

Hello Spring

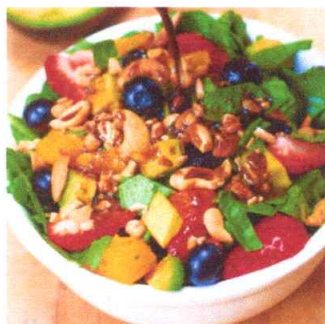


Recipe Club

Sunday, April 6th 5:00 pm
in the Clubhouse

This month's theme is,
"Springtime Recipes"

Sides



Strawberry Spinach Salad with Mango and Avocado

★★★★★

This Strawberry Spinach Salad features Mango, Avocado, Blueberries, and Cashew Nuts, tossed with a simple homemade balsamic vinaigrette. A great side for picnics, grilled meats, and

anything outdoors!

Course Salad

Cuisine American

Keyword strawberry spinach salad, summer salad

Prep Time 20 minutes

Total Time 20 minutes

Servings 6 servings

Calories 350kcal

Author [Julia](#)

Ingredients

Homemade balsamic vinaigrette:

- ½ cup [olive oil](#)
- ¼ cup [balsamic vinegar](#)
- 3 tablespoons [brown sugar](#)
- 1 ½ teaspoons [garlic powder](#)
- 1 teaspoon [mustard powder](#)
- 1 teaspoon [onion powder](#)
- [garlic salt](#) or garlic powder, to taste
- [salt and pepper](#), to taste

Strawberry spinach salad:

- 10 oz [baby spinach](#) fresh (about 10 cups of torn leaves) *STEMS TRIMMED*
- 4 cups [strawberries](#), cleaned and hulled, freshly sliced
- 1 [avocado](#), chopped
- 1 cup [blueberries](#)
- 1 mango, sliced
- ¼ cup cashews *OR SUNFLOWER KERNELS*
(OPTIONAL)

Instructions

1. In a medium bowl, combine the dressing ingredients, and whisk together well. Add salt

and pepper to taste. You can serve the dressing immediately or you can cover it and chill for an hour.

2. In a large bowl, combine all of the salad ingredients, except the cashew nuts. Add the dressing to the salad and toss. Sprinkle cashew nuts on top of the salad. (OPTIONAL)

Nutrition

Calories: 350kcal | Carbohydrates: 29g | Protein: 4g | Fat: 25g | Saturated Fat: 3g | Sodium: 46mg | Potassium: 702mg | Fiber: 6g | Sugar: 19g | Vitamin A: 4800IU | Vitamin C: 85.5mg | Calcium: 79mg | Iron: 2.6mg

This recipe can be found on my food blog: <https://juliasalbum.com/>.

Strawberry Spinach Salad with Mango and Avocado

<https://juliasalbum.com/strawberry-spinach-salad/>

May 23, 2018



Spring Spinach Salad

6 cups fresh baby spinach

1 medium red onion sliced thin

6 hard boiled sliced

½ cup Bacon bits

Croutons

Dressing of choice (I use red wine vinegar and olive oil or lemon juice and olive oil)

Joanne Bretzger

INGREDIENT > HERBS & SPICES > HERB > DILL

Beet Salad with Feta & Dill

*we skipped the dill
+ added walnuts +
sunflower/pumpkin
seed mix*

The sweet, earthy flavor of beets shines alongside tangy feta and fresh dill in this easy Greek-inspired beet salad. If you don't have time to roast beets, look for precooked beets in the fresh produce section.

By **Carolyn Casner** · Updated on February 27, 2025

✓ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Prep Time: 15 mins

Additional Time: 55 mins

Total Time: 1 hr 10 mins

Servings: 6

Yield: 6 servings

Nutrition Profile:

Nut-Free Soy-Free High-Fiber Vegetarian Egg-Free Gluten-Free Low-Calorie

Ingredients

- 2 pounds medium beets, scrubbed
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ⅓ cup crumbled feta cheese
- 2 tablespoons chopped fresh dill

Directions

Step 1

Preheat oven to 400 degrees F.

Step 2

Wrap beets individually in foil and place on a rimmed baking sheet. Bake until tender, 1 to 1 1/4 hours. When cool enough to handle, peel and cut into 1/2-inch cubes.

Step 3

Whisk oil, vinegar, salt and pepper in a large bowl. Add the beets and feta and toss to coat. Serve sprinkled with dill.

Tips

To make ahead: Prepare through Step 2 and refrigerate for up to 2 days.

Originally appeared: EatingWell.com, February 2019

Nutrition Facts

Per serving: **Serving Size scant 1 cup** 155 calories; total fat 9g; saturated fat 2g; cholesterol 7mg; sodium 292mg; total carbohydrate 16g; dietary fiber 4g; total sugars 11g; protein 4g; vitamin c 8mg; calcium 67mg; iron 1mg; potassium 505mg

Kale, Sweet Potato, Feta Salad

½ bag of Kale about 15 oz.

½ Red onion chopped

1 large Sweet Potato peeled cooked and sliced

½ cup or more of crumbled Feta Cheese

½ cup dried cranberries

½ cup chopped pecans or nuts

Dressing

½ cup Honey, Ginger vinegar (from Seasons's Main Street)

¼ cup water

1 cup Greek Olive Oil

This will keep well in fridge for a week.

Broccoli Salad

Three heads of broccoli

1 package of bacon

1 small red onion

1 package shredded cheddar cheese

3-4 serving spoons of mayo

¼ cup of sugar (recipe called for ½ cup, I went half)

1 tablespoon of white vinegar (recipe called for 2, I went half)

Cut florets from broccoli heads, rinse. I make the bacon in the microwave until crispy, then once cooked, crumble by hand into small pieces. I tried the Bacon Crumbles from Costco last time, used about 2-½ cups instead, and it was fine. Dice red onion. Mix broccoli, cheese, onion and bacon in large bowl with sugar and vinegar until blended then add mayo. Start with less and add until it looks and tastes good.

An option is to include some cauliflower instead of all broccoli.

Spinach Quiche

Recipe shared by Carol Cowley

Originally from John's Aunt Sis, this easy recipe was featured as a side dish at just about every barbeque in the Buffalo, NY area. Been one of my family's favorites for many years.

This recipe is doubled from the original as I typically make it for a crowd. To cut in half, serve in a 9" pie pan.

Ingredients:

40 oz frozen chopped spinach (4 boxes or 2 ½ bags)

(2) 8oz package cream cheese

4 eggs

1 cup grated cheese

1½ lb. sliced muenster cheese

1 t. garlic salt

Dash or two of pepper

Direction s:

Cook spinach and DRAIN WELL. Add cream cheese and remaining ingredients except for Muenster Cheese. Line an 8 by 12 pan with 2/3 of muenster cheese. Add spinach mixture. Cover with remaining Muenster cheese.

Bake at 350° for 35 minutes.

3:30

90



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Crunchy Asian Ramen Noodle Salad

Ingredients

2 packages (3 oz each) ramen noodles
(discard seasoning packets)
4 cups coleslaw mix (shredded green and
red cabbage, and carrots)
1/2 cup sliced almonds, toasted
1/3 cup sunflower seeds
4 green onions, thinly sliced
1/4 cup chopped fresh cilantro
For the Dressing:

1/4 cup olive oil
1/4 cup rice vinegar
3 tbsp soy sauce
2 tbsp honey (or sugar)
1 tsp sesame oil

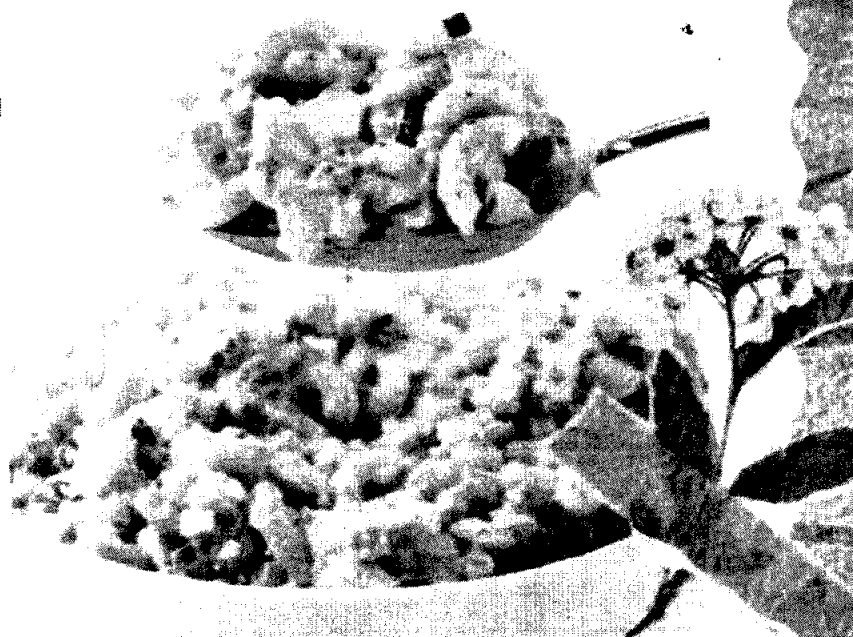


Deviled Egg Pasta Salad ... See more



Deviled Egg Pasta Salad

- 6 large hard boiled eggs
- 8 oz elbow macaroni pasta
- 1¼ cups mayonnaise
- 2½ tbsp yellow mustard
- 1 tsp kosher salt
- ¾ tsp smoked paprika
- ½ cup red onion
- 1 medium stalk celery
- 1 sliced green onion



Main Dishes

Bruschetta Chicken Pasta (WW-Friendly

Version)

Serves: 6

Ingredients:

- 2 boneless, skinless chicken breasts (grilled and sliced) - 0 points
- 8 oz whole wheat penne pasta (or chickpea/lentil pasta for higher protein) -

4-6 points per serving

- 2 cups cherry tomatoes, halved - 0 points
- 1/4 cup red onion, finely chopped - 0 points
- 3 cloves garlic, minced - 0 points
- 1/4 cup fresh basil, chopped - 0 points
- 2 tbsp balsamic vinegar - 0 points
- 1 tsp olive oil - 1 point
- Salt and pepper to taste
- Optional: 1/4 cup grated Parmesan (adds about 1 point per serving)

Instructions:

1. Cook the pasta according to package instructions. Drain and set aside.
2. Grill or air-fry the chicken with a pinch of salt and pepper. Slice thinly.
3. In a large pan, sauté garlic and red onion in 1 tsp olive oil until fragrant (about 2-3 minutes).
4. Add halved cherry tomatoes and cook until slightly softened (about 3-4 minutes).
5. Stir in balsamic vinegar and simmer for 2 minutes.
6. Add cooked pasta and sliced chicken to the pan and toss to combine.
7. Remove from heat and stir in fresh basil.
8. Top with optional Parmesan if desired.

*Marianne Closterman
and Closterman*



Bacon Avocado Fresh Rolls

We love Canadian bacon. Especially when it's thick-cut, grilled, and wrapped up with creamy avocado and sweet mango. Simply slice them up into bite-sized servings and don't forget to add your favorite dipping sauce.

INGREDIENTS

- 10 **Blue Dragon Spring Roll Wrappers**
- 10 double smoked thick cut bacon
- 1 ripe mango, cut into matchsticks
- 2 ripe avocados, thinly sliced
- 1 cup shredded iceberg lettuce
- Blue Dragon Thai Sweet Chili sauce (for dipping)

INSTRUCTIONS

1. Filling: Grill bacon on medium heat on the BBQ, 3 minutes each side until crispy. Remove from grill and let cool. Cut each piece in half.
2. Create a station with all ingredient in bowls, ready for fresh roll assembly.
3. Assembly: Place wrapper into cool water until it is soft and pliable (about 10 – 15 seconds).
4. Remove wrapper and blot on a damp tea towel.
5. Place lettuce, 3 slices of avocado, mango, and bacon in the middle of the wrapper.
6. Fold over the bottom and sides and roll wrapper upwards to form a neat roll shape.
7. Enjoy!

Desserts

barefoot contessa | Find more great recipes online at barefootcontessa.com/recipes

SERVES 6-8 | LEVEL: BEGINNER

Perfect Pound Cake



FROM THE COOKBOOK:

Barefoot Contessa Foolproof

- Baking spray with flour, such as Baker's Joy
- ¼ cup demerara or turbinado sugar
- 3 cups sifted cake flour
- 1 teaspoon kosher salt
- ½ pound (2 sticks) unsalted butter, at room temperature
- 2½ cups granulated sugar
- 6 extra-large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- Seeds of 1 vanilla bean
- 2 teaspoons grated orange zest (2 oranges)
- 1 cup heavy cream

DO NOT preheat the oven. Place a rack in the oven so the cake will sit in the center.

Generously spray a 12-cup tube pan (not one with a removable bottom!) or two loaf pans (8½ x 4½ x 2½ inches) with the baking spray to coat evenly. Sprinkle with the demerara sugar, tilting the pan or pans to make an even coating of the sugar over the bottom and sides. Set aside.

Combine the sifted cake flour and salt and pass the mixture through a sieve or a sifter from one bowl into another THREE times. Set aside.

In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and granulated sugar on medium speed for 5 minutes, until the mixture is light yellow and fluffy. With the mixer on medium-low, add the eggs one at a time, mixing well after each addition. Mix in the vanilla extract, vanilla seeds, and orange zest. With the mixer on low, add the flour mixture in thirds alternately with the cream, beginning and ending with flour and scraping down the sides of the bowl to combine. (Don't worry if it looks a little curdled.) Increase the speed to medium and beat for 3 minutes. The batter should be very light and fluffy.

Pour the batter into the prepared pans, smooth the top, and place in the cold oven. Turn the oven to 350 degrees and bake for 50 to 55 minutes, until a toothpick comes out clean. Cool in the pan for 30 minutes, carefully remove the cake to a baking rack, rounded side up, and allow to cool completely.

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a Big Hit ✓
😊

rhubarb snacking cake

Rhubarb Snacking Cake

This cake was inspired by one I saw in Martha Stewart Living this month, but I changed a lot. Instead of making it in two 9-inch square pans, I baked it in a single 9×13, which is closer to the size I think is fitting for a picnic or pot luck and less work. I 2/3-erded the cake portion, because I wanted it to be thin, skipped the vanilla (which I think can be occasionally clashy with rhubarb) and added a pinch of ginger (which I think goes wonderfully) but not so much that the cake is by any means "gingery." I increased the baking powder as well, just a hair, because it seemed too little for the flour volume. I didn't scale down the rhubarb accordingly, but I did add lemon and reduce the sugar because I like it when rhubarb can still shine like its tart little self. I increased the crumb proportionally and I'm glad I did because, really, you can never enough crumb (and once baked, it keeps that extra rhubarb from running right off the cake) and I added a pinch of cinnamon to the crumb because, yes, it's just happy there.

Cake

- 1 1/4 pound (565 grams) rhubarb, trimmed and cut into 1/2-inch lengths on the diagonal
- 1 1/3 cup (265 grams) granulated sugar, divided
- 1 tablespoon lemon juice (psst, skip ahead and zest it for the cake before you cut it)
- 1/2 cup (1 stick, 4 ounces or 115 grams) unsalted butter, softened
- 1/2 teaspoon finely grated lemon zest
- 2 large eggs
- 1 1/3 cups (165 grams) all-purpose flour
- 1 teaspoon baking powder
- 3/4 teaspoon table salt
- 1/4 teaspoon ground ginger
- 1/3 cup (80 grams) sour cream

cake is done when tester comes clean.
Cool completely before removing
cake in sling. Cut in 2" squares

Crumb

- 1 cup (125 grams) all-purpose flour
- 1/4 cup (50 grams) light brown sugar
- 1/8 teaspoon table salt
- 1/4 teaspoon ground cinnamon
- 4 tablespoons (1/2 stick, 2 ounces, or 55 grams) unsalted butter, melted

(I found using the parchment was for
much trouble)

Make the cake: Preheat your oven to 350°F. Coat the bottom and sides of a 9×13-inch baking pan with butter or a nonstick cooking spray, then line the bottom with parchment paper, extending the lengths up two sides. (It will look like a sling). Stir together rhubarb, lemon juice and 2/3 cup sugar and set aside. Beat butter, remaining sugar and lemon zest with an electric mixer until light and fluffy. Add eggs, one at a time, scraping down the sides after each addition. Whisk together flour, baking powder, 3/4 teaspoon table salt and ground ginger together in a small bowl. Add one-third of this mixture to the batter, mixing until just combined. Continue, adding half the sour cream, the second third of the flour mixture, the remaining sour cream, and then the remaining flour mixture, mixing between each addition until just combined.

Dollop batter over prepared pan, then use a spatula — offset, if you have one, makes this easiest — to spread the cake into an even, thin layer. Pour the rhubarb mixture over the cake, spreading it into an even layer (most pieces should fit in a tight, single layer).

Stir together the crumb mixture, first whisking the flour, brown sugar, table salt and cinnamon together, then stirring in the melted butter with a spoon or fork. Scatter evenly over rhubarb layer. Bake cake in preheated oven for 50 to 60 min

Flourless Chocolate Cake Recipe



This Flourless Chocolate Cake is the ultimate chocolate indulgence, made with simple ingredients for a decadent texture. It's great for both weeknight dinners or special occasions like Valentine's Day. Top it with fresh fruit or whipped cream!

Course	Dessert
Cuisine	American
Diet	Gluten Free
Prep Time	10 minutes
Cook Time	25 minutes
Total Time	35 minutes
Servings	10 servings
Calories	244kcal
Author	John Kanell

Ingredients

- 4 oz dark bittersweet chocolate coarsely chopped, (113g)
- 1/2 cup unsalted butter cut into pieces, (113g)
- ½ cup cocoa powder (50g)
- ¾ cup sugar (150g)
- 1 teaspoon espresso powder optional
- ¼ teaspoon salt
- 4 large eggs

Optional toppings

- cocoa powder
- berries
- [ganache](#)
- powdered sugar

Instructions

1. Preheat to 360F, butter an 8 inch cake pan and line with parchment paper.
2. Chop chocolate and butter then place in a bowl over a pot of simmering water and melt stirring occasionally. Sift in the cocoa powder, whisk in the sugar, salt, espresso powder and eggs mix very well. You may add a teaspoon of vanilla at this point but it is optional.
3. Pour into prepared pan and bake at 350F for 22-25 minutes. The top will have a crust and the edge will have risen and set.
4. Allow to cool in pan for a few minutes then run a knife along the edge and invert onto a cake plate. Allow to cool then dust with powdered sugar, cocoa or cover in [ganache](#). Top with berries and enjoy!

Notes

- **Use high-quality ingredients.** The key to achieving the richest flavor in this recipe is to use a good quality brand of chocolate and cocoa powder intended for baking. You can often find these in the baking aisle near the chocolate chips.
- **For more depth of flavor,** stir 1 teaspoon of pure vanilla extract into the melted chocolate mixture before adding the eggs.
- **Properly melt the chocolate.** Use a double boiler method to melt the chocolate and butter mixture to prevent burning the chocolate and ensure a smooth texture.
- **Grease and line the pan.** Butter and line the cake pan with parchment paper to prevent the cake from sticking. This makes it easier to remove the cake and helps maintain its shape.
- **Don't overbake the cake.** Watch the cake and bake just until the edges have puffed and are set and the top has formed a crust. The center should remain slightly gooey for a rich, fudgy texture.
- **Cool before topping.** Allow the cake to cool completely on a wire rack before adding any toppings to prevent them from melting or sliding off.

Nutrition

Calories: 244kcal | Carbohydrates: 24g | Protein: 4g | Fat: 16g | Saturated Fat: 9g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.4g | Cholesterol: 99mg | Sodium: 90mg | Potassium: 164mg | Fiber: 2g | Sugar: 19g | Vitamin A: 397IU | Calcium: 27mg | Iron: 2mg

Thank You! <https://preppykitchen.com/flourless-chocolate-cake/>

Lemon Blueberry Bread ★★★★★

Ultra moist, easy to make, and topped with a thick lemon icing, this lemon blueberry bread is sure to be a new favorite! A combination of oil and sour cream prevents the quick bread from drying out, while lemon juice and zest adds lots of tangy flavor.



Course Dessert **Cuisine** American **Keyword** blueberry lemon bread

Prep Time 20 mins **Cook Time** 1 hr 10 mins **Total Time** 1 hr 15 mins

Servings 1 loaf **Author** Danielle Rye

Ingredients

Lemon Blueberry Bread

- 2 cups all-purpose flour spooned & leveled (250 grams)
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup vegetable or canola oil (120 ml)
- 1 cup granulated sugar (200 grams)
- 1 cup sour cream or plain Greek yogurt (230 grams)
- 2 large eggs
- 2 tablespoons fresh lemon juice (30 ml)
- 1 tablespoon lemon zest
- 2 teaspoons vanilla extract
- 1 cup blueberries + 2 teaspoons all-purpose flour (150 grams)

Lemon Glaze

- 1 cup confectioners sugar (120 grams)
- 1.5 to 2 tablespoons fresh lemon juice use more or less as needed

Instructions

1. **To make the bread:** Preheat the oven to 350°F (180°C). Spray a 9x5-inch loaf pan with nonstick cooking spray, line the pan with parchment paper, and set aside.
2. In a large bowl, whisk the flour, baking powder, and salt together until well combined. Set aside.
3. In a separate mixing bowl, whisk the oil, sugar, sour cream, eggs, lemon juice, lemon zest, and vanilla extract together until fully combined. Add the dry ingredients to the wet ingredients and mix until just combined.
4. In a separate bowl, toss the blueberries with 2 teaspoons of flour. Then, gently fold the blueberries into the batter.
5. Pour the batter into the prepared loaf pan and bake for 55 to 70 minutes or until a toothpick inserted into the center comes out clean. Baking time will vary slightly depending on if you use fresh or frozen berries. If needed, cover loosely with foil for the last 10 to 15 minutes of baking to prevent excess browning.
6. Remove from the oven and allow to cool for about 20 minutes in the loaf pan. Carefully remove from the pan and transfer to a wire rack to cool completely.
7. **To make the glaze:** Once the bread has cooled, whisk the powdered sugar and lemon juice together until fully combined and no lumps remain. If your mixture is too thick, slowly add a little more lemon juice. You

want the glaze to be thin enough to drizzle, but thick enough to set up on the bread. If the glaze is too thin, add more powdered sugar as needed.

8. Drizzle the glaze on top of the bread and spread it around. Set aside for 15 to 20 minutes to give the glaze time to harden.

Notes

Storage Instructions: Store in an airtight container at room temperature or in the refrigerator for up to four days.

Freezing Instructions: Bread will freeze well for up to 3 months, thaw overnight in the refrigerator, and bring to room temperature before serving.

Blueberries: You can use fresh or frozen blueberries in this recipe. If using frozen, you'll need to add them to the batter frozen (do not thaw). Note that this may increase the bake time by a few minutes.

Lightly adapted from Betty Crocker.

Lemon Blueberry Bread <https://www.livewellbakeoften.com/blueberry-lemon-bread-with-lemon-glaze/>



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Škole Engleskog Na Malti · 4d ·

Crunchy Asian Ramen Noodle Salad

Ingredients

2 packages (3 oz each) ramen noodles
(discard seasoning packets)
4 cups coleslaw mix (shredded green and
red cabbage, and carrots)
1/2 cup sliced almonds, toasted
1/3 cup sunflower seeds
4 green onions, thinly sliced
1/4 cup chopped fresh cilantro

For the Dressing:

1/4 cup olive oil
1/4 cup rice vinegar
3 tbsp soy sauce
2 tbsp honey (or sugar)
1 tsp sesame oil

