



## 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

### 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

## STARTERS

## 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



## 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  
**4 tsp** olive oil  
**4 (115 g)** boneless pork chops  
**4 cups** broccoli florets  
**⅛ tsp** of salt  
**⅛ tsp** of black pepper  
**¼ 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

## Mashed Cauliflower with Chives



**1** medium head cauliflower, chopped  
**2** garlic cloves, minced  
**2 Tbsps** milk  
**¼ tsp** salt  
**1 Tbsp** cream cheese, softened  
**⅛ tsp** white pepper  
**1 Tbsp** butter  
**½ tsp** fresh chives, chopped  
**¼ cup** low sodium grated Parmesan cheese

**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:** ¼ 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  
**4** garlic cloves, smashed  
**1 Tbsp** hot sauce  
**2 Tbsp** fresh lemon juice  
**1 Tbsp** olive oil  
**2 Tbsp** panko bread crumbs  
**1 tsp** kosher salt  
**½ tsp** fresh ground pepper  
 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:** ¼ 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



## 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!