



BISCUIT STRAWBERRY SHORTCAKE

INGREDIENTS

- | | | |
|---------------------------|----------------------------|------------------------------|
| 1/2 cup whole wheat flour | 1/2 tsp salt | Frozen or fresh strawberries |
| 1/2 cup white flour | 2 Tbs sugar | |
| 2 tsp baking powder | 1 cup non-fat Greek yogurt | |

DIRECTIONS

1. Preheat oven to 400° F
2. In a large bowl combine all ingredients (except strawberries)
3. Drop by the spoonful onto a greased baking sheet
4. Bake 15–20 minutes
5. Top with strawberries and enjoy!

Nutrition Facts

Serving Size: 6	Sodium: 300mg
Calories: 303	Total Carbohydrates: 51g
Total Fat: 9g	Dietary Fiber: 1g
Saturated Fat: 6g	Sugars: 26g
Trans Fat: 0g	Protein: 4g

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BRUSCHETTA CHICKEN

INGREDIENTS

2 lbs chicken breast	4 tomatoes	1 cup fresh chopped mozzarella
1/2 cup balsamic vinegar	1/2 red onion - chopped	Salt and pepper to taste
1 tsp olive oil	1 garlic clove - minced	Basil for garnish

DIRECTIONS

1. Mix balsamic vinegar and olive oil - add chicken breasts to mixture and marinate for an hour or over-night
2. Turn stove to medium high heat and cook marinated chicken breasts for 7 minutes on each side or until done
3. Combine bruschetta ingredients in a large bowl and toss
4. Let chicken sit for 5 minutes, then slice and top with bruschetta

Nutrition Facts

Serving Size: 8	Sodium: 267mg
Calories: 302	Total Carbohydrates: 9g
Total Fat: 19g	Dietary Fiber: 1g
Saturated Fat: 4g	Sugars: 2g
Trans Fat: 0g	Protein: 22g

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CREAMY HERB HOUSE SALAD

INGREDIENTS

1 bag of leafy greens

1/2 cup sliced carrots

Dressing: 1/2 cup sour cream, 1/4 cup olive oil, 1/4 cup herbs, 1 TBS white wine vinegar, 2 TBS lemon juice, 1 garlic clove, dash of onion salt

1 cup halved cherry tomatoes

1/4 cup sliced red onions

1 cup diced cucumbers

DIRECTIONS

1. Combine all salad ingredients in a large bowl
2. Add all dressing ingredients to food processor and pulse until creamy (about 1 minute).
3. Dressing can be stored in the fridge for up to 2 weeks.
4. Drizzle dressing over salad and enjoy!

Nutrition Facts

Serving Size: 2

Sodium: 260mg

Calories: 330

Total Carbohydrates: 19g

Total Fat: 26g

Dietary Fiber: 3g

Saturated Fat: 4g

Sugars: 5g

Trans Fat: 0g

Protein: 5g

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