

Radicchio & Belgian Endive Salad

Ingredients:

2 Belgian endives
1 small head of radicchio
Washed, dried, cores removed, cut crosswise into thick slices.

Dressing:

2 cloves garlic
½ cup red wine vinegar
1/3 cup diced onions
2 tablespoons Dijon mustard
1 cup EVOO
Black pepper to taste
Combine and whisk together all ingredients.

Teriyaki Sesame Pork Chops

Ingredients:

4 boneless pork chops

Marinade:

4 cloves garlic, finely minced
½ cup honey
½ cup teriyaki
1/3 cup sesame oil
Black pepper to taste

Combine all ingredients, pour marinade over pork chops, and sit for 1-2 hours in a refrigerator. Cook at 325 degrees until internal temperature reads 145 degrees. Garnish with fresh sesame seeds.

Roasted Vegetables

Ingredients:

1 cup Baby Carrots
2 cups fresh broccoli florets
1 ½ cups sliced red and yellow bell peppers

Drizzle with ½ cup EVOO, ½ cup balsamic vinegar and a tablespoon fresh basil.
Roast vegetables at 325 degrees for 20-25 minutes.

Angel Food Parfait

Ingredients:

1 store purchased angel food cake, sliced
2 boxes instant sugar free vanilla pudding, make pudding as directed on the box.
1 16 oz tub of sugar free cool whip
2 cups assorted berries (raspberries, blueberries, blackberries)

In bottom of truffle bowl, layer angel food cake, pudding, whipped cream and berries repeat steps until complete. Chill 1 hour before serving.