



Chicken Caesar Salad

Ingredients

- 2 grilled chicken breasts, sliced
- 4 cups romaine lettuce, chopped
- ½ cup croutons
- ¼ cup parmesan cheese
- ¼ cup Caesar dressing

Instructions

1. Toss chopped romaine with Caesar dressing.
2. Top with sliced chicken, croutons, and parmesan cheese.
3. Serve immediately.

Greek Salad with Grilled Shrimp

Ingredients

- 1 lb shrimp, peeled and deveined
- 1 cucumber, sliced
- 1 cup cherry tomatoes, halved
- ½ cup olives, pitted
- ¼ cup feta cheese
- 3 tbsp olive oil
- Juice of 1 lemon
- Salt & pepper to taste

Instructions

1. Grill shrimp for 3-4 minutes per side until pink and cooked through.
2. In a bowl, combine cucumber, tomatoes, olives, feta, and grilled shrimp.
3. Drizzle with olive oil, lemon juice, and season with salt and pepper. Serve.

Chilled Pasta Primavera

Ingredients

- 8 oz pasta (such as penne or rotini)
- 1 cup mixed vegetables (e.g., zucchini, bell pepper, cherry tomatoes)
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tbsp lemon juice
- Salt & pepper to taste

Instructions

1. Cook pasta according to package instructions
2. Drain, and cool.
3. Sauté garlic in olive oil over medium heat for 1-2 minutes.
4. Add veggies and cook until just tender, about 5 minutes.
5. Toss pasta and vegetables with lemon juice, olive oil, salt, and pepper.
6. Serve chilled.

Pita Pizzas

Ingredients

- 4 whole wheat pita breads
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1 cup sliced veggies (e.g., bell peppers, mushrooms, onions)
- 1 tbsp olive oil

Instructions

1. Preheat oven to 375°F (190°C).
2. Place pita on a baking sheet and spread marinara sauce.
3. Top with cheese and veggies.
4. Drizzle with olive oil and bake for 10-12 minutes until cheese is melted and bubbly. Serve immediately.

Veggie Frittata

Ingredients

- 6 eggs
- 1 cup bell peppers, diced
- 1 cup zucchini, diced
- 1 cup spinach, chopped
- Salt & pepper to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Whisk eggs and season with salt and pepper.
3. Heat a skillet over medium heat and sauté bell peppers and zucchini until soft.
4. Pour eggs over veggies and add spinach.
5. Cook 5 minutes, transfer to the oven, bake for 10-12 minutes.