

Texas Caviar

1 can seasoned black beans, drained and rinsed
1 can garbanzo beans (chick peas), drained and rinsed
1 can whole kernel corn, drained
1 jars salsa
2 tablespoons minced garlic
2 tablespoons lime juice
Garlic salt and cayenne pepper to taste
Hot Pepper Sauce to taste
Chopped Cilantro
Chopped Avocado

Mix all ingredients in a bowl and chill until serving with chips. If you are making ahead, Add chopped avocado just before serving. YUM

Tomato Caprese Salad

Sliced Roma Tomatoes
Sliced Mozzarella Cheese
Fresh Basil
Chopped Purple Onion
Gia Russa Balsamic Glaze
Fresh cracked ground Black Pepper

Assemble tomato slices on a platter for service. Place cheese slice, then basil piece on each tomato. Sprinkle with chopped onion. Drizzle with balsamic glaze. Sprinkle with fresh black pepper and chill to serve. Cannot be made more than 30-60 minutes prior to service. ENJOY

Chicken Salad

Cooked or canned chicken shredded
Avocado
Small amount of mayo for taste
Golden raisins
Salt, celery seed and pepper to taste

Frozen Oatmeal Cups

4 cups water

2 cups rolled oats

¼ cup milk

2 Tbsp. light brown sugar

Fruit

Place water and oats in sauce pan; low simmer for 20 minutes; toward last 10 minutes, whisk in milk; last 5 minutes whisk in brown sugar; spray muffin pan and put ¼ cup oatmeal mixture in each cup; place fruit on top and place in freezer.

To eat; pop out 1-3 cups, drizzle with milk and microwave until heated. ENJOY!

Once frozen; oatmeal cups can be stored by desired serving size in freezer proof containers.

Shaved Brussel sprout salad

2 Tbsp extra virgin olive oil

2 Tbsp balsamic vinegar

1 Tbsp pure maple syrup

1 tsp. Dijon mustard

½ tsp kosher salt

¼ tsp black pepper

12 ounces Brussel sprouts (about 3 cups), outer leaves removed

1 medium shallot, thinly sliced (about ¼ cup)

¼ cup sweetened dried cranberries

½ cup roughly chopped pecans

¼ cup Gorgonzola cheese

1 pear, chopped (¾ cup)

1. Whisk together olive oil, vinegar, maple syrup and mustard in a medium bowl until combined well. Season with salt and black pepper.
2. Thinly slice Brussel sprouts, discarding cores. Toss sprouts together with sliced shallot, dried cranberries, pecans and Gorgonzola cheese and chopped pear in medium serving bowl.
3. Pour dressing over salad, and gently toss to combine
Serves two (although I have gotten 2-4 servings); Active time 20 minutes; Total time: ~20 minutes.