

## **Zucchini Boats with Mozzarella and Olives**

Serves 4 as a main course, 6 to 8 as a side

### **Ingredients:**

2 medium-sized zucchinis  
1/2 cup of mozzarella cheese (or about 1/2 cup of any cheese you have)  
1 cup grape tomatoes, halved  
8 green olives, pitted and cut in half  
Olive oil  
Fresh basil, cut into slivers  
Breadcrumbs

### **Instructions:**

Preheat oven to 350°F. Cut zucchinis length-wise and scoop out about 1/2 inch of the very center squash. Make small cuts in the zucchini, so you can add some cheese and olives inside later. Drizzle the hollowed squash with olive oil, and season with salt and pepper. Bake for about 15 minutes. Remove zucchini from the oven and add halved grape tomatoes, mozzarella, and sliced olives. Drizzle with more olive oil, sprinkle fresh basil and breadcrumbs over the top. Drizzle a little more olive oil, season with salt and pepper. Increase the oven heat to 450°F and cook for another 10-15 minutes. When bread crumbs are golden and cheese is melted, the zucchini boats are done.

## **Sauteed Swiss Chard**

Makes 2 Cups

### **Ingredients:**

2 tablespoons butter  
2 tablespoons olive oil  
1 tablespoon minced garlic  
1/2 small red onion, diced  
1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately  
1/2 cup dry white wine  
1 tablespoon fresh lemon juice, or to taste  
2 tablespoons freshly grated Parmesan cheese

### **Instructions:**

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

## **Healthy Squash and Kale Casserole**

Serves 6

### **Ingredients:**

2 tablespoons olive oil	2 tablespoons mayonnaise
1/2 of a small yellow onion	1 cup of rice (brown)
6 cups finely chopped kale (about 5 ounces)	1 cup grated cheese (Swiss)
Salt and freshly ground black pepper	1 cup bread crumbs
1/2 cup low-sodium chicken broth	1 large egg, beaten
4 cups of 1/2-inch diced yellow squash or zucchini (about 8 ounces)	

### **Instructions:**

Cook rice according to package directions. Preheat the oven to 400 degrees F. Heat the olive oil in a large nonstick skillet over medium heat, add the onions and cook, stirring occasionally, until just browned and soft, about 5 minutes. Add the kale, garlic and 1/2 teaspoon each salt and pepper and cook until the kale is bright green, about 2 minutes. Add the broth and continue to cook until the kale is wilted and most of the broth is absorbed, about 5 minutes more. Add the squash, zucchini and 1/2 teaspoon salt and toss to combine with the kale. Continue cooking until the squash begins to soften, about 8 minutes. Remove from the heat and stir in the mayonnaise. Toss the cooked vegetables, rice, cheese, 1/2 cup of the bread crumbs and the egg in a large bowl until mixed. Spray a 9-inch square or 2-quart casserole dish with cooking spray or line with foil. Spread the mixture in the bottom of the casserole and top with the remaining 1/2 cup bread crumbs, 1/4 teaspoon salt and a few grinds of pepper. Bake until the squash and zucchini are tender and the top is browned and crisp, about 35 minutes. Serve hot.

## **Kale Chips**

### **Ingredients:**

1 bunch Kale (12 oz with stems removed)  
1 tsp olive oil (spray)  
Sprinkle of sea or kosher salt  
1/2 cup parmesan cheese

### **Instructions:**

Preheat oven to 350°F. Lightly spray two large baking sheets with oil. Wash and thoroughly dry kale. Remove the leaves from the thick stems and tear into bite sized pieces. Place on baking sheets, spray with olive oil and sprinkle with salt. Bake about 10-12 minutes, turning and moving them around as they shrink to make sure they evenly crisp up. Top with shredded parmesan cheese, keeping a close eye on them, bake an additional 5 to 6 minutes until the edges are crisp but not burnt. Time will vary depending on your oven.

## **Cucumber Sandwiches**

Makes 35 Servings

### **Ingredients:**

1 (8 ounce) package cream cheese, softened  
1/2 cup mayonnaise  
1 (.7 ounce) package dry Italian salad dressing mix  
2 loaves French bread, cut into 1 inch slices  
2 medium cucumbers, sliced  
1 pinch dried dill weed

### **Instructions:**

In a medium bowl, mix together the cream cheese, mayonnaise and Italian dressing mix. Refrigerate for at least 6 hours, or preferably overnight. Spread the cream cheese blend onto slices of French bread. Top with a cucumber slice, and sprinkle with dill. You can make as many or few as you like. the cream cheese mixture keeps for about a week in the refrigerator so you can make them over and over again!

## **Baked Eggplant**

Makes 6 Servings

### **Ingredients:**

cooking spray  
1 eggplant, sliced into 1/2-inch-thick rounds  
3 tomatoes, sliced  
1 tablespoon extra virgin olive oil  
1 teaspoon oregano  
1/3 cup grated Parmesan cheese  
salt and ground black pepper to taste

### **Instructions:**

Preheat oven to 400 degrees F (200 degrees C). Prepare a baking dish with non-stick play. Arrange eggplant and tomato slices into the bottom of the prepared baking dish. Drizzle olive oil over the vegetables; season with oregano, salt, and pepper. Sprinkle Parmesan cheese over the entire mixture. Bake in preheated oven until the cheese is beginning to brown, about 30 minutes. Switch oven broiler to high; continue baking until completely browned, about 5 minutes.