

MAY 2022

relish

Easy, Elegant
Brunch for Mom
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Dessert Alert!
Chocolate
Crunch
Bars
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*Shrimp +
Pineapple
Slaw*



*Cilantro-Lime
Chicken*



*Sausage, Bean +
Mango Salsa*



*Mini Tacos,
page 12*

We ♥ TACOS!

First Bite

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USE IT ALL!

Repurpose those leftovers or last bits of past-prime produce with these no-waste ideas from *The Last Bite* (Simon & Schuster) by Alexis deBoschnek.

HERBS Parsley or cilantro starting to wilt? Use them in a salsa to drizzle on tacos, grilled chicken or roasted vegetables.

HEAVY CREAM Use the last of the bottle to add to an egg wash for a pie, or swirl into tomato or carrot soup.

CONDIMENTS Use up half-empty bottles of mayonnaise and ketchup in a Thousand Island dressing with chopped dill pickles, minced garlic and white vinegar.

NUTS Toss extra nuts into salads, brownies, granola, or make your own nut mix: Stir nuts in a mixture of brown sugar, olive oil, maple syrup, salt, pepper,

paprika and cayenne. Bake for 20 minutes at 300°F.

FRUIT For a quick snack that feels special, add the last handful of grapes or berries to a cheese plate with crusty bread and pantry remnants like crackers, olives and jams.



POTATOES Bought too many potatoes? Use them in frittata for a make-ahead breakfast.

CELERY Add the last bits of celery to tuna salad, soup, chicken stock, coleslaw or a simple salad with walnuts, shaved parmesan cheese and a Dijon vinaigrette.

Excerpted from *The Last Bite* by Alexis deBoschnek. Copyright © 2022. Reprinted by permission of Simon & Schuster, Inc. All rights reserved.



Serve with our Mother's Day brunch dish on page 4!

Fresh & FRUITY

The zingy citrus dressing in this salad is a delight drizzled over any fresh fruit.

ON SHELVES

Godiva Ice Cream

(\$5.50/pint, grocery stores) delivers supreme chocolate luxury by the spoonful with flavors like Hazelnut Crunch, Praline Cone Crunch, Chocolate Strawberry and Salted Caramel Brownie, all inspired by Godiva's best-selling candy varieties.



Found in the frozen section, **SeaPak Southern Style Jumbo Shrimp** (\$10, grocery stores) can be baked, fried or prepared in an air fryer. The shrimp have a subtle pickle-flavored breading that pairs perfectly with the included sweet mustard barbecue sauce.

Banana-Berry Salad

In a large bowl, combine 2 medium firm **bananas**, sliced; 2 cups fresh **blueberries**; 2 cups **raspberries**; and 2 cups sliced **strawberries**. In a small bowl, whisk together 5 Tbsp **honey**, 1 tsp **lemon juice** and $\frac{3}{4}$ tsp **poppy seeds**. Pour over fruit and toss to coat. **Serves 8**

From *Taste of Home: American Summer Cookbook*, © 2020 by Trusted Media Brands, Inc. All rights reserved.

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Italian-Style Frittata Roll Ups

Stuffed with Ricotta and Sautéed Spinach



INGREDIENTS

- 6 large **Eggland's Best** eggs
- 1 cup grated Parmesan cheese
- salt & pepper to taste
- 1 tablespoon olive oil
- 8 oz (225g) baby spinach
- 8 oz (225g) ricotta cheese

PREPARATION

1. Preheat the oven to 350°. Line your baking sheet (10x13 inches) with parchment paper.
2. In a large bowl, add the eggs, Parmesan cheese, salt, and pepper to taste. Whisk well.
3. Pour on the prepared baking sheet and bake for 12-15 minutes until the frittata is set and lightly golden on top.
4. Heat oil in a large frying pan, and sauté the spinach turning them often until wilted. Salt and pepper to taste.
5. When ready, flip the frittata onto another piece of parchment paper. Remove the baking paper on top and let cool for a few minutes.
6. Spread with ricotta cheese and distribute the spinach on top.
7. Roll up the frittata tightly. Refrigerate for 15 minutes or until ready to serve.
8. Cut in 1-inch slices. Top with cherry tomatoes and secure with a toothpick. Enjoy!



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*compared to ordinary eggs

 holiday



Make Mom's MORNING

Give her what she really wants for Mother's Day ... brunch!

Ham & Egg Braid

This dish is easy enough for kids to help prepare but special enough for the occasion.

- 8 large eggs
- 1/4 cup milk
- 2 Tbsp sliced green onion
- 1 Tbsp unsalted butter
- 1/4 tsp salt
- 1/8 tsp pepper
- 2 (8-oz) cans refrigerated crescent dough sheets
- 1/4 lb sliced deli ham
- 3/4 cup shredded cheddar cheese

1. Preheat oven to 375°F. Line a large baking sheet with parchment paper or coat with nonstick cooking spray.
2. In a medium bowl, whisk together eggs and milk. Reserve about 2 tablespoons egg mixture in a small bowl. Stir green onion into remaining egg mixture.
3. In a large skillet, melt butter over medium. Add egg mixture. Cook, stirring occasionally, until just done. Season with salt and pepper.
4. Unroll crescent dough sheets onto prepared baking sheet. Place long sides of sheets side by side. Press crescent dough together with your fingers or roll with a rolling pin to create a large rectangle.
5. Layer ham lengthwise down center of rectangle. Top with scrambled egg mixture and shredded cheese.
6. Cut 1-inch slits in the dough down both sides, width-wise. Starting at the top, fold each strip over the egg mixture, alternating sides, to braid.
7. Brush reserved egg mixture over dough. Bake 30 to 35 minutes or until braid is golden brown and center is fully cooked. Top with additional sliced green onion. **Serves 8**

Per serving: 348 cal, 21g fat, 241mg chol, 15g prot, 24g carbs, 6g sugar, 1g fiber, 619mg sodium

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 *remixed*



Let's Do LUNCH

Turkey & Swiss Lettuce Wraps

Ten minutes is all you need to make the zesty filling for these low-carb, high-protein wraps.

- 2 tsp olive oil
- ½ medium red onion, thinly sliced
- 6 oz sliced deli turkey, coarsely chopped
- 6 cherry tomatoes
- 2 tsp balsamic vinegar
- 6 Bibb lettuce leaves
- ½ avocado, cubed
- ¼ cup shredded Swiss cheese

1. In a nonstick skillet, heat oil over medium-high. Add onion, cook and stir until tender, 3 to 4 minutes. Add turkey and heat through. Stir in tomatoes and balsamic vinegar until just combined.

2. Divide mixture evenly among lettuce leaves. Top with avocado and cheese. **Makes 6 wraps**

Per serving: 98 cal, 6g fat, 20mg chol, 6g prot, 6g carbs, 3g sugar, 2g fiber, 346mg sodium

Recipe for Deli Turkey Lettuce Wraps originally published on TasteofHome.com. Copyright © 2019 by Trusted Media Brands, Inc. Used by permission. All rights reserved.

How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

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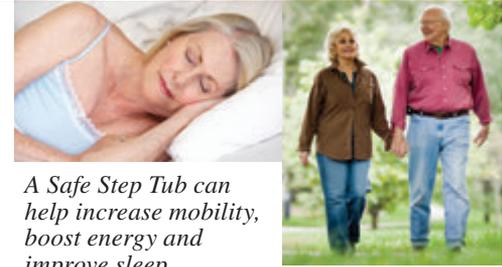
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Mediterranean-Inspired Salad

This colorful overachiever packs of punch of vitamin C, healthy fats and flavor.

- 3 large Roma tomatoes, cut into ¾-inch pieces
- 1 English cucumber, cut into ¾-inch pieces
- ⅓ cup pitted and sliced kalamata olives
- 1 medium avocado, cut into ¾-inch pieces
- ½ (15-oz) can chickpeas, drained and rinsed
- ¼ cup extra-virgin olive oil
- 1 tsp lemon-pepper seasoning
- 1 Tbsp plus 1 tsp lemon juice
- ½ tsp salt, divided
- 1 small clove garlic
- ½ cup chopped fresh parsley

1. In a large bowl, place the tomatoes, cucumber, olives, avocado and chickpeas.

2. In a small bowl, combine the olive oil, lemon-pepper, lemon juice and ¼ tsp salt. Finely grate garlic into the bowl. Whisk to combine.

3. Transfer dressing to the bowl with the vegetables. Sprinkle with parsley and mix to combine. Season with remaining salt. **Serves 4**

Per serving: 311 cal, 25g fat, 0mg chol, 6g prot, 19g carbs, 4g sugar, 8g fiber, 428mg sodium

Recipe from *Practically Vegan*. Copyright ©2022 by Nisha Melvani. Published by Rodale Books, an imprint of Penguin Random House.



The Mediterranean Diet is rich in whole grains, veggies, fruits, nuts and healthy fats like olive oil, with moderate amounts of fish and lean protein.



Walnut & Oat-Crusted Salmon

The fish and nuts in this 20-minute main dish are great sources of omega-3 fatty acids, which can bolster heart, lung and immune health.

- 2 (6-oz) salmon filets, skin removed
- ¼ tsp salt
- ¼ tsp pepper
- 3 Tbsp quick-cooking oats, crushed
- 3 Tbsp finely chopped walnuts
- 2 Tbsp olive oil

1. Preheat oven to 400°F. Place salmon on baking sheet and sprinkle with salt and pepper.

2. Combine oats, walnuts and olive oil and press mixture onto fish. Bake 12 to 15 minutes, until fish flakes easily with a fork.

Serves 2

Per serving: 575 cal, 43g fat, 107mg chol, 40g prot, 6g carbs, 0g sugar, 1g fiber, 79mg sodium

Recipe originally published in *Taste of Home Light & Easy Weeknight Cooking* Copyright © 2022 by Trusted Media Brands, Inc. Used by permission. All rights reserved.

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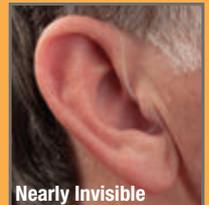
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- 2 1/3 ctw Verdant Peridot • White zircon accents
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rise 'n' shine



A.M.azing!

Put a fun spin on two breakfast classics

Tater Tot Waffles

Preheat waffle iron and coat with nonstick cooking spray. Arrange the desired number of **frozen potato tots**, thawed, in a tight even layer on the bottom of the waffle iron. Close lid, pressing gently to flatten and cook until browned and crispy, 3 to 5 minutes.

Candied Bacon

- 1 lb sliced bacon
- 1/4 cup dark brown sugar
- 1/4 tsp cracked black pepper
- 1/4 tsp ground ginger

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper and arrange the bacon on it in a single layer.
3. Cook bacon 7 minutes. Flip slices and cook 5 minutes more.
4. In a small bowl, combine brown sugar, pepper and ginger. Sprinkle over one side of the cooked bacon.
5. Reduce oven to 350°F and cook 10 to 15 minutes, seasoned-side-up, until bacon is crispy. Drain the slices briefly on a paper-towel-lined plate, removing the bacon before the sugar cools and sticks to the paper towels. **Serves 8**

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Raise the Bar

Chocolate and caramel prove once again to be the perfect partners in this deluxe dessert

The Best Chocolate Caramel Crunch Bars

Tuck these cookie-like treats into lunch boxes or wrap up a (double!) batch for bake sales. A walnut-caramel topper gives the bars their namesake crunch, but feel free to experiment with your favorite nuts and candies.

- 1 cup (2 sticks) butter, room temperature
- 1 cup packed light brown sugar
- 1 large egg yolk
- 2 tsp vanilla extract
- 2 cups flour
- ½ tsp salt
- 12 oz bar-style milk chocolate (like Hershey's), broken up
- 1 cup walnuts, roughly chopped
- ½ cup crushed hard caramel candies (like Werther's Original)



1. Preheat oven to 350°F. Line a 13 x 9-inch baking pan with parchment paper with an overhang around the sides or coat with nonstick cooking spray.
2. In a large bowl, using an electric stand or hand mixer, beat butter, brown sugar, egg yolk and vanilla on medium speed 2 to 3 minutes until creamy and fluffy. Add flour and salt and mix to combine.
3. Press dough evenly into the bottom of the pan. Bake 25 to 30 minutes, until golden brown.
4. Remove from oven and arrange chocolate pieces in a single layer on top of the baked crust. Let sit for about 5 minutes, or until chocolate is melted. Spread evenly and top with walnuts and caramels.
5. After 10 minutes, use the parchment to lift bars out of the pan and let cool completely on a wire rack, or leave in pan if you didn't use parchment. Cut into squares and store in an airtight container at room temperature. **Makes 15 bars**

Per serving: 416 cal, 25g fat, 50mg chol, 5g prot, 44g carbs, 27g sugar, 2g fiber, 116mg sodium

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TACO *Night!*

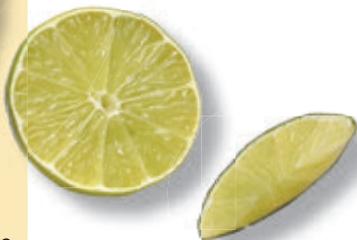


5-Spice Taco Seasoning

Sprinkle this blend in all your favorite tacos. For extra heat, add $\frac{1}{2}$ tsp cayenne pepper.

In a jar, combine $\frac{1}{2}$ cup **chili powder**, 2 tsp **garlic powder**, 2 tsp **onion powder**, 4 tsp **cumin**, 2 tsp **paprika** and 1 tsp **kosher salt**. Shake jar to combine. **Makes about 1 cup**

Get any spring celebration started—**Cinco de Mayo** and beyond—with a **rainbow of mini tacos!**



TORTILLA TIP

Heat tortillas in a hot skillet for 20 seconds per side and wrap in a clean dish towel to keep warm.



Sausage-Black Bean with Mango Salsa

- 1 Tbsp olive oil
- 1 (12-oz) pkg fully cooked chicken sausage, sliced into rounds
- 2 Tbsp 5-Spice Taco Seasoning
- $1\frac{1}{2}$ cups sliced bell peppers
- 1 small onion, sliced
- 2 cups diced fresh mango
- $\frac{1}{2}$ cup diced red onion
- 2 jalapeños, seeded and diced
- $\frac{1}{2}$ cup cilantro
- 1 lime, juiced
- $\frac{1}{4}$ tsp salt
- 1 can low-sodium black beans; drained, rinsed and warmed
- 10 mini corn or flour tortillas, warmed



1. In a nonstick skillet, heat oil over medium. Add sausage, sprinkle with taco seasoning and cook until warmed through. Remove from skillet.
2. Add peppers and onion to skillet; cook until softened and just beginning to brown.
3. In a medium bowl, combine mango, red onion, jalapeño, cilantro, lime juice and salt.
4. To assemble tacos, layer sausage-onion-pepper mixture, black beans and mango salsa evenly in tortillas. **Makes 10**

Per serving: 170 cal, 5g fat, 20mg chol, 9g prot, 24g carbs, 7g sugar, 4g fiber, 306mg sodium

(Continued on page 14)

**BRUCE WOULD
NEVER SAY
“BOLD FLAVORS.”
SO WE’LL JUST
UNDERLINE
PINEAPPLE &
BACON.**





(Continued from page 12)

Seared Shrimp with Pineapple Slaw

- 2 Tbsp olive oil, divided
- 1 lb peeled, deveined shrimp, tails off
- 2 Tbsp 5-Spice Taco Seasoning
- 1 cup diced pineapple
- 2 cups shredded green cabbage
- ¼ cup thinly sliced radishes
- 1 lime, juiced
- 3 Tbsp pineapple juice
- ¼ tsp salt
- ⅛ tsp pepper
- 2 Tbsp chopped cilantro
- ⅓ cup crumbled queso fresco (sold in rounds, near the shredded cheese), or shredded Monterey Jack
- 10 mini (4.5-inch) corn or flour tortillas, warmed



1. Heat 1 tablespoon olive oil in a skillet over medium-high. Add shrimp and sprinkle with taco seasoning. Cook 3 to 5 minutes, until pink and slightly browned.
2. In a medium bowl, combine pineapple, green cabbage, radishes, lime juice, 1 tablespoon olive oil, pineapple juice, salt, pepper and cilantro.
3. To assemble tacos, spoon pineapple slaw into tortillas and top with cheese. Divide shrimp evenly among tortillas. Serve with limes. **Makes 10**

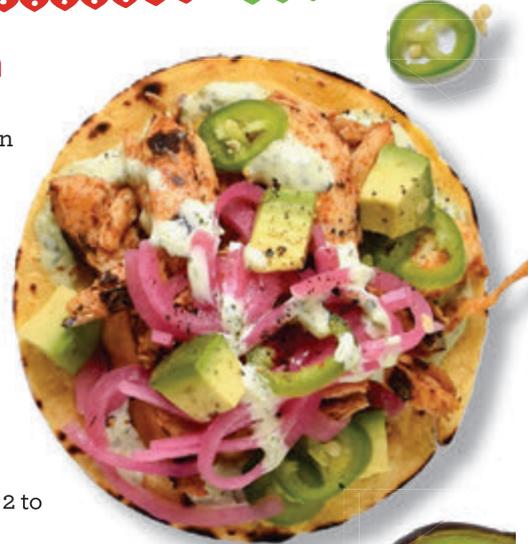
Per serving: 110 cal, 5g fat, 24mg chol, 5g prot, 17g carbs, 3g sugar, 3g fiber, 249mg sodium

Cilantro-Lime Chicken

- 1 tsp olive oil
- 2 cups shredded cooked chicken
- 1½ Tbsp 5-Spice Taco Seasoning
- ½ cup sour cream
- 1 cup cilantro, chopped
- 1 lime, zested and juiced
- ½ tsp minced garlic
- 1 jalapeño, seeded and diced
- ¼ tsp salt
- 10 mini corn or flour tortillas, warmed

1. In a medium skillet, heat oil over medium-high. Add chicken and sprinkle with taco seasoning. Cook 2 to 3 minutes, until warmed through.
2. In a small bowl, stir together sour cream, cilantro, lime juice and zest, garlic, jalapeño and salt.
3. To assemble tacos, layer chicken, cilantro-lime sauce and **Pickled Red Onions** (recipe below) in tortillas. Serve with diced avocado and sliced jalapeño. **Makes 10**

Per serving: 128 cal, 5g fat, 3mg chol, 9g prot, 13g carbs, 1g sugar, 2g fiber, 132mg sodium



Quick-Pickled Red Onions

In a small saucepan bring ¾ cup **apple cider vinegar**, ¼ cup water, 1 tsp **salt** and 1 tsp **honey** to a boil. Place 1 large thinly sliced **red onion** in a jar; add hot vinegar mixture over it and fully submerge onions. Marinate at least 30 minutes before serving. Refrigerate up to 2 weeks. **Makes about 1 cup**



Sparkling Limeade

In a small saucepan over medium-high, whisk together 1 cup **sugar** and 1 cup water. Simmer and whisk until sugar dissolves. Remove from heat and set aside to cool. Then, stir in 1 cup **lime juice**, 4 cups water and 1 cup **sparkling water**. Serve over ice with sliced limes. **Serves 6**

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