



Mpls Home & Garden Show Recipes

Brown Rice Pecan Pilaf

1	Cup	Brown Rice
1/2	Tblspn	Pure Olive Oil
1/4	Cup	Small Diced Onion
1	Tblspn	Chopped Garlic
1/4	Cup	Small Diced Celery
1/4	Cup	Chopped Pecans
2 1/4	Cup	Chicken or Vegetable broth
1/4	Tspn	Fresh Ground Pepper
1	Tspn	Thyme
1		Bay Leaf

Heat oil over medium burner

Add vegetables and cover, stirring occasionally until vegetables are soft-about 5 minutes

Add rice and nuts, stir 2-3 times per minute for 3 minutes to toast rice

Add broth and herbs and bring to a boil over high heat, stir once

Cover rice and lower heat to barely a simmer (lazy bubble)

Cook for 45 minutes, remove from heat, leave covered for 10 minutes

Uncover, fluff with fork and serve

Orange Thyme Salmon

4	4oz	Salmon Fillet Portions
1	Tblspn	Pure Olive Oil
3	Tblspn	Dijon Mustard
1	tspn	Chopped Garlic
1	Tblspn	Fresh Thyme + Sprigs for garnish
		Salt & Pepper
2		Oranges, peeled and sliced or segmented

Combine S & P, olive oil, mustard, garlic and thyme, (and any orange juice from peeling) and rub this mixture all over salmon fillets

Heat grill to high, sear salmon, skin side up, reduce heat to medium

Cook salmon 5 minutes, turn and cook an additional 3 minutes or to desired doneness

Top with Oranges and cook an additional 2 minutes

To Broil- Heat broiler to high, place salmon on broiler pan 3-5 inches from the broiler. Cook approx 5 minutes, top with oranges and cook an additional minute or until desired doneness

Remove the salmon from the grill (or broiler) to a clean plate, cover and let rest 5 minutes before serving

Homemade Pizza

Mission Whole-wheat tortilla

Low carb pizza or pasta sauce

Fat free mozzarella

Chicken or ground turkey

Veggies and spices to taste

Preheat oven to 375 degrees. Grease baking pan with olive oil and wipe remainder.

Cook chicken or turkey. Place aside. Add sauce to wrap and all other ingredients

Cook for 10-12 minutes or until desired crispiness is obtained.

Spinach & Tomatoes

1	Bag	Fresh Baby Spinach (or frozen)
1/2	Tblspn	Pure Olive Oil
3	Clove	Garlic, sliced or chopped
1	28 oz Can	Diced tomatoes
1	15 oz Can	Canelinni Beans (white kidney beans)
6		Fresh Basil Leaves, Chiffonade
1/4	Tspn	Fresh Ground Pepper
		Salt to taste

Warm oil and brown garlic slowly

Break up the whole tomatoes and add to the garlic with the juice

Add S & P

Bring to a simmer with the basil

Add beans and spinach and continue to simmer until wilted

Serve with entrée

This recipe works well with many greens, the tougher the greens, the longer they will need to simmer to become tender though.

Broccoli florets and kale also work well in this recipe

Southwest Chicken Whole-Wheat Wraps

1 Tortilla

2 Tbls. Hummus

Pepper Slices

Red Onion

Spinach

2 Tbls. Salsa

2 oz. Chicken Cubed

¼ of an Avocado

Cut/Dice veggies and cooked/grilled chicken breast, set aside. Spread hummus on 1 wrap.

Add ingredients and spinach. Roll-up and eat.

Nutrition information per serving (one wrap) calories: 345, carbohydrates: 36g, Fats: 14.75g, Protein: 21g. Southwest Whole-Wheat Tortilla Wraps

Spicy Curry Turkey Burger

Spicy Curry Turkey Burger

One Package – O'Jennio Lean Ground Turkey

1 Small Jalapeno

1/4 cup Red Onion

½ Cup Red Pepper Diced

1 Glove garlic pressed

1 tablespoon Curry Powder

1 tablespoon Chili Powder

1 egg white

1 teas Lawry's Season Salt

S & P to taste

Cut & Dice veggies. Combine above ingredients in bowl. Stir and add seasoning, separate into 5 patties. Grill and serve with melted Pepper Jack Cheese & Avocado Slices on Whole Wheat Bun.

Add salsa if you like!