

Whatever is in the bottom drawer of the fridge - Bruschetta Salad (individual)



Dressing:

- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar (or any other vinegar you have in your cupboard)
- 1/8 teaspoon dried basil
- 1/32 teaspoon salt
- 1/32 teaspoon pepper

Whisk together and set aside.

Salad - Put together about 1/2-1 cup of chopped veggies of your choice. Here are some suggestions:

- 3-4 grape or cherry tomatoes
- 1/4 cucumber or zucchini, chopped
- 1/8 of a pepper, any color is good
- 3-5 black or green olives sliced
- 1-2 tablespoons red onion, minced
- 1-2 tablespoon mozzarella cheese, cut into tiny cubes
- 1-2 leaves of fresh basil, sliced thinly

Put all the ingredients in a bowl. Toss with dressing.

1/4 - 1/2 cup chopped cabbage

Make a bed of cabbage. Put dressed veggies on top. Enjoy!

Side - Butternut Squash Macaroni and Cheese



2 pounds pasta, suggest macaroni, shells, or your choice

- 1/4 cup vegetable or canola oil
- 4 tablespoons butter
- 1 medium onion, chopped
- 1/2 cup all-purpose flour
- 2 16 ounce boxes butter nut squash soup
- 2 cups non-fat milk
- 2 teaspoons thyme leaves
- 2 teaspoons Worcestershire sauce
- 2 teaspoons hot sauce
- 1/4 teaspoon black pepper
- 4 cups cheddar cheese, grated
- 1 cup grated Parmesan cheese
- 1/8 teaspoon ground nutmeg

While pasta cooks, heat a medium heavy bottomed pot over medium heat. Add the oil and butter. When the butter melts into the oil add the onion. Cook the onion in butter and oil 1 to 2 minutes, then add flour and cook together 1 to 2 more minutes. Whisk in milk, then combine with butternut squash until warmed through and smooth and slowly bring sauce to a bubble; turn off the heat and add the remaining ingredients. Stir in cheeses and season the completed sauce with salt, nutmeg and pepper. Serve or put in oven to crisp the top.

Chocolate Chip Mint Mousse Tart



In a bowl, beat the cream cheese and mint flavoring until it is light with air whipped in. If you plan to add food coloring, add it to the cream cheese mixture and whip thoroughly.

Fold in the whipped cream. Fold in the chips. Put in pan. Add about ¼ cup of chopped chips over the top. Serve and enjoy!

1 package of Oreo or Oreo-like cookies, graham crackers, or Nilla wafers (approximately 33 cookies)

1 stick of butter, melted

Put the cookies in a blender or food processor.
Put the crumbs in a bowl.

Melt the butter and pour over crumble. Mix together and put in a 9X13 pan. Spread out thinly on the bottom of the pan. Use gloved fingers to press into a thin firm layer. Set aside.

MOUSSE:

1 quart heavy whipping cream, whipped to stiff peaks

¼ cup sugar

In a bowl, using an electric mixer beat the whipping cream until stiff peaks form. While mixing, sprinkle in the sugar. Set aside.

3 packages of room temperature cream cheese
1 tablespoon mint extract (other options: you can make your own with fresh mint or use 2-4 tablespoon of mint syrup)

Optional: use 2-4 drops of green food coloring

1 cup mini chocolate chips, or regular chips chopped, or any chocolate chops