

Blood Orange Avocado Salad

MARCH 2022

Prep: 30 min. + chilling
Makes 10 servings



Nutritional Facts:

1 serving: 241 calories, 16g fat (3g saturated fat), 2mg cholesterol, 89mg sodium, 24g carbohydrate (17g sugars, 6g fiber), 3g protein. Diabetic Exchanges: 3 fat, 1 fruit, 1/2 starch.

*Dressing is 5g carbs per serving

Ingredients

Dressing:

- 1/3 cup orange juice
- 1/3 cup extra virgin olive oil
- 3 tablespoons lime juice
- 2 tablespoons honey
- 1 tablespoon minced Italian parsley
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarsely ground pepper

Salad:

- 4 medium ripe avocados, peeled and sliced
- 4 large red grapefruit, sectioned
- 2 medium blood oranges, peeled and sliced
- 1/2 cup finely chopped red onion
- 1/3 cup pomegranate seeds
- 1/3 cup crumbled feta cheese

Directions

1. For dressing, whisk together first eight ingredients.
2. In a serving dish, combine avocados, grapefruit and oranges; sprinkle with onion and pomegranate seeds. Drizzle with dressing. Top with cheese. Refrigerate, covered, 1 hour before serving.

Orange Pomegranate Salmon

MARCH 2022

Prep: 10 min.
Bake: 25 min.
Makes 4 servings



Nutritional Facts:

1 Serving: 4 ounces cooked salmon - 307 calories, 19g fat (3g saturated fat), 76mg cholesterol, 274mg sodium, 8g carbohydrate (6g sugars, 1g fiber), 26g protein. Diabetic Exchanges: 4 lean meat, 1-1/2 fat, 1/2 fruit.

Ingredients

1 small red onion, thinly sliced
1 skinned salmon fillet (about 2 pounds)
1/2 teaspoon salt
1 medium navel orange, thinly sliced
1 cup pomegranate seeds (can sub. with dried cranberries)
2 tablespoons extra virgin olive oil
1 tablespoon minced fresh dill

Directions

1. Preheat oven to 375°. Place a 28x18-in. piece of heavy-duty foil in a 15x10x1-in. baking pan. Place onion slices in a single layer on foil. Top with salmon; sprinkle with salt. Arrange orange slices over top. Sprinkle with pomegranate seeds; drizzle with oil. Top with a second piece of foil. Bring edges of foil together on all sides and crimp to seal, forming a large packet.
2. Bake until fish just begins to flake easily with a fork, 25-30 minutes. Be careful of escaping steam when opening packet. Remove to a serving platter; sprinkle with dill.

4 Ingredient Peanut Butter Chocolate Chip Cookies

MARCH 2022

Prep: 5 min.
Bake: 15 min.
Makes 9 cookies



Nutritional Facts:

1 cookie: 196 calories, 15g fat, 12g carbohydrates, (1g sugar, 8g fiber), 6g protein.

Ingredients

- $\frac{3}{4}$ cup swerve brown sugar
- $\frac{1}{2}$ cup natural chunky peanut butter
- 1 large egg
- $\frac{1}{2}$ cup unsweetened or low carb chocolate chips
- $\frac{1}{2}$ teaspoon sea salt flakes (optional)

Directions

1. Preheat oven to 375°F
2. In a large bowl combine the sugar, peanut butter and egg in a bowl with a mixer.
3. Add the chocolate chips and mix with a wooden spoon until evenly incorporated
4. Form 1 inch balls of dough with your hands and place on a parchment lined baking tray. Should make about 9
5. Press down on each cookie with a fork to form a criss cross and sprinkle with sea salt (optional)
6. Bake in the oven at 375°F for 12-15 minutes or until golden and tender.

Grocery Shopping List

MARCH 2022

- Orange Juice
- Extra Virgin Olive Oil
- Lime Juice
- Honey
- Mince Italian Parsley
- Cardamom
- Kosher Salt
- Coursley Ground Pepper
- 4 Ripe Medium Sized Avocados
- 4 Large Red Grapefruits
- 2 Medium Blood Oranges
- 1 Medium Navel Orange
- 2 Red Onions
- Pomegranate Seeds
- Crumbled Feta Cheese
- 1 Skinned Salmon Fillet (~2lbs)
- Minced Fresh Dill
- Swerve Brown Sugar
- Natural Chunky Peanut Butter
- 1 Egg
- Unsweetened Or Low Carb. Chocolate Chips
- Sea Salt Flaks (Optional)

