag Chopped Romaine

## DIRECTIONS:

1. Pour Olive Oil into a large skillet and sauté spinach until wilted.
2. Transfer Spinach into a large serving bowl.
3. Add remaining ingredients.
4. Add pepper, garlic and hot sauce to taste.
5. Chill until cool.
6. Serve over a bed of Romaine lettuce.

\*\*\*\*Optional- Garnish with Red & Black Tortilla Strips



# CREAMLESS CREAMY SWEET POTATO SOUP

Recipe Submitted By: Chef Richard Scaife



## INGREDIENTS:

- 2 Tbsp Olive Oil
- 1 Small Onion, Diced
- Freshly Ground Black Pepper
- 1 Shallot, Diced
- 1/2 Tsp Cinnamon
- 2 Cloves Garlic, Chopped
- 3-4 Sweet Potatoes, Peeled & Chopped
- 4 Cups Low Sodium Chicken Stock
- \*(Vegetable Stock may be used)
- 1 Tsp Paprika

## DIRECTIONS:

1. In a large pot, heat oil over medium heat. Add Onion and shallot, and season lightly to taste. Cook about 5 minutes.
2. Add Garlic and cook 2 more minutes until fragrant.
3. Stir in sweet potatoes, stock, cinnamon, and paprika. Bring mixture to a boil. Reduce heat and simmer for 30 minutes until sweet potatoes are tender.
4. Using a blender, stick blender, or food processor, puree mixture. Return mixture to pot. Season to taste.
5. Serve!

\*\*\*\*Optional-Garnish with Cinnamon Stick