

WHAT'S COOKING?



Plan an IP-Friendly Valentine's Day!

APPETIZER

Roasted Zucchini w/ Rosette Basil & Garlic

- 2 cups zucchini, cooked & thinly sliced
- 1 cup tomatoes, skinned & quartered
- 1 bunch basil
- 1 tsp grape seed oil
- 1 clove garlic, thinly sliced
- 4 tbsp Walden Farms Ranch Dressing
- Sea salt & pepper to taste

Preheat oven to 300° F. With a potato peeler, peel the zucchini horizontally so that you have nice, long, thin strips. Then, in a hot non-stick pan, cook the zucchini and the quartered tomatoes with the grape seed oil and garlic. Once the zucchini has cooled down, make four rosettes with the zucchini, basil, & tomatoes, and place in the oven for 15 minutes, or until hot. Garnish with ranch dressing.

MAIN COURSE

Basil Lime Chicken

- 3 lbs chicken breasts
- 3 limes (juice & zest) divided
- 6 green onions chopped & divided
- 1 tbsp olive oil
- 1/4 cup extra virgin olive oil
- 3 tbsp dijon mustard
- Salt and pepper to taste
- 4 cloves garlic minced & divided
- 3 tbsp soy sauce
- 2 tbsp chopped basil

Combine the zest and juice of 2 limes, olive oil, mustard, soy, 3 onions, 2 garlic cloves, salt and pepper, and mix well. Cut chicken into even cutlets and place in a gallon-sized bag. Pour marinade over the chicken and marinate for 1 hour. Preheat grill. Place chicken on grill and grill for 7 minutes. Then flip and cook until internal temp reaches 170°F. Remove from grill and let meat rest. Meanwhile, combine juice and zest of one lime with extra virgin olive oil, 3 chopped onions, 2 minced garlic cloves, basil. Slice chicken into bite-sized pieces and pour sauce over top.

(MAKES 8 SERVINGS.)

COCKTAIL

Ideal Protein Mimosa

- IP fruit flavored drink mix (orange, peach-mango, or cranberry-pomegranate)
- Sparkling Water

Use the IP fruit flavored drink mix, mix with 1/2 the required amount of cold water. Add sparkling water for the remainder of the required amount of water for a delicious drink with an effervescent champagne fizz. Serve in a wine glass or champagne flute.

DESSERT

Chayote Caramel Cookies

- 1 packet IP Caramel Mug Cake
- 1/2 beaten egg
- 2 tbsp Walden Farms caramel sauce
- 1 tsp grape seed oil
- 1/2 tsp baking powder
- 1/2 cup fine grated chayote squash

In a bowl, combine the egg, caramel sauce, and grape seed oil. In another bowl, combine the caramel mug cake, baking powder, cinnamon, and chayote squash. Mix the wet and dry ingredients together. Drop by teaspoons on to a parchment-lined baking sheet. With back of spoon, spread into nice rounds. Bake at 325° for 18-20 minutes.