



## NBC4 Valentine's Day Dinner

### **Portobello Peking Wraps**

#### Ingredients:

- Moo shu or Tortilla Wraps
- Portobello Mushroom Caps
- Hoisin Sauce
- Scallions
- Cucumber

#### Instructions:

Roast Portobello mushroom caps in baking dish for 20 minutes at 425 degrees. Let mushrooms cool and slice into thin strips. Cut cucumber and scallions into thin strips. Arrange mushrooms, cucumber, and scallions on moo shu or tortilla wrap. Drizzle with hoisin sauce, wrap up and enjoy!

### **Salmon**

#### Ingredients:

- 1 tsp paprika
- 1 tsp Kosher Salt
- ½ tsp thyme leaf
- ½ tsp black pepper
- ½ tsp white pepper
- 1 pinch of cayenne pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- Olive Oil

#### Instructions:

Brush salmon filet with olive oil and rub in the spices. Bake at 425 degrees for 20-25 minutes or until flakey. Cooking time will vary depending on the thickness of salmon filet. Serve with a side dish of Quinoa. Follow the instructions on the box to prepare, then add chickpeas, diced red onion, and cilantro.

### **Salad**

#### Ingredients:

- Baby Spinach
- Cranberries
- Walnuts
- Gorgonzola Cheese
- Raspberry Vinaigrette

#### Instructions:

Arrange spinach in bowl and add cranberries, walnuts, and cheese to your liking. Drizzle with raspberry vinaigrette, or balsamic vinaigrette.

## **Tiramisu**

### Ingredients

- 8 lady fingers or angel food cake
- ½ cup cooled coffee or espresso
- 2 tbsp light ricotta cheese
- 1 tbsp light cream cheese
- 1 tbsp of all-natural frozen whipped topping
- 1/3 cup 2% fat Greek yogurt
- ½ tsp vanilla extract
- 2 tsp Whey-Low (sugar substitute)
- 1 tbsp unsweetened cocoa powder

### Instructions:

Mix ricotta cheese, cream cheese, yogurt, vanilla extract, and whey-low.

Slice angel food cake into 1 in thick pieces, soak with coffee using a spoon.

Spread a thick layer of the creamy mixture over the angel food cake.

Place another layer of angel food cake on top and soak with coffee, spread another layer of the creamy mixture on top, and sprinkle with cocoa powder. Chill in fridge or enjoy right away.

## **Cheesecake**

### Ingredients

- 1 ¼ lbs softened lowfat cream cheese
- ¾ cup of Whey-Low (sugar substitute)
- 1 ½ tsp lemon extract
- 1 ½ tsp vanilla extract
- 2 eggs
- 1 egg equivalent of Egg Beaters
- 2 tbsp Greek yogurt
- 1 1/3 cup Almond flour
- 2 tbsp almond butter
- 1/3 cup whipped butter

### Instructions:

Soften lowfat cream cheese by micro-waving for 30 seconds.

In a large bowl, mix cream cheese, eggs, yogurt, sugar, lemon extract, and vanilla. Beat with hand mixer until smooth.

To prepare crust hand mix almond flour, almond butter, and whipped butter. Spread crust mixture into a pie dish to cover all edges.

Pour batter onto pie crust and smooth out.

Bake at 400 degrees for 10 minutes and turn head down to 300 for 40 minutes

## **Strawberry Lollipops**

### Ingredients:

- Strawberries
- Milk chocolate
- Lollipop sticks

### Instructions:

Melt chocolate for 30 second intervals until melted. Remove top of strawberry and core out a small part in the middle. Slice a small portion off the bottom of the strawberry so it stands up. Fill the hollowed core with melted milk chocolate. Stick lollipop stick in the middle. Cool strawberries in the fridge or freezer for 15 minutes

## **Dark Chocolate Bark**

### Ingredients:

- Dark chocolate
- Dried sour cherries
- Almonds

### Instructions:

Melt chocolate for 30 second intervals until melted. Add dried sour cherries and almonds to bowl of melted chocolate.

In a shallow pan or plate, lay a piece of saran wrap over the plate. Pour chocolate mixture on saran wrap covered plate. Place another piece of saran wrap over the chocolate and press flat to cover the dish. Cool in fridge for 30 minutes, remove saran wrap and break chocolate bark into pieces and enjoy