

<p><b>Marinated Mushrooms</b></p> <ol style="list-style-type: none"> <li>1. Cut mushrooms into 1/8-inch slices.</li> <li>2. Mix mushroom slices and lemon juice in a large bowl.</li> <li>3. Stir in oil, onions, 1/4 c. parsley, garlic, salt, and pepper.</li> <li>4. Toss; cover and refrigerate at least 3 hours stirring occasionally.</li> <li>5. Just before serving, remove from mixing bowl to serving bowl, using slotted spoon.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 lb. Fresh mushrooms</li> <li>1/4 c. Lemon juice</li> <li>1/2 c. Olive oil</li> <li>2 Green onions with tops, chopped</li> <li>1/4 c. fresh parsley, chopped</li> <li>1/2 tbs. minced garlic</li> <li>3/4 tsp. Salt</li> <li>1/4 tsp. Freshly ground pepper</li> </ul>
<p><b>Tzatziki</b></p> <ol style="list-style-type: none"> <li>1. Drain the yogurt in a cheesecloth-lined strainer for 8 hours or overnight.</li> <li>2. Grate the cucumber to make 1 c.. Place the grated cucumber on paper towels and let drain for 30 minutes.</li> <li>3. Combine the yogurt, cucumber, garlic, herbs and olive oil. Mix well. Add lemon juice, then season with salt.</li> <li>4. Serve with fresh Pita.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>2 c. yogurt, drained</li> <li>1/2 cucumber, peeled and seeded</li> <li>1 tbs. minced garlic</li> <li>1 tbs. fresh mint, chopped</li> <li>1 tbs. fresh dill, chopped</li> <li>1 tbs. extra virgin olive oil</li> <li>1 tbs. fresh lemon juice</li> <li>coarse salt, to taste</li> <li>Pita</li> </ul>
<p><b>Buffalo Chicken Dip</b></p> <ol style="list-style-type: none"> <li>1. Pre-heat oven to 350 degrees.</li> <li>2. Beat cream cheese, ranch dressing, and red hot sauce.</li> <li>3. Fold in chicken and 1 c. of cheddar cheese.</li> <li>4. Spread mixture into casserole dish that has been lightly greased with oil or butter.</li> <li>5. Bake at 350 degrees for 15 minutes.</li> <li>6. Add remaining cheddar cheese to the top and bake an additional 10-15 minutes.</li> <li>7. Serve with tortilla chips</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>10 oz. low fat cream cheese</li> <li>10 oz. canned chicken, drained</li> <li>1 c. fat free ranch dressing</li> <li>3/4 c. hot sauce (Frank's is my fave)</li> <li>2 c. shredded cheddar cheese</li> <li>Tortilla chips</li> </ul>
<p><b>Cream Cheese Jalapeños with Bacon</b></p> <ol style="list-style-type: none"> <li>1. Cut stems off of peppers and cut them all in half lengthwise.</li> <li>2. Remove seeds from peppers.</li> <li>3. Place the cream cheese in a bowl and add the cheddar cheese. Stir until well combined.</li> <li>4. Fill each pepper with cream cheese mixture.</li> <li>5. Wrap 1/2 slice of bacon around each pepper half.</li> <li>6. Place on baking sheets and place in 450 degree oven for 10 to 15 minutes or until bacon is fully cooked.</li> <li>7. Remove and serve when cooled.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>25 fresh jalapeno peppers</li> <li>16 oz. low fat cream cheese, softened</li> <li>2 c. shredded cheddar cheese</li> <li>32 oz. bacon</li> </ul>
<p><b>Six Layer Mexican Dip</b></p> <ol style="list-style-type: none"> <li>1. Heat the oil in a skillet over medium heat. Add the garlic, beans and chili paste and heat until fragrant, about 3 minutes. Using a potato masher or fork, mash the beans. Remove from the heat, add 2 tbs. water and mash until somewhat smooth. Spread in a 2-quart glass casserole dish.</li> <li>2. Scatter the cheese over the beans. Halve and pit the avocados; scoop out the flesh into a bowl and mash with 1 teaspoon salt and the lemon juice. Spread the avocado over the cheese.</li> <li>3. Reserve some scallions, cilantro and jalapeno for garnish. Pulse the yogurt with the remaining scallions, cilantro and jalapeno in a blender or food processor. Spread over the avocado. Top with the lettuce. Season the tomatoes with another teaspoon salt and scatter over the lettuce. Top with the reserved scallions, cilantro and jalapeno.</li> </ol>	<p><b>Shopping List</b></p> <ul style="list-style-type: none"> <li>1 tbs. extra-virgin olive oil</li> <li>1 tbs. garlic, minced</li> <li>2 15-oz. cans red kidney beans, drained and rinsed</li> <li>2 tsp. of your favorite hot sauce</li> <li>2 c. shredded low-fat cheddar cheese</li> <li>2 ripe avocados</li> <li>Kosher salt</li> <li>2 tsp. fresh lemon juice</li> <li>5 scallions, thinly sliced</li> <li>3/4 c. fresh cilantro</li> <li>1 jalapeno, thinly sliced</li> <li>1 1/2 c. plain nonfat yogurt</li> <li>2 c. finely shredded romaine lettuce</li> <li>3 ripe medium tomatoes, diced</li> </ul>