



Ham and Cheese Pinwheels



8 Servings



20min

INGREDIENTS

2 sheets of puff
pastry

3 tbs. of dijon
mustard

12 oz. of sliced
deli ham

1 tbs. cocoa

2 cups of grated
cheddar

NOTES

Make it fancier by brushing it lightly with an egg and sprinkling with sesame seeds or “everything bagel” seasoning.

DIRECTIONS

1. Unfurl the pastry and pinch seams, then roll it into a 10×12-inch rectangle. Spread with 1 1/2 tablespoons mustard, leaving a 1/2-inch border on all sides. Lay 6 ham slices on top, overlapping as needed. Sprinkle with 1 cup cheese.
2. Roll Pastry into a log and repeat with the second pastry. Chill in freezer for 25min in order to firm up the log. Slice into half inch pinwheels and bake at 375F for 20mins or until golden brown.



Oven Fries



4 servings



35 min.

INGREDIENTS

1. 2 Russet potatoes,
cut lengthwise, into thin
wedges.

2. 1/4 cup extra-virgin
olive oil

3. Kosher Salt

NOTES

For something a bit more special, finish
the fries parmesan cheese, grated garlic,
and parsley. Live a little!!!

DIRECTIONS

1. Preheat Oven to 425F. Place in a
baking sheet to warm up.
2. Toss potatoes in oil and sprinkle
kosher salt or other favorite seasoning
on top in a large bowl.
3. Roast for 30-35min. shaking
periodically until fries are brown and
crispy.



Grilled Greek Chicken Nuggets



4 servings



20min.

INGREDIENTS

1. 1.5 lbs. of chicken breast

For Marinade:

2. 1 cup of Extra-Virgin Olive Oil

3. 1/3 cup of fresh lemon juice

4. 1 garlic clove crushed

5. 1 tbs. of thyme

6. 1 tbs. of oregano

7. 1 tbs. of salt.

NOTES

Serve with tsatsiki sauce and veggies for a complete meal.

DIRECTIONS

1. Slice chicken breast into chunks about the size of your thumb. place in bowl or plastic bag.
2. Combine ingredients for marinade together, place chicken in and marinate for 2-3 hours. *Do not do so for much longer as the acid in the lemon juice can cook the outside of the chicken.
3. Preheat oven to 425.
4. Drain marinade. Salt and Pepper. Roast in oven for 15 minutes flipping the nuggets in between or until juices run clear or for the grilled flavor skewer them and grill for 6 minutes on each side.



Two Ingredient Flat Bread



4 servings



10 min

INGREDIENTS

1. 1 cup of Greek Yogurt
2. 1 1/4 cup of self rising flour

DIRECTIONS

1. Combine yogurt and flour into a loose dough
2. Knead on a lightly floured work surface until smooth, adding flour as necessary.
3. Roll out into a 9x7 rectangle and divide into desired size.
4. In an oiled pan or griddle, cook at medium high heat until good amount of browning on one side, flip and continue on other side until browned.

NOTES

This flat bread works for indian recipes too!!.



Tzatsiki



6 servings



5 min

INGREDIENTS

- ½ cup finely grated cucumber
- 1 cup thick whole milk Greek yogurt
- 1 tablespoon fresh lemon juice
- ½ tablespoon extra-virgin olive oil
- 1 garlic clove, grated
- ¼ teaspoon sea salt
- 1 tablespoon chopped fresh dill

NOTES

Great as a dip with vegetables.

DIRECTIONS

1. Juice cucumber by placing into a tea towel, and squeezing juice.
2. Combine cucumber flesh and rest of ingredients into bowl, chill, and serve.



Baklava



30 Servings



1hr 15min

INGREDIENTS

- 16 oz phyllo dough, thawed by package instructions
- 1 1/4 cups unsalted butter, 10 oz or 2 1/2 sticks, melted
- 1 lb walnuts, finely chopped, (about 4 cups)
- 1 tsp ground cinnamon
- 1 cup granulated sugar
- 2 Tbsp lemon juice, juice of 1/2 lemon
- 3/4 cup water
- 1/2 cup honey

NOTES

Super sweet and easier to make than you think.

DIRECTIONS

1. In a medium saucepan, combine 1 cup sugar, 1/2 cup honey, 2 Tbsp lemon juice, and 3/4 cup water. Bring to a boil over med/high heat, stirring until sugar is dissolved, Remove from heat and let syrup cool.
2. In a medium bowl, stir together: 4 cups finely chopped walnuts and 1 tsp cinnamon.
3. Brush pan with butter and layer phyllo brushing with butter in between. sprinkle 1/5 nut mixture in this order of phyllo: 10/5/5/5/5
4. Slice baklava into desired size and bake at 325f for 1 hr.
5. When finished, pour over syrup and let the dish cool, to room temperture.



Avocado Chocolate Pudding



4 servings



10 min

INGREDIENTS

- 2 medium ripe avocados , peeled, pitted and chopped
- $\frac{1}{3}$ cup unsweetened cocoa powder
- $\frac{1}{4}$ cup sweetener of choice (honey, pure maple syrup, agave nectar, etc.)
- $\frac{1}{2}$ cup milk (or any dairy-free milk)
- 1 $\frac{1}{2}$ teaspoon vanilla extract

NOTES

A healthy alternative to chocolate pudding. Guilt free and delicious.

DIRECTIONS

1. Purée avocados to the point of smoothness.
2. In a medium bowl, stir together ingredients until combined, chill before service.



Chicken Cordon Bleu Bird Dogs



4 servings



30min

INGREDIENTS

- 1lb of ground chicken
- 1 cup of shredded cheese.
- 4 slices of ham
- 2 eggs
- 3 cups of bread crumbs
- 2 cups of flour

DIRECTIONS

1. Separate chicken into 5 portions, roll flat and top with some of the cheese.
2. Place a slice of ham on top of the cheese, fold over, and seal ground chicken around the core
3. Panee the meat by placing it in flour, then eggsm, then bread crumbs to develop a crust.
4. Preheat oven to 350f. Cook for 15-20 min or until chicken is cooked through and cheese has melted.

If desired serve on a hot dog bun.

NOTES

A cool twist on a classic.