



Caprese Salad Kabobs

Ingredients:

- 12 cherry-size fresh mozzarella cheese balls
- 24 fresh basil leaves
- 2 tablespoons olive oil
- 2 teaspoons balsamic vinegar

Directions:

On each of 12 appetizer skewers, alternately thread 2 tomatoes, 1 cheese ball and 2 basil leaves. To serve, whisk together oil and vinegar; drizzle over kabobs.

1 kabob: 44 calories, 4g fat (1g saturated fat), 5mg cholesterol, 10mg sodium, 2g carbohydrate (1g sugars, 0 fiber), 1g protein. Diabetic Exchanges: 1 fat.

Source: Taste of Home



Easy Chicken Curry with Vegetables

Ingredients:

- 2 tablespoons vegetable oil
- 3 tablespoons red Thai curry paste
- 1 yellow onion, sliced with the grain
- 2 chicken breasts, cut into cubes
- Salt and freshly ground black pepper
- 1 1/2 cups broccoli florets
- 1 1/2 cups chopped carrots
- 1 teaspoon dried basil
- 3 cloves garlic, minced
- Zest of 1/2 lime
- 1 1/4 cups coconut milk
- 1/4 cup chicken stock
- One 14-ounce can diced tomatoes
- Lime wedges, for squeezing

Directions:

1. Cook 1 tablespoon of the oil, the curry paste and onions in a large saute pan over medium heat, stirring often and letting sizzle, 5 to 6 minutes. Pat the chicken dry, sprinkle with salt and pepper and add the remaining oil to the pan.
2. Cook the chicken in the onion-curry mixture until golden on all sides. Add the broccoli, carrots, basil, garlic and lime zest and cook, stirring, until the vegetables are coated, about 2 minutes.
3. Add the coconut milk, chicken stock and tomatoes and bring to a simmer. Let the chicken simmer until cooked through and the sauce begins to thicken, about 20 minutes. Squeeze with lime juice before serving.

Source: Food Network



Italian Wedding Soup

INGREDIENTS

FOR THE MEATBALLS

3/4 lb. ground chicken
1/2 lb. chicken sausage, casings removed
1/2 c. panko bread crumbs
1/3 c. freshly grated Parmesan,
2 tsp. dried oregano
3 cloves garlic, minced
1 large egg
Kosher salt
Freshly ground black pepper
Pinch of red pepper flakes (optional)

FOR THE SOUP

2 tbsp. extra-virgin olive oil, divided
1/2 medium onion, chopped
2 medium carrots, peeled and chopped
2 stalks celery, chopped
2 tsp. freshly chopped thyme
8 c. low-sodium chicken broth
3/4 c. small dry pasta (such as acini di pepe or tubetini)
4 c. baby spinach
2 tbsp. freshly chopped dill, for garnish
Lemon wedges, for serving

Source: Delish

DIRECTIONS

1. In a large bowl, stir ground chicken, chicken sausage, bread crumbs, Parmesan, oregano, garlic, and egg until combined. Season with salt, pepper, and red pepper flakes.
2. Form into meatballs approximately 1" in diameter to make about 22 meatballs.
3. In a large Dutch oven or stock pot over medium heat, heat 1 tablespoon oil. Cook meatballs in batches until insides are cooked through. Remove from pot.
4. Heat remaining oil then add onion, carrots, celery, and thyme. Cook for 3 to 4 minutes. Add chicken broth and bring to a boil. Add pasta and meatballs and lower to a simmer.
5. Simmer until pasta is cooked, 5 to 7 minutes. Stir in spinach and cook until wilted, about 1 minute more.
6. Garnish each bowl with dill and more Parmesan, and serve with a lemon wedge. MAKES 6 servings



Strawberry Santa Hats

Ingredients

Frosting:

1/4 cup mascarpone cheese, at room temperature
1/4 teaspoon pure vanilla extract
1 cup powdered sugar

Santas:

12 large strawberries
24 mini chocolate chips

Directions:

1. For the frosting: In a medium bowl, using an electric hand mixer, beat the mascarpone and vanilla until smooth. Gradually beat in the powdered sugar until the mixture is thick and smooth. Using a spatula, transfer the frosting to a piping bag fitted with a small star piping tip.
2. For the Santas: Using a paring knife, cut off the leaf-end of each strawberry to make a flat surface. Cut a 1/2- to 3/4-inch piece from the pointed end of each strawberry and reserve as the hats.
3. Place the strawberries, wide-side down, on a work surface. Pipe a 3/4-inch-high swirl of frosting on each strawberry. Place the hats on top and pipe a small ball of frosting on top of the hats. Press two chocolate chips into the swirl of frosting to make eyes.

Source: Food Network



Holiday Hummus

Ingredients:

- 4 garlic cloves
- 2 cups canned chickpeas, drained, liquid reserved
- 1 1/2 teaspoons kosher salt
- 1/3 cup tahini (sesame paste)
- 6 tablespoons freshly squeezed lemon juice (2 lemons)
- 2 tablespoons water or liquid from the chickpeas
- 8 dashes hot sauce

Directions:

1. Turn on the food processor fitted with the steel blade and drop the garlic down the feed tube; process until it's minced.
2. Add the rest of the ingredients to the food processor and process until the hummus is coarsely pureed. Taste, for seasoning, and serve chilled or at room temperature.

Source: Food Network



Roasted Butternut with sage and thyme

Ingredients

- 1 (2-lb.) butternut squash
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh sage
- 1 1/2 teaspoons chopped fresh thyme
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Directions:

Preheat oven to 425°F. Peel and seed butternut squash; halve lengthwise. Cut crosswise into 3/4-in. slices. Toss with olive oil, sage, thyme, salt, and pepper. Arrange on a baking sheet. Bake at 425°F for 20 minutes. *Makes 4 servings

Calories 147 Fat 7g Satfat 1g Unsafat 6g Protein 2g Carbohydrate 23g Fiber 4g
Sodium 248mg Calcium 10% DV Potassium 19% DV Sugars 4g Added sugars 0 g

Source: Cooking Light