Greek Chicken Skewers  - yields 12 skewers

Olive Oil 1-1/3 Ounce
Fennel Seed Crushed: 1-1/2 Teaspoon
Garlic, Fresh Minced: 1 Teaspoon
Oregano, Fresh: 1-3/8 Ounce
Salt: 1/2 Teaspoon
Pepper-Black: 2 Teaspoon
Parsley-Italian: 3 Teaspoon
Lemon Juice, Fresh: 2 Tablespoon
Chicken Breast-Boneless, Diced

Step # Preparation
1) Combine oil, fennel seed, garlic, oregano, salt, pepper, parsley, and lemon juice for marinade. Mix until well blended.
2) Add chicken. Toss to coat.
3) Skewer 3 to 4 pieces (3 oz) chicken on each skewer.
4) Grill until caramelized.

Nutritional Facts
Serving Size 1 Skewer (75) g

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories From Fat 20 % Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>90</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>55.0mg</td>
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<tr>
<td>Sodium</td>
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<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
<td>0.0g</td>
</tr>
<tr>
<td>Protein</td>
<td>17.0g</td>
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</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Spicy Black Bean Dip — Yields 30 – 1 oz. portions

Olive Oil: 1-1/4 Tablespoon
Onions-Yellow, Diced: 1/4 cup
Peppers-Red, Diced: 1/4 cup
Peppers-Green: 1/4 cup
Peppers-Jalapeno, Chopped 1-1/4 Tablespoon
Tomatoes-Diced, Canned Drained: 1/4 cup
Water: 1/4 cup
Corn, Frozen Thawed, Drained: 3/4 cup
Black Beans, Canned Rinsed & Drained: 3/4 cup
Tomatoes-Plum, Fresh Diced: 1/4 cup
Cilantro, Fresh Chopped: 1-5/8 Tablespoon
Lime Juice, Fresh: 1-7/8 Ounce

Step # Preparation
1) Combine all ingredients. Mix well.
3) Serve with tortilla chips or choice of cracker

Nutritional Facts
Serving Size 1/2 Cup (91) g
Amount Per Serving
Calories 80 Calories From Fat 25
% Daily Value *
Total Fat 2.5g 4%
Saturated Fat 0.0g 0%
Trans Fat 0.0g
Cholesterol 0.0mg 0%
Sodium 115.0mg 5%
Total Carbohydrate 12.0g 4%
Dietary Fiber 3.0g 12%
Sugars 2.0g
Protein 3.0g

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calorie needs.
Asian Salmon With Tomato Fennel Salad
Salmon Fillet Seared till Lightly Caramelized, with a Medley of Fennel, Cherry Tomatoes, Garlic & Ginger in Oyster Sauce

For the Salmon –
Shallots, Fresh Minced: 5/8 Ounce
Garlic, Fresh Minced: 1/2 Ounce
Salt, Kosher: to taste
Pepper-Black: to taste
Sauce-Teriyaki: 1-1/2 Ounce
Ginger Root, Fresh Minced: 1/3 Ounce
Wine-Rice: 3 Teaspoon
Sauce-Oyster: 3 Teaspoon
White Vinegar: 2 Tablespoon
Sauce-Hoisin: 2 Tablespoon
Paste-Red Curry: to taste
Salmon Fillets, Raw, 6 Oz: 4 Fillets
Olive Oil: 2 Ounce
Sesame Seed Oil: 2 Tablespoon

Step # Preparation
1) Whisk together shallot, garlic, salt, pepper, teriyaki sauce, ginger, mirin, oyster sauce, vinegar, hoisin sauce, and red curry paste in a full pan. Add salmon fillets and cover with plastic wrap. 3 to 4 hours to marinate. Drain and discard excess marinade.
2) Preheat oven to 350 degrees F (300 degrees F convection). Heat a large ovenproof sauté pan over medium high heat and add olive oil and sesame oil. Remove salmon from marinade and shake off excess. Place fillets top side down in pan and sear until golden brown and caramelized, about 1 to 2 minutes. Flip fillets over and place pan in oven until salmon is cooked through, about 5 to 6 minutes.

For Tomato Fennel Salad –
Olive Oil: 1-1/2 Tablespoon
Shallots, Fresh Minced: 1/4 cup
Fennel, Fresh Sliced Thin: 1/2 cup
Garlic, Fresh Minced: 1 teaspoon
Ginger Root, Fresh Minced: 1 teaspoon
Salt, Kosher: to taste
Pepper-Black, Ground: to taste
Wine-Rice (Mirin): 6 Ounce
Sauce-Oyster: 2-1/4 Teaspoon
Sauce-Chili, Garlic: 6 Ounce
Tomatoes-Cherry, Fresh Halved: 1/2 cup
Tomatoes-Cherry, Yellow Pear, Fresh Halved: 1/2 cup
Step # Preparation
1) Heat a saucepan over medium high heat and add olive oil. Add shallot, fennel, garlic, ginger, salt, and pepper. Cook until fennel has softened and begins to caramelize, about 2 to 3 minutes. Add mirin, oyster sauce, and chili garlic sauce and bring to a simmer for 2 minutes.
2) Add all the tomatoes and continue to cook until liquid is reduced by a third, about 3 minutes.
3) Chef Tip: Core fennel bulb and remove fronds before slicing.

Per Serving in Entrée Form:

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<th>Nutritional Facts</th>
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<tbody>
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<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Calories 710</td>
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<td>% Daily Value *</td>
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<td>Sugars 18.0g</td>
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<td>Protein 32.0g</td>
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Per Serving in App Form:

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<tr>
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<tr>
<td>Sugars 2g</td>
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<td>Protein 10g</td>
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Today's Most Popular Appetizers:

1. Buffalo Chicken Dip
   a. Nutrition:

   2 tablespoons:
   - 156 calories,
   - 13 g fat
   - 38 mg cholesterol,
   - 484 mg sodium

2. Tortilla Pin Wheel Rollups
   a. Nutrition:

   3 Rolls:
   - 180 calories,
   - 11 g fat
   - 33 mg cholesterol,
   - 305 mg sodium

3. Beer Dip
   a. Nutrition:

   2 tablespoons:
   - 205 calories,
   - 12 g fat
   - 41 mg cholesterol,
   - 402 mg sodium