

Black Bean and Couscous Salad

MG Newsletter, Julie Hyske

Ingredients Serves 8

1 cup uncooked couscous
1¼ cups chicken broth
3 tbsp extra virgin olive oil
¼ cup fresh lime juice
1 tsp ground cumin
5 green onions, chopped
1 medium red bell pepper, seeded and chopped
½ cup sliced black olives
¼ cup chopped fresh cilantro
1 cup frozen corn kernels, thawed
1 (15 ounce) cans black beans, rinsed and drained
salt and pepper to taste
shredded cotija cheese as a garnish



Bring chicken broth to a boil in a 2-quart or larger saucepan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes. In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, black olives, cilantro, corn and beans and toss to coat. Fluff the couscous well, breaking up any chunks. Add to the bowl with the vegetables and mix well. Season with salt and pepper to taste, garnish with cotija cheese and serve at once or refrigerate until ready to serve.

Fruit Pizza

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Ingredients serves 12

For the crust:

16 ounce roll sugar cookie dough,
cooking spray or parchment paper

For the frosting: 8 ounces cream
cheese softened

4 tbsp unsalted butter softened

¼ tsp salt 2 cups powdered sugar

½ tsp vanilla extract 1 tsp milk

For the topping or glaze:

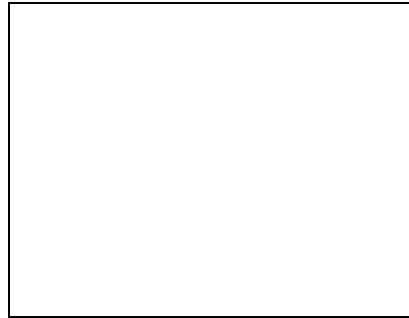
3 cups fresh fruit such as sliced kiwi, blueberries, raspberries, blackberries,
grapes, cherries

½ cup apricot jam strained or strawberry glaze

Preheat the oven to 350°F. Coat a 12-inch pizza pan with cooking spray or cut a circle of parchment paper to fit pan. Press the cookie dough evenly into the pan. Bake for 12-14 minutes or until light golden brown. Let the crust cool completely in the pan.

To make the frosting, place the butter and cream cheese in a bowl; beat with a mixer for 3 minutes or until thoroughly combined. Add the sugar, vanilla, salt and milk and beat for an additional 3-5 minutes on high until frosting is light and fluffy. Spread the frosting over the crust. If using strawberry glaze simply spread over frosting. Arrange the fruit on top. (If using the apricot jam, heat in the microwave for 10 seconds or until melted.) Brush the jam over the fruit. Cover and chill for 6 hours before serving.

Serves 12



Bruschetta Chicken

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For the chicken:

4 thinly sliced boneless skinless
chicken breasts

¼ cup olive oil

2 tbsp lemon juice

1 tsp salt

1 tsp Italian seasoning or equal parts
garlic powder,

dried oregano and dried basil ½ tsp pepper

4 slices mozzarella cheese

2 tbsp balsamic glaze

For the bruschetta topping:

1 ½ cups tomatoes diced

1 tsp garlic finely minced

1 tbsp olive oil

¼ cup thinly sliced basil leaves

¼ cup red onion minced salt and pepper to taste

In a large bowl or resealable bag, mix together the olive oil, lemon juice, salt, Italian seasoning, and pepper. Add the chicken breasts and marinate for at least 30 minutes or up to 4 hours. Preheat a grill pan to medium high.

Remove the chicken from the marinade and place on the pan. Cook for 4-5 minutes on each side or until done. Place the cheese slices on top of the chicken. Cover the pan and cook until cheese is melted, 2-3 minutes. While the chicken is cooking, make the bruschetta topping. In a medium bowl, combine the tomatoes, garlic, olive oil, red onion, basil, salt and pepper. Let stand for 10 minutes. Spoon the bruschetta mixture over the chicken. Drizzle with balsamic glaze and serve.

Serves



Creamy Parmesan Spinach Bake

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Ingredients Serves 12

- 3 packages (9 oz each) fresh baby spinach
- 1 small red onion, chopped
- 1 tbsp butter
- 1 package (8 oz) cream cheese, cubed
- 1 cup sour cream
- ½ cup half-and-half cream
- ½ cup plus 3 tablespoons grated Parmesan cheese, divided
- 3 garlic cloves, minced
- ⅛ tsp pepper
- 2 cans (14 oz each) water-packed artichoke hearts, rinsed, drained and chopped
- 1 tbsp snipped fresh dill
- 12 butter-flavored crackers
- ¼ tsp seasoned salt

Preheat oven to 350°. Place half of the spinach in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 3-4 minutes or just until wilted. Transfer to a large bowl. Repeat with remaining spinach; set aside. In a large saucepan, sauté onion in butter until tender. Reduce heat to low; stir in the cream cheese, sour cream, half-and-half, ½ cup Parmesan cheese, garlic and pepper. Cook and stir until cream cheese is melted. Stir in the artichokes, dill, seasoned salt and spinach. Transfer to an ungreased 2-qt. baking dish. Sprinkle with cracker crumbs and remaining Parmesan cheese. Bake, uncovered, for 20-25 minutes or until edges are bubbly.

Strawberry No-Bake Cheesecake in a Jar

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Ingredients Serves 4

1b fresh strawberries (washed, cored, and sliced)
2 tbsp granulated sugar
1 cup heavy cream
¼ cup powdered sugar
1 (8 oz) package cream cheese
1 (14 oz) can sweetened condensed milk
1 tbsp vanilla bean paste (or vanilla extract)
2 tbsp fresh lemon juice
1 (5 oz) box shortbread cookies
2 tbsp unsalted butter, melted

Sprinkle strawberries with sugar and toss to coat. Set aside. In a tall mixing bowl, whip the cream with an electric mixer fitted with the whisk attachment. Once trails begin to form, turn the mixer off and add powdered sugar and continue to whip until stiff peaks form. Place whipped cream in the refrigerator until ready to serve. In a medium mixing bowl combine cream cheese, milk, vanilla and lemon juice. Beat with an electric mixer until mixture is smooth. Place in the refrigerator until ready to serve.

Place cookies in a blender or food processor to crush. Blend on low until you have all cookie crumbs. Pour into a small bowl and combine with butter. Mix until all cookie crumbs are moist. Divide cookie mixture into 4 dishes (we used mason jars). Gently pat cookies down with a spoon or your fingers. Add cheesecake filling, divided evenly between jars. Top with 1/4 of strawberries in each jar. Add a dollop of whipped cream. Refrigerate 2 hours, or until ready to serve. Cheesecake keeps for several days in the fridge, covered.

Creamy Asparagus Soup

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Ingredients Serves 6

1 tbsp butter
1 tbsp olive oil
1 small onion, chopped
4 cups cut fresh asparagus (1-inch pieces)
3 medium red potatoes, peeled and cubed
2 cans (14½ ounces each) vegetable broth
2 tsp grated lemon zest
½ tsp salt
½ tsp pepper
¼ tsp ground coriander
¼ tsp ground ginger
Garnish: ¼ cup minced chives
¼ cup creme fraiche or sour cream
1 tbsp lemon juice
½ tsp grated lemon zest

In a large saucepan, heat butter and oil over medium-high heat. Add onion; cook and stir until tender. Add asparagus and potatoes; cook 3 minutes longer. Stir in broth, lemon zest and seasonings. Bring to a boil. Reduce heat; simmer, covered, 15-20 minutes or until potatoes are tender. Cool slightly. Process soup in batches in a blender or use an immersion blender until smooth. Return all to pan and heat through. Combine garnish ingredients; serve with soup.

Potato Salad with Green Beans and Asparagus

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Ingredients: serves 4-6

- 1 pound of new potatoes –about 15 small new potatoes
- 1 pound of green beans
- 1 bunch of asparagus
- 2 Tbsp minced red onion
- 1 Tbsp minced parsley
- 1 large handful of walnuts
- 4 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 large clove of garlic –put through a garlic press
- 1 tsp of black pepper and salt

Slice new potatoes in half or quarters (depending on size) and place in a large pot. Cover with cold water and bring to a boil. Turn down the heat to a slow boil and cook for 12 to 15 minutes or until fork tender.

Trim green bean ends and cut green beans in half. Snap off tough ends of asparagus and then slice asparagus into an equal size as the green bean pieces.

While potatoes are cooking, bring another pot of water to a boil. Once it's boiling add both the green beans and asparagus to the boiling water. Cook for 4 to 5 minutes. Prepare an ice bath (large bowl with half ice and half water). When the green beans and asparagus are ready –drain in a colander and then plunge into ice bath. Let them sit in the ice bath until completely cool.

Prepare vinaigrette by whisking together olive oil, red wine vinegar, Dijon mustard, minced garlic, black pepper and salt. Mince red onion and set aside. Mince the parsley and set aside.

Drain the potatoes when ready, add to a bowl, add half the vinaigrette to the warm potatoes and toss to coat the potatoes. Drain the green beans and asparagus from the ice bath. Pat green beans and asparagus with paper towel so they are mostly dry. Add green beans, asparagus, red onion, parsley and walnuts to potatoes. Toss with the remaining vinaigrette and serve.

Panna Cotta with Strawberry Sauce

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Ingredients Serves 6-8

1 cup whole milk
1 packet (2½ tsp) unflavored gelatin
½ cup + 1 Tbsp sugar
pinch of salt
1 tsp vanilla extract
1 cup sour cream
2 cups heavy whipping cream

Off the heat, place 1 cup milk in a medium sauce pan and sprinkle the top with 1 packet gelatin. Let stand 3-5 min or until gelatin is softened. Place pan over medium/low heat and stir until gelatin dissolves and mixture is steaming, about 4-5 min (do not boil). Add 2 cups heavy whipping cream, ½ cup + 1 Tbsp sugar, 1 tsp vanilla and a pinch of salt. Continue stirring about 5 min until sugar is fully dissolved and mixture is steaming (do not boil). Remove from heat and let cool 5 minutes.

Place sour cream in a medium bowl with a pouring lip. Whisking constantly, gradually add warm cream. Once the mixture is completely smooth, divide it into 6 wine glasses or 8 ramekins. Refrigerate until fully set; 4 to 6 hours.

Berry sauce:

2 cups berries (I used strawberries, raspberries and blackberries)
3 Tbsp granulated sugar
½ Tbsp lemon juice

In a small sauce pan, combine 1 cup berries, ½ Tbsp lemon juice and 3 Tbsp sugar. Bring to a low boil and cook 4-5 min or until syrupy. Stir in

remaining 1 cup of fresh berries and remove from heat. When syrup is at room temp or just barely warm, spoon it over the top of chilled panna cotta