

Kale Salad with Miso Vinaigrette

- 2 bunches kale stemmed and cleaned
- 1 Large avocado diced
- ¼ cup shelled edamame
- 1 ea orange supreme's or one small can of mandarin oranges
- 6 radishes sliced thinly

For the Vinaigrette

- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 tablespoon yellow miso
- ¼ cup rice vinegar
- ¾ cup canola oil
- 1 teaspoon sesame oil

Whisk all of the ingredients together except for the canola oil. Slowly pour in the canola oil while whisking. Toss the salad with the desired amount of vinaigrette and serve. Reserve the remaining vinaigrette in the refrigerator indefinitely.

Main Lunch Entrée Roasted Chicken With:

Quick Preserved Lemons (For Preserved Lemon Quinoa Below)

- 6 thin-skinned lemons, scrubbed, trimmed at both ends, and cut lengthwise into sixths
- 6 tablespoons coarse salt
- about 1 cup fresh lemon juice

In a baking dish just large enough to hold the lemons in one layer toss the lemons with the salt, pour enough of the lemon juice over them to just cover them, and bake the lemons, covered, in a preheated 200°F oven, stirring occasionally, for 3 hours. Let the lemons cool and transfer them with their brine to an airtight container. The preserved lemons keep, covered and chilled, indefinitely.

Preserved Lemon Quinoa

- Bring 2 quarts of water to a boil in a small sauce pan
- Add 1 cup of quinoa and one tablespoon of preserved lemon (Skin Only) and bring back to a boil
- Simmer over medium heat for about 15 minutes until the quinoa has absorbed all of the water
- Add 2 tablespoons of olive oil, season with salt, and fluff with a fork.

Spinach Almond Pesto

- 1 cup blanched slivered almonds.
- 1 cup grated parmesan cheese
- 1 cup extra virgin olive oil
- 4 cups packed fresh spinach
- Juice of one lemon
- Salt and pepper to taste

Toast the almonds in a 400°F oven for about 5 minutes or until lightly browned and fragrant. Cool. Then add all of the ingredients into a food processor and blend until pureed.

Note: This can be used any way traditional pesto is. It also can be frozen.

Roasted Butternut Squash and Brussel Sprouts

- 20 each brussel sprouts, outside leaves peeled off and cut in half.
- 1 small butternut squash peeled medium diced and seeded.
- 2 carrots cut into batons (2 to 3 inch French fry sized pieces)
- 1/8th cup olive oil
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/2 cup water

Drizzle the vegetables on a baking sheet with olive oil. Roast at 425°F for 10 to 12 minutes or until desired doneness. Whisk together soy sauce and honey. Toss vegetables with honey soy mixture and serve.

Dessert:

Baked Caramel Pears: *Recipe taken directly from Joe Piscatella's Healthy Heart Cookbook*

- 1/2 cup water
- 1/2 cup brown sugar
- 1 vanilla bean, split open
- 4 ripe Bosc or Anjou pears
- 1/4 cup desert topping

In a small saucepan, combine water, brown sugar and vanilla bean. Simmer 5 minutes to dissolve sugar. Meanwhile, carefully peel the pears. With apple corer, remove cores. Slice a small piece off the bottom so apple will stand alone. Arrange pears in a shallow oven proof casserole. Pour brown sugar mixture over the top. Cover casserole with aluminum foil and bake at 425° F., for 30 to 40 minutes, or until pears are tender, occasionally basting pears with syrup in casserole. Serve pears on a deep-lip dessert plates. Warm caramel topping and drizzle 1 tablespoon over each pear.