



A menu of recipes members love

Make a tasty meal for your special night in

Put on your chef's hat and cook up a full-course meal or any dish that looks tasty. No matter what ends up on your plate, these all-time favourite recipes will make for a special evening!

Dinner du'jour

STARTERS

Spicy Summer Bruschetta



12 ripe plum tomatoes, washed and cored, sliced into quarters

3-4 garlic cloves, peeled

8 fresh basil leaves, cleaned and chopped into small pieces

2 Tbsp fresh lime juice

1 jalapeño pepper, washed, sliced in half, and seeds removed

Salt and ground pepper to taste

Instructions: Finely chop tomatoes, garlic cloves, and jalapeño pepper by hand or in a food processor. Place into a large serving bowl. Add basil leaves, lime juice, salt, and pepper. Mix well and adjust seasonings as needed. Serve at room temperature with sliced whole grain bread, whole grain crackers, or on top of whole wheat pasta with a dash of Parmesan cheese.

Tip: If time allows, chill for at least 3 to 4 hours before bringing to room temperature and serving.

Serve it on whole wheat toast or use it as a dip for crunchy celery sticks!

Makes: 8 servings | **Serving size:** ½ cup

Calories: 20 | **Total fat:** 0 g | **Saturated fat:** 0 g

Cholesterol: 0 mg | **Sodium:** 110 mg | **Total carbs:** 3 g

Fibre: 1 g | **Sugars:** 0 g | **Protein:** 1 g | **Potassium:** 11 mg

Supper special

Southern-style Soup with Greens



1 bunch fresh collard greens (about 3 cups)

2 tsp olive oil

2 medium onions, diced

4 cups low-sodium chicken broth

2½ cups water

5 slices smoked turkey bacon, diced

6 large carrots, peeled and cut into ¼-inch slices

1 bay leaf

¼ tsp dried thyme

¼ tsp black pepper

3½ cups red potatoes, coarsely chopped

Instructions: Thoroughly wash collards and drain in a colander. Cut or tear leaves from stems and discard stems. Tear leaves into small bite-sized pieces. Pour oil into a medium-size saucepan. Place over medium heat and add onions. Cook for 5-6 minutes while stirring occasionally, until soft. Add broth, water, and bacon and bring to a boil. Stir in collards and cook about 3 minutes or until slightly wilted. Stir in carrots, bay leaf, thyme, and pepper. Return to a boil, cover, lower heat, and simmer for about 10 minutes. Stir in potatoes, cover, and continue simmering for another 25-30 minutes or until collards are tender. Remove bay leaf and discard. Serve hot.

Makes: 4-6 servings | **Serving size:** 1 cup

Calories: 177 | **Total fat:** 4 g | **Saturated fat:** 4 g

Cholesterol: 5 mg | **Sodium:** 220 mg | **Total carbs:** 29 g

Fibre: 5 g | **Sugars:** 6 g | **Protein:** 7 g | **Potassium:** 249 mg

MAINS

Balsamic Glazed Chicken



450 g chicken breasts
2 Roma tomatoes, sliced
1 cup shredded mozzarella cheese
4 cups mixed greens
3 Tbsp fresh basil, sliced thin

1 tsp salt
¼ tsp pepper
½ cup balsamic vinegar
1 Tbsp extra virgin olive oil

Instructions: Pound chicken breasts thin and trim the fat. Add 1 Tbsp of olive oil to a skillet and heat over medium-high heat. Season chicken with salt and pepper on both sides and cook 4-6 minutes per side. When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato. Turn off heat, put on the lid, and let cheese melt for a minute or two. Top with basil and serve with mixed greens. *Buon appetito!*

Makes: 4 servings | **Serving size:** ¼ recipe

Calories: 497 | **Total fat:** 24 g | **Saturated fat:** 0 g

Cholesterol: 0 mg | **Sodium:** 443 mg | **Total carbs:** 28 g

Fibre: 9 g | **Sugars:** 0 g | **Protein:** 40 g | **Potassium:** 212 mg

Pork Chop with Cheddar Potatoes and Broccoli



4 small potatoes, cut into 2.5 cm cubes
¼ tsp of salt
4 small potatoes, cut into 2.5 cm cubes
¼ tsp of black pepper
4 tsp olive oil
4 (115 g) boneless pork chops
4 cups broccoli florets
½ cup (low sugar) BBQ sauce
½ cup grated cheddar cheese

Instructions: Preheat oven to 350° F. Cut potatoes and coat with olive oil. Mist a baking sheet with nonstick cooking spray and lay out pork chops, broccoli, and potatoes in a single layer. Add salt and pepper and bake 30 minutes or until internal temp of pork reaches 160° F. Spread BBQ sauce on top of pork chops, and top potatoes and broccoli with grated cheddar. Return to oven and heat 3 to 5 minutes, until cheese is melted. Enjoy!

Makes: 4 servings | **Serving size:** ¼ recipe

Calories: 460 | **Total fat:** 25 g | **Saturated fat:** 0 g

Cholesterol: 0 mg | **Sodium:** 541 mg | **Total carbs:** 22 g

Fibre: 6 g | **Sugars:** 0 g | **Protein:** 37 g | **Potassium:** 566 mg

SIDES

Mashed Cauliflower with Chives



1 medium head cauliflower, chopped
6 cups water
1 Tbsp cream cheese, softened
1 Tbsp butter
1/4 cup low sodium grated Parmesan cheese

2 garlic cloves, minced
2 Tbsp milk
1/4 tsp salt
1/8 tsp white pepper
1/2 tsp fresh chives, chopped

Instructions: Bring 6 cups water to boil in large pot. Add cauliflower and cook for 7 minutes. Drain into a colander and immediately return to pot. Add cream cheese, butter, Parmesan cheese, garlic, milk, salt, and pepper. Puree with immersion wand until creamy and smooth. If you don't have an immersion wand, blend all ingredients in food processor until smooth. Garnish with chopped chives.

Makes: 4 servings | **Serving size:** 1/4 recipe

Calories: 102 | **Total fat:** 6 g | **Saturated fat:** 4 g

Cholesterol: 16 mg | **Sodium:** 221 mg | **Total carbs:** 9 g

Fibre: 4 g | **Sugars:** 0 g | **Protein:** 6 g | **Potassium:** 464 mg

Roasted Cauliflower



1 head cauliflower, cut into small florets, stem peeled and diced
1 Tbsp olive oil
1 tsp kosher salt
1/2 tsp fresh ground pepper

4 garlic cloves, smashed
1 Tbsp hot sauce
2 Tbsp fresh lemon juice
2 Tbsp panko bread crumbs
Nonstick cooking spray

Instructions: Preheat oven to 450 degrees. Place large sauté pan over medium-high heat. Spray pan with nonstick cooking spray. Add cauliflower to pan and sauté for 3 minutes. Add garlic to pan and sauté for another 2 to 3 minutes. Remove from heat and stir in olive oil, salt, pepper, and bread crumbs. Place pan in oven and roast for 15 to 20 minutes, stirring every 5 minutes. Cauliflower should be lightly browned. Remove pan from oven and place contents in a large serving bowl. In a small bowl, whisk together hot sauce and lemon juice. Pour over cauliflower, toss well, and serve.

Makes: 4 servings | **Serving size:** 1/4 recipe

Calories: 116 | **Total fat:** 4 g | **Saturated fat:** 0 g

Cholesterol: 0 mg | **Sodium:** 428 mg | **Total carbs:** 17 g

Fibre: 5 g | **Sugars:** 0 g | **Protein:** 4 g | **Potassium:** 400 mg

AFTER-DINNER DRINKS

Bedtime Latte



1½ cups hot water
4 chamomile tea bags
½ tsp lavender

1 tsp honey (with no added sugar)
½ cup unsweetened almond milk or nonfat milk

Instructions: Steep the tea bags and lavender in the hot water for 4-5 minutes. Heat milk in the microwave for about 30 seconds. Add the tea, honey, and milk into a blender and blend on high for 10 seconds. Pour into your mug and enjoy.

Makes: 2 servings | **Serving size:** 1 cup
Calories: 51 | **Total fat:** 1 g | **Saturated fat:** 0 g
Cholesterol: 0 mg | **Sodium:** 92 mg | **Total carbs:** 9 g
Fibre: 1 g | **Sugars:** 9 g | **Protein:** 1 g | **Potassium:** 84 mg

Hot Apple Cider



3 cinnamon sticks
1 tsp black peppercorns
½ tsp whole cloves
¼ tsp ground nutmeg

4 cups unsweetened apple juice
½ Tbsp orange zest
Dash of maple syrup, optional for added sweetness

Instructions: Combine cinnamon sticks, peppercorns and cloves in a saucepan and cook over medium-high heat for about 4-5 minutes, stirring frequently. Add the nutmeg, apple juice, and orange zest and stir to combine. Bring to a boil.

Reduce heat and simmer for 15-20 minutes. Pour cider mixture through a fine-mesh sieve into a mug. Allow to cool slightly.

Makes: 4 servings | **Serving size:** 1 cup
Calories: 117 | **Total fat:** 0 g | **Saturated fat:** 0 g
Cholesterol: 0 mg | **Sodium:** 11 mg | **Total carbs:** 29 g
Fibre: 1 g | **Sugars:** 24 g | **Protein:** 0 g | **Potassium:** 250 mg



Whether you're ready for some fine dining or looking to keep it simple, we've got your evening covered. You might even end up with leftovers you'll look forward to!

