



FROM CRUDITES TO COCKTAILS, CHEF NANCY WALDECK'S RECIPE COLLECTION IS YOUR PRINTED GUIDE FOR THE PERFECT GIRLS' NIGHT IN.

REMOULADE + CRUDITÉS

1 cup light mayo
 2 TB Creole or spicy mustard
 2 TB low-sodium ketchup
 1/2 cup minced green onions
 2 TB minced parsley
 2 TB chopped celery
 2 garlic cloves, grated
 1 tsp Horseradish
 1 tsp Paprika
 1 tsp Hot Sauce
 Assorted crunchy vegetables

Step One Mix all the ingredients together and set aside for about 30 minutes to allow the flavors to meld.
Step Two Serve with fresh crunchy vegetables.

CHICKPEA BURGERS

2 15-oz cans chickpeas, drained and rinsed
 4 green onions, chopped
 1/2 cup shredded carrots
 2 large eggs
 1/4 cup whole wheat flour*
 2 TB chopped cilantro
 2 tsp smoked paprika
 1/2 tsp sea salt
 2 - 3 TB extra virgin olive oil
 12 whole wheat slider buns*
 Shredded Napa cabbage
 Tomato slices
 Green Olive Spread

Step One Place the chickpeas, scallions, carrots, eggs, flour, cilantro, paprika and salt in a food processor. Pulse, stopping once or twice to scrape down the sides, until a coarse mixture forms that holds together when pressed. Form into 6 burgers and place in the fridge for at least 30 minutes.

Step Two Heat the oil in a large sauté pan over medium-high heat. Add the burgers and cook until golden and beginning to crisp, 4 to 5 minutes. Carefully flip and cook until golden brown, about 2 minutes more.

Step Three To serve, spread the green olive spread on both sides of the bun, top with Napa cabbage and a juicy tomato slice.

GREEN OLIVE SPREAD

1 1/2 cup pitted green olives
2/3 cup non-fat Greek yogurt
1 tin oil-packed anchovies, drained**
2 cloves garlic
1/4 cup cilantro, packed
1/2 cup olive oil

Step One In the food processor, chop the olives coarsely, remove and place in a bowl

Step Two Add the yogurt, anchovies, garlic and cilantro to the processor. Pulse to chop the ingredients, and then with the motor running, slowly add in the olive oil. Remove from the processor and add to the green olives. If possible, set aside for an hour to allow the flavors to meld.

**You can easily make this burger gluten free by using chickpea or brown rice flour instead of whole wheat. Serve in Bibb lettuce leaves or a gluten free roll.*

***Substitute 1 Tsp of Tamari or low-sodium soy sauce*

CRUNCHY ORANGE OATMEAL COOKIES

2 1/4 cups oatmeal
3 TB fresh orange juice
Zest of an orange
1/2 tsp baking powder
1/2 tsp baking soda
1/4 tsp sea salt
1/4 tsp freshly grated nutmeg
1/4 tsp cinnamon
2/3 cup all-purpose flour

1/3 cup whole wheat flour
3 TB unsalted butter, softened
3 TB canola oil
1 cup dark brown sugar , packed
1 large egg
2 tsp vanilla extract
1/4 cup granulated or raw sugar

Step One Preheat the oven to 350F. Prepare 2 baking sheets with parchment paper or baking spray. Stir together the oats, orange juice and zest in a bowl and set aside.

Step Two Stir together the next 7 ingredients - from the baking powder through the flour. Set aside.

Step Three With a mixer, beat the butter and oil until well blended. Add the brown sugar, egg and vanilla. Beat until smooth. Beat in the flour mixture - and then stir in the oatmeal mixture.

Step Four Pinch off and roll the dough into 1" balls. Flatten them with a glass dipped in the raw sugar. Bake the cookies for 8-10 minutes. (*Yields approx. 30 cookies*)

SPANISH PORK TENDERLOIN

1 pkg of pork tenderloin (2 pieces)
1 TB cumin
1 TB allspice
2 tsp sea salt
1 tsp freshly ground black pepper
4 cloves garlic, grated
1 red bell pepper, julienned
1 orange bell pepper, julienned
1 TB thyme leaves
Kitchen twine

Step One Mix the dry spices together and rub half of them on the inside of the two butterflied pork tenderloins. Rub half of the garlic on the inside and outside of the two pork tenderloins. Sprinkle with the additional spices. Divide the pepper strips and thyme leaves equally between the two pork tenderloins, and roll up with kitchen twine.

Step Two Sear the outside of the tenderloins in a cast iron skillet. When browned, place in a 350F oven for about 25 minutes or until the pork registers 145F with an instant read thermometer. Remove pork from the oven and let sit for 15 minutes on the counter. Remove the strings and slice to serve.

SUPER FOOD BRUSSELS SPROUTS SALAD

24 Brussels sprouts, washed and shredded
1/4 cup chopped parsley
1/4 cup chopped green onions + more for garnish
1 cup chopped toasted walnuts, almonds or pecans
1/2 cup shredded Parmesan + more for garnish
1/2 cup extra virgin olive oil
3 red wine vinegar
2 Tsp Dijon mustard
Sea salt and freshly cracked black pepper

Step One Shred the Brussels sprouts in a food processor, mandolin or chop with a knife.

Step Two Toss the sprouts in a bowl, top with parsley, green onions, toasted nuts and grated cheese. In a small jar,

add the olive oil, vinegar and mustard with a sprinkle of salt & pepper. Put a lid on the jar and shake it up. Pour the dressing over the salad and stir thoroughly. Garnish with additional cheese and green onions.

WHITE BEAN DIP

2 garlic cloves
2 cans Cannellini (white kidney beans), drained and well rinsed
1/4 cup extra virgin olive oil
Sea salt and freshly cracked black pepper to taste
1 tsp cumin
1 tsp turmeric
1 tsp smoked paprika + more for garnish
1 TB freshly squeezed lemon juice
1/4 tsp cayenne pepper
Chopped oregano for garnish

Step One Place the garlic cloves in the processor and finely chop. Add the beans, oil, salt, pepper, cumin, turmeric, paprika, lemon juice and cayenne to the food processor and process until well mixed but still slightly chunky.

Step Two Taste for seasoning and adjust with additional salt and pepper if desired. Garnish with paprika and chopped parsley. Serve with toasted baguette, pita chips or pockets or fresh veggies.

HOMEMADE PITA CHIPS

6 whole wheat pita pockets
Olive oil spray
Sea salt and freshly ground black pepper

Step One Cut the Pita Pockets in fourths and the tear each quarter in half – you should have 8 pita chips from each pocket. Spray them and then salt and pepper them well.

Step Two Place on a sheet pan and cook in a 400F oven for a about 10 – 15 minutes, turning once.

DARK CHOCOLATE BARK

4 3.5-oz dark chocolate bars (70 to 90% cocoa)

Choice of:

½ cup candied ginger

½ cup dried fruit or berries

½ cup nuts

Step One Melt the chocolate over a double boiler, or in the microwave.

Step Two Pour the melted chocolate on a piece of parchment paper. Sprinkle the ginger, berries or nuts over the chocolate and place in the fridge until the chocolate hardens.

Step Three Break the bark into pieces and serve.

STRAWBERRY LIME COOLER

32 oz fresh strawberries

1 glass of ice cubes

2 large limes, zested and juiced

1 TB agave syrup

4 oz vodka

Club soda

Strawberries + sliced limes for garnish

Step One Place the strawberries, ice, lime juice and zest, agave syrup and

vodka in the blender. Puree until smooth.

Step Two Pour into 4 glasses and top off with club soda. Garnish with strawberries and lime.

KIR ROYALE

4 TB Crème de Cassis

2 TB pomegranate seeds

1 bottle Champagne

Step One Place four champagne flutes in the freezer for fifteen minutes.

Step Two Remove flutes from freezer and add one tablespoon of Crème de Cassis to each glass and top with a few pomegranate seeds. Fill each glass to top with champagne. Serve immediately.

