



# A Bright New Year

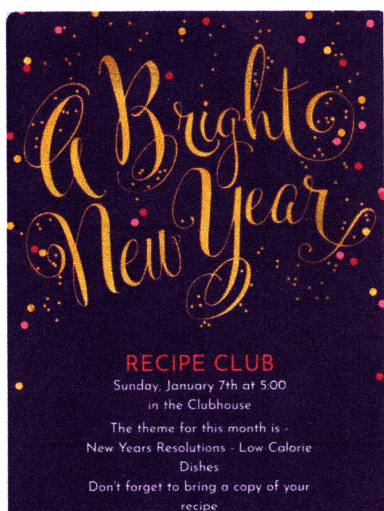
## RECIPE CLUB

Sunday, January 7th at 5:00  
in the Clubhouse

The theme for this month is -  
New Years Resolutions - Low Calorie  
Dishes

Don't forget to bring a copy of your  
recipe

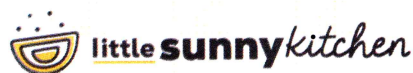




# Appetizers

## Chicken Wings

Put in disposable pan  
(unfrozen)  
Mix with 2 cup mixture  
of Ketchup and brown  
sugar. Pour over  
chicken. Also pour in  
jar of sweet and sour  
sauce (like Saucy Susan)  
Bake 400° - 2 to 3 hours  
Can also can put pan on grill  
til brown



★★★★★ 5 from 1 vote

## Savory Cranberry Bread

Healthy vegan cranberry bread that's made with whole wheat and fresh cranberries! This is very similar to focaccia but has a bread texture. The cranberries are topped with fresh rosemary leaves and sea salt.

Author [Diana](#) 🍴 Servings 12

Prep Time 30 minutes Cook Time 30 minutes Total Time 1 hour

### Ingredients

- ☐ 1 tablespoon **instant yeast**
- ☐ 1 tablespoon **granulated sugar**
- ☐ 1 and ¼ (300 ml) **warm water**
- ☐ 1 teaspoon **salt**
- ☐ 2 and ½ cups (320 grams) [all-purpose flour](#) or whole wheat flour
- ☐ ⅓ cup (80 ml) **vegetable oil**
- ☐ 1 cup (100 grams) **cranberries**
- ☐ 1 tablespoon **rosemary**
- ☐ ½ teaspoon [sea salt](#) for sprinkling
- ☐ 1 teaspoon **fresh thyme** optional

### Instructions

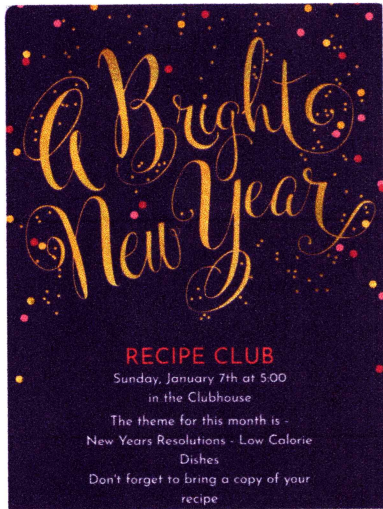
- 1 To activate the yeast, dissolve the yeast and the sugar in the water. Set aside, and let the mixture foam/bubble (this will take around 5-10 minutes).
- 2 Using the stand mixer bowl, add the flour, salt, vegetable oil, and the yeast mixture. At medium speed, beat the dough until a soft and elastic dough ball forms. Add more flour if needed.
- 3 Transfer the dough ball to the baking pan, cover with a damp cloth and let the dough rise (for about 20 minutes). It will double in size.
- 4 Use your fingers to poke deep dents in the dough. Top with fresh cranberries, rosemary, thyme if using and sea salt.
- 5 Bake for 20 minutes or until the dough is slightly golden and cooked through. When it's ready, slice and serve warm.

### Nutrition

Calories: 166kcal | Carbohydrates: 22g | Protein: 3g | Fat: 7g | Saturated Fat: 5g | Sodium: 195mg | Potassium: 45mg | Fiber: 1g | Sugar: 1g | Vitamin A: 15IU | Vitamin C: 1.2mg | Calcium: 8mg | Iron: 1.4mg

Find it online: <https://littlesunnykitchen.com/vegan-cranberry-bread/>





# Main Dishes

# Ground Turkey Skillet with Zucchini, Corn, Black Beans and Tomato

★★★★★ 4.88 from 261 votes

This quick, one-pot Ground Turkey Skillet with zucchini, corn, tomatoes, and black beans is great for weeknight dinner or meal prep!



**PREP TIME:**  
10 mins

**COOK TIME:**  
15 mins

**TOTAL TIME:**  
25 mins

**YIELD:** 4 servings **COURSE:** Dinner, Lunch, Meal Prep **CUISINE:** American

## Equipment

- Large Skillet

## Ingredients

- 14 ounces from 2 medium or 1 large zucchini, quartered and sliced 3/4 inch
- 1 pound 93% lean ground turkey
- 1/4 cup chopped onion
- 1 tablespoon tomato paste
- 3/4 cups canned black beans (rinsed and drained)
- 3/4 cups corn kernels (fresh or frozen)
- 1 large diced tomato
- 1 jalapeño (diced)
- 1 clove garlic (minced)
- 2 tbsp chopped cilantro (plus more for garnish)
- 1 1/4 teaspoon cumin
- 1 1/4 teaspoon kosher salt
- 1/4 cup water
- lime wedges (optional)

## Instructions

1. Spray a large skillet over high heat with oil and brown the turkey, season with 1 teaspoon salt and 1 teaspoon cumin.
2. Cook breaking the meat up until the turkey is cooked through, about 5 minutes.



3. Push the meat to the side, add the onion and tomato paste and cook 1 minute.
4. Add the black beans, corn, tomato, jalapeño pepper, garlic, cilantro and stir with 1/4 cup water.
5. Add the zucchini remaining 1/4 teaspoon salt and cumin.
6. Mix and cover, cook low 4 to 5 minutes or until the zucchini is tender crisp.
7. Serve with lime wedges and more cilantro if desired.

## **Nutrition**

**Serving: 1 1/2 cups, Calories: 266kcal, Carbohydrates: 22.5g, Protein: 28g, Fat: 8.5g, Saturated Fat: 2.5g, Cholesterol: 80mg, Sodium: 525mg, Fiber: 6.5g, Sugar: 4g - WW Points: 5**

Printed from Skinnytaste: <https://www.skinnytaste.com/ground-turkey-skillet-with-zucchini-corn-black-beans-and-tomato/>

Shrimp With Broccoli in Garlic Sauce  
**(THIS HAS SOME HEAT!!!)**

Ingredients

Oil to cover bottom of pan  
2 cups fresh broccoli  
10 large garlic cloves, minced ( add as much garlic as you like)  
1 1/2 cups low-sodium chicken broth  
4 teaspoons light soy sauce  
4 teaspoons oyster sauce  
1 pound uncooked shrimp, cleaned  
6 Dried D'Arbol Chile (These peppers are spicy!! Add this-or other peppers-to taste)  
4 mushrooms, chopped

**Step 1**

Steam broccoli until slightly tender

**Step 2**

Mix 1/2 minced garlic cloves with chicken broth, oyster sauce and light soy sauce.

**Step 3**

Heat oil in large skillet or wok over medium heat. Add minced garlic, chile peppers, mushrooms and cook until fragrant . Reduce heat to low, add broth mixture. Bring to a boil. Add shrimp; cook and stir until the shrimp turn pink.

**For the recipe club dish I removed the peppers prior to adding shrimp.**

**Step 4**

Toss steamed broccoli into pan and coat with sauce.

**Step 5 (Optional but healthy)**

Serve over brown rice

This recipe can be adjusted by adding other vegetables.

Estimated Calories: 250 per serving  
Brown Rice (1/4 cup): 55-60 calories



# Sheet Pan Jambalaya

★★★★★

4.9 from 27 reviews

Author: [Lindsay](#) Total Time: 50 minutes Yield: 4 servings



Sheet Pan Jambalaya: maximum flavor, minimal dishes. Sausage, peppers, onions, shrimp, and cauliflower rice all roasted up on a sheet pan. Big flavor, easy dinner!

## INGREDIENTS

SCALE

- 6 ounces **kielbasa sausage**, sliced (*Charlotte recommends no-sugar-added*)
- 1 **onion**, sliced
- 1 **red bell pepper**, sliced
- 2 tablespoons **olive oil** (*Charlotte recommends avocado oil but I don't normally have that on hand, so I used olive oil*)
- 2 teaspoons **Cajun seasoning**, divided
- 2 tablespoons **tomato paste**
- 2 bags frozen **cauliflower rice** (10 oz. each, 20 oz. total)
- **sea salt** and **black pepper**
- 1/2 lb. **wild-caught shrimp**, peeled and deveined, with tails on
- 2 tablespoons **melted butter**
- **fresh parsley**, to garnish
- **lemon juice**, to serve

## INSTRUCTIONS

1. Preheat the oven to 425 degrees. Add the kielbasa sausage, onion, and bell pepper to a large sheet pan along with the olive oil and 1 teaspoon of Cajun seasoning. Toss the vegetables and sausage to make sure they are well-coated. Transfer the pan to the oven and cook for 10 minutes.
2. Remove the vegetables and sausage from the oven, add the tomato paste, and stir to thoroughly mix it in with the vegetables. Add the frozen cauliflower rice and remaining teaspoon of Cajun seasoning to the pan. Toss all the ingredients together until they are well-incorporated and return the pan to the oven. Continue to cook for 15-20 minutes, stirring occasionally, until the cauliflower rice is cooked through and most of the liquid has evaporated.
3. Taste the jambalaya and season with salt and pepper. Add the raw shrimp on top of the jambalaya and drizzle the butter over the top.
4. Return the pan to the oven and cook for 5-7 minutes, until the shrimp is cooked through and pink. Garnish with fresh parsley and a squeeze of lemon juice.

**Find it online:** <https://pinchofyum.com/sheet-pan-jambalaya>

allrecipes

# Slow-Cooker Pepper Steak

This crockpot pepper steak recipe is very tender and flavorful and is one of our family's favorites. It's great to make ahead of time in the slow cooker and then serve over rice, egg noodles, or chow mein.

Recipe by **MJWAGNER68**  Tested by **Allrecipes Test Kitchen**

**Prep Time:** 20 mins

**Cook Time:** 3 hrs 10 mins

**Total Time:** 3 hrs 30 mins

## Ingredients

- 2 pounds beef sirloin, cut into 2 inch strips
- $\frac{3}{4}$  teaspoon garlic powder, or to taste
- 3 tablespoons vegetable oil
- 1 cube beef bouillon
- $\frac{1}{4}$  cup hot water
- 1 tablespoon cornstarch
- $\frac{1}{2}$  cup chopped onion
- 2 large green bell peppers, roughly chopped
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 3 tablespoons soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt

## Directions

### Step 1

Sprinkle beef sirloin strips with garlic powder. Heat vegetable oil in a large skillet over medium heat and sear beef strips, about 5 minutes per side. Transfer to a slow cooker.

### Step 2

Mix bouillon cube with hot water in a separate container until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with beef strips. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt.

### Step 3

Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.

## Nutrition Facts





Per serving: 301 calories; total fat 16g; saturated fat 5g; cholesterol 65mg; sodium 1189mg; total carbohydrate 12g; dietary fiber 2g; total sugars 5g; protein 28g; vitamin c 48mg; calcium 53mg; iron 3mg; potassium 609mg

# Country-Style Chicken Stew Provençal

*Rustic stews like this one are loaded with sturdy vegetables and flavorful herbs. Enjoy carrots, potatoes, white beans, and mushrooms steeped in the special flavors of garlic and herbes de Provence.*

## MEDIUM CROCKERY POT

2 teaspoons olive oil

1 pound (455 g) boneless, skinless chicken breast, cut into 1-inch (2.5 cm) pieces

4 ounces (114 g) portobello mushrooms, cubed

1 can (14 ounces, 420 mL) fat-free chicken broth

¼ cup (60 mL) dry white wine

*Makes 4 servings*

3 potatoes, sliced

1 can (15 ounces, 426 g) great northern beans, rinsed and drained

4 carrots, sliced

8 cloves garlic, minced

¼ teaspoon white pepper

1 teaspoon herbes de Provence

¼ cup (20 g) snipped fresh parsley, for garnish

Heat the oil in a large nonstick skillet over medium-high heat. Add the chicken and mushrooms and sauté, stirring occasionally, until the chicken is lightly browned, about 8 minutes.

Combine the chicken mixture, broth, wine, potatoes, beans, carrots, garlic, and white pepper in the crockery pot. Cover and cook on LOW until the chicken is cooked through, the potatoes are tender, and the flavors are blended, 6 to 8 hours. Season with the herbes de Provence and serve garnished with the parsley.


*Quick tip: Save time by simply sautéing*



## Zucchini Pizza

1 large zucchini cut into  $\frac{1}{4}$ " slices  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
 $\frac{1}{3}$  c. pizza sauce  
 $\frac{3}{4}$  c. shredded mozz. cheese  
 $\frac{1}{2}$  c. pepperoni slices  
Minced basil

Arrange zucchini on greased  
baking sheet. Broil 1-2 min.  
per side. Sprinkle with  
salt and pepper. Top  
with sauce, cheese,  
pepperoni. Broil until cheese  
melts. Sprinkle with basil.



## **Boneless Chicken Breast Capri'**

### **Ingredients:**

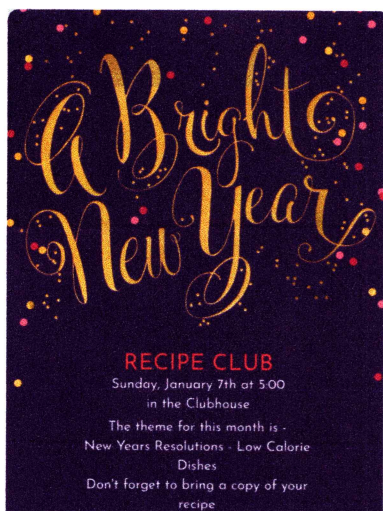
*4-6 boneless chicken breasts  
2 cans crushed tomatoes  
1 lg. container of Ricotta  
Extra Virgin olive oil*

*1 Lb. mozzarella cheese  
spices [dried basil; Italian  
spice; garlic powder]  
salt & pepper [paprika  
optional]*

*Rinse chicken, pat dry. Sprinkle garlic powder on top side and brown seasoned side down in frying pan with oil. Approx. 3-4 min. per side until golden brown. [sprinkle other side of chicken while in pan] Transfer browned chicken to a baking dish. Top each piece w/ a mound of seasoned Ricotta [see bottom page] and a 1/4 or more inch thick slice of Mozzarella. [press down slightly to set cheese firmly onto chicken] Top each piece w/ spoonfuls of crushed tomatoes to cover, entirely... Fill pan around chicken with any extra tomatos. Drizzle olive oil over chicken and around pan. Bake, un-covered, at 350 degrees for approx. 45 mins. To 1 hour – until sauce is bubbling...re-baste cheese on chicken with tomatos if starting to brown too quickly.*

*\* Seasoned Ricotta: Stir in 2+Tbs. Basil; 2 Tbs. Italian spices; 2 Tbs. Garlic Powder; and sprinkle salt/pepper to taste [approx. 1/2 tsp. each] You season to taste—if you want more add more..you can also sprinkle 1/2 tsp Paprika into Ricotta. Mix in 3 Tbs. olive oil. Stir to combine.*

*\* USE PART SKIM RICOTTA + MOZZARELLA FOR LIGHTER VERSION*




# Sides

## Black-Eyed Peas With Oranges and Chipotle

By Joe Yonan

 Servings: 8 (makes about 8 cups)

 Total: 45 mins

- ☐ 1 pound dried black-eyed peas, picked over and rinsed (may substitute 6 cups canned, no-salt-added black-eyed peas)
- ☐ 3/4 teaspoons fine salt, divided, plus more as needed
- ☐ 4 blood oranges or 3 medium navel or Cara Cara oranges
- ☐ 1 or 2 canned chipotle peppers in adobo sauce, plus 1 tablespoon of the sauce, or more as needed
- ☐ 1 tablespoon rice vinegar (seasoned or unseasoned)
- ☐ 1 tablespoon Dijon mustard
- ☐ 2/3 cup neutral oil, such as sunflower, canola or vegetable
- ☐ 1/2 teaspoon freshly ground black pepper, or more as needed
- ☐ 1/2 cup chopped red onion
- ☐ 1/2 cup lightly packed fresh cilantro leaves and tender stems, plus more for garnish

### Step 1

In a large pot over high heat, add the peas and enough water to cover them by 2 inches. Bring to a boil. Reduce the heat until the liquid is gently simmering and cook until the peas are tender but not mushy, 30 minutes to 1 hour, depending on their age. (It's hard to know how old dried legumes are, and the older they are, the longer they take to cook.) Add 1/2 teaspoon of the salt to the water toward the end of the cooking time. Drain thoroughly and transfer to a large bowl. (If you are using canned black-eyed peas, drain and rinse them, transfer them to the bowl and stir in 1/2 teaspoon of the salt.)

### Step 2

Prepare the oranges: While the peas are cooking, use a Microplane or other fine grater to remove 1 1/2 tablespoons of zest. Use a sharp knife to cut all the peel and any white pith off the oranges, then, working over a bowl, cut between the segments (to make supremes), letting them fall into the bowl as you work. Squeeze the juice from the remaining membranes, reserving 1/3 cup.

### Step 3

To make the dressing, in a food processor or blender, combine the orange zest and reserved juice, chipotle (to taste) and adobo, vinegar and mustard and pulse to incorporate. With the motor running, gradually add the oil, until smooth. Add the black pepper and the remaining 1/4 teaspoon of salt and pulse to incorporate. Taste, and season with more salt, as needed.

### Step 4

Add the onion, orange segments, all of the dressing and cilantro to the bowl with the black-eyed peas and toss to coat evenly. Taste, and season with more salt, black pepper and/or adobo, as needed.

### Step 5

Garnish with more cilantro and serve.



Cranberry Nut Salad (Jell-O) 1023  
(BSF)

- 1 sm pk Cherry Jell-O
  - 1 c hot water
  - 1 pk Knox gelatin
  - 1 C. crushed Pineapple or Tidbits
  - 1/2 - 3/4 C Sugar ?
  - 1 C. crushed walnuts
  - 1 C diced celery
  - 1 bag fresh cranberries (crushed)
  - 1 diced Apple or firm Pear add last
- } mix all together  
Pour into mold

Julie Raychel Sirisi [Log In](#)

## Ingredients

~~1/3 cup white sugar~~

1/2 teaspoon salt

1/8 teaspoon pepper

~~1/4 cup milk~~

1/2 cup mayonnaise

~~1/4 cup buttermilk~~

1 1/2 tablespoons distilled white vinegar

~~2 1/2 tablespoons lemon juice~~

8 cups finely chopped cabbage

1/4 cup grated carrots

*1/8 tsp celery seed*

## Directions

### ~~Step 1~~

~~In a large bowl, whisk together the buttermilk, vinegar and lemon juice mix until blended with the dressing.~~

### Trending Videos

*Mix above ingredients and add more mayo as needed*

Romaine

Lemon juice  
& zest

Garlic

Olive oil

tsp Anchovy Paste

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