

Stuffed Mega Meatballs

Meatball Ingredients:

½ lb lean ground beef	1 tbsp Worcestershire sauce
2 mild Italian sausages (removed from casing)	1 egg
¼ cup breadcrumbs	½ tsp each of salt and pepper
1 tsp Montréal steak spice	4 wedges of laughing cow herb cheese (1 cup cheese)
2 tbsp grated Parmesan Cheese	

1. Preheat oven to 350 F.
2. In a large stock pot filled 2/3 of water add 2 tsp salt. Bring to a boil. Add pasta and cook until al dente. DO NOT RINSE WITH WATER, just drain.
3. In a large bowl, combine the ground beef, sausage meat, breadcrumbs, parmesan cheese, Worcestershire sauce, egg, and spices with your hands or a fork, mixing just until blended but not overworking it, which would result in tough meatballs.
4. Shape small meatballs (or use the purple scoop in your kitchen) of the mixture around each of the cheese cubes pressing to seal any gaps, making smooth meatballs about the size of a golf ball.
5. Cover a cookie sheet with parchment paper and evenly place the rolled meatballs on the tray. Place the tray in the oven for about 35 mins (internal temperature should be 160 F, use a meat thermometer to check this, there should be NO PINK!).
6. While the meatballs cook prepare the sauce recipe below.

Marinara Sauce Ingredients

1 – 28 oz can crushed tomatoes in juice	3 garlic cloves, finely chopped
1 tbsp dried basil	1 tsp dried oregano
2 tbsp canola oil or olive oil	1 tsp white sugar
1 small onion, finely chopped	Salt and pepper to taste

1. Heat the oil in a large, heavy saucepan over medium heat. Add onions and garlic, sauté until very tender, about 12 mins.
2. Stir in tomatoes, basil, oregano and sugar. Bring to a simmer over medium high heat. Decrease heat to medium and continue simmering until the sauce thickens slightly, stirring occasionally, about 10 mins. Season the sauce to taste with salt and pepper.
3. Add cooked meatballs to sauce and keep heated until ready to eat. Serve over cooked noodles

Yummy Pizza Dip

Ingredients:

- ½ cup chopped mushrooms
- ¼ cup minced red onions
- ¼ cup thinly sliced turkey pepperoni
- ¼ tsp dried oregano
- 4 oz light ranch flavored cream cheese
- ¼ cup light sour cream
- ½ cup shredded mozzarella cheese
- ¼ cup pizza sauce
- 1 tbsp minced green onions
- 2 whole grain pitas

Directions:

1. Preheat oven to 350 F. Line a loaf pan with parchment paper and set aside.
2. Spray a small skillet with cooking spray. Cook mushrooms, onions, turkey pepperoni, and oregano in skillet over medium heat until vegetables are softened, about 5 mins. Remove from heat and set aside.
3. In a mixer using the paddle attachment, beat together cream cheese and sour cream until smooth. Stir in shredded cheese. Spread cheese mixture evenly over the loaf pan. Spread pizza sauce over the cheese layer. Spread vegetable pepperoni mixture over the sauce. Sprinkle with green onions.
4. Bake, uncovered for 25 mins, until mixture is hot and bubbly! Let cool for 5 mins before serving (it's hot!). Serve with toasted multigrain pita wedges.
5. While the dip is baking cut your 2 pitas into 8 equal pieces each and then separate into 16 pieces. Lie evenly on a cookie sheet and bake along side the dip for the last 15 mins. Flip pitas half way through the time allotted. They should be crispy so you can dip them when they are ready.

Corn and Salsa Tortilla Soup

Ingredients:

4 corn or flour tortillas cut into thin strips, about 2 inches long
2 tbsp vegetable oil
1 medium onions, thinly sliced
2 cloves garlic, crushed
1/4 cup cilantro, stems and leaves, chopped
1-14 oz can tomatoes, drained
1 tsp ground cumin
1/2 tsp smoked paprika
1/2 tsp chipotle powder
2 cups low sodium chicken stock
1/2 cup water
1 large skinless, boneless chicken breast, cut into small bite size pieces
1/2 can black beans, drained and rinsed
1 cup frozen corn
1 tsp salt
1/2 tsp pepper
1/4 cup cilantro, chopped
1 avocado, pitted, peeled and diced
1/2 cup monterey jack cheese, grated
1 lime, juice of

Directions:

1. Preheat oven to Convection Bake, 400F. Line a baking sheet with parchment paper and set aside. Cut the tortillas into thin strips and place on the baking sheet. Bake until crispy and golden brown.
2. Heat 2 tbsp of the oil over medium high heat in a large soup pot. Add the onion, garlic and half of the cilantro and sauté until golden brown, about 10 minutes.
3. Add the tomatoes, chicken stock and water to the sautéed mixture. Using a hand blender, carefully blend the mixture until smooth.
4. Add the cumin, smoked paprika, chipotle and sugar to the soup mixture. Bring the mixture to a simmer, about 5 mins.
5. Add the chicken, black beans and corn and cook for about 10 minutes until chicken is fully cooked. Season with salt and pepper.
6. Ladle the soup into bowls and garnish with cilantro, avocado, cheese, fresh lime juice & tortillas.

Blueberry Muffins

Ingredients:

3 cups (375g) all-purpose flour (very careful not to overmeasure)

4 teaspoons baking powder

1/2 teaspoon salt

1 teaspoon ground cinnamon

2 eggs, room temperature preferred

1 cup (200g) granulated sugar

1 cup (240ml) buttermilk

1/2 cup (120ml) canola oil (or vegetable or melted coconut oil)

1 teaspoon vanilla extract

1 and 1/2 cups (270g) fresh or frozen blueberries

coarse sugar for sprinkling (optional)

Directions:

1. Preheat oven to 425F degrees. Line muffin tins with muffin liners. Set aside.
2. In a large bowl, gently whisk together flour, baking powder, salt, and cinnamon. Mix until all dry ingredients are combined - a 20 second whisk to disperse everything together. Set aside.
3. In a medium bowl, whisk together eggs and sugar until combined. Mix in milk, oil, and vanilla. Mixture will be pale and yellow. Fold wet ingredients into dry ingredients using a rubber spatula and mix everything together by hand. Avoid overmixing. Gently mix until all the flour is off the bottom of the bowl and no big pockets of flour remain. The batter will be VERY thick and somewhat lumpy. Fold in the blueberries.
4. Pour batter into prepared muffin tins, filling all the way to the top. Top with a sprinkle coarse sugar, if preferred. Bake at 425F degrees for 5 minutes. Reduce oven temperature to 375 and continue to bake for 25-26 minutes until tops are lightly golden and centers appear set. Allow to cool for 10 minutes in pan before enjoying.
5. Muffins taste best fresh the same day. Store muffins at room temperature in an airtight container for up to 5 days. Muffins freeze well for up to 3 months.

Pico de Gallo

Ingredients

3 Roma tomatoes, diced

1/8 white onion, finely chopped

1/2 lime, juiced

2 tbsp cilantro, rinsed & finely chopped

1 clove garlic, minced

1/3 jalapeno, minced

salt to taste ~ 1/2 tsp

1/2 tsp sugar, more if desired

Directions

1. In a medium bowl, combine the above ingredients. Stir until evenly combined. Let mixture sit for 15 minutes to allow the flavor to develop.
2. Serve with tortilla chips.