

Easy, Light & Fresh!

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Celebrate the new year with recipes that not only will taste delicious, but that are also easy to make. Enjoy!



Light Clam & Parsley Soup

INGREDIENTS

- 2 Tbsp. butter
- 2 Tbsp. extra virgin olive oil
- 1 large Vidalia onion, chopped
- 2 ribs celery, chopped
- 1 garlic clove, thinly sliced
- 1 large potato, peeled and chopped
- 4 cups clam broth
- 1 lb. clams, chopped into bite-size pieces
- 1 cup frozen corn, thawed
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- Celery leaves, coarsely chopped
- Fresh parsley, coarsely chopped

DIRECTIONS

Place butter and extra virgin olive oil into a large stockpot, and melt over low-medium heat. Add onion, celery and garlic. Sauté for 5 minutes or until onions begin to turn translucent. Stir in potatoes and clam broth. Bring soup to a boil, then reduce heat to low. Cover; simmer for 10 minutes or until potatoes can be easily pierced with a fork. Add clams and corn, and cook over low heat for 5 minutes. Season with salt and pepper, then top with celery leaves and fresh parsley.



Pear & Arugula Salad

INGREDIENTS

- Fresh arugula
- 1 large pear, thinly sliced
- Walnut pieces
- Parmesan cheese, shaved
- 1-1/2 Tbsp. light extra virgin olive oil
- 2 tsp. white balsamic vinegar
- Salt and pepper to taste

DIRECTIONS

Arrange arugula and sliced pear on plate as pictured. Top with walnut pieces and shaved Parmesan cheese; set aside. Measure olive oil and white balsamic vinegar in a cup; whisk well. Add salt and pepper to taste. Whisk to blend, then drizzle over salad. Serve immediately.



Fresh Garden Salad

INGREDIENTS

Green leaf lettuce
Sliced cucumber
Grape tomatoes
Sliced yellow peppers
Shredded carrots
Sliced red onion

Orange Poppy Seed Dressing

INGREDIENTS

4 Tbsp. orange juice with pulp
1/2 Tbsp. poppy seeds • 1 tsp. Dijon mustard
1 Tbsp. light agave nectar
1/4 tsp. salt
1/4 tsp. freshly ground black pepper
2 Tbsp. extra virgin olive oil



DIRECTIONS

Combine lettuce and vegetables in a large salad bowl; set aside. Pour orange juice into a small bowl. Add poppy seeds, Dijon mustard, agave nectar, salt and pepper; whisk together. Continue whisking while slowly adding in the olive oil, mixing until well blended. Drizzle over lettuce and veggies. Toss to coat, then transfer onto salad plates.



Vegetable Bulgur & Ham Soup

INGREDIENTS

1 Tbsp. extra virgin olive oil • 1 Tbsp. butter
6 medium carrots, peeled and sliced
2 ribs celery, diced • 1 shallot, chopped
6 cups vegetable stock • 3 cloves garlic, minced
1 cup bulgur wheat • 2 cups frozen peas
2 cups cooked ham, cubed • Salt and pepper to taste

DIRECTIONS

Heat oil and butter in a stockpot over medium temperature. Add carrots, celery and shallot; sauté until tender. Pour in vegetable stock, add garlic and bring to a boil. Reduce heat and stir in bulgur. Cook, partially covered, for 5 minutes or until bulgur is tender but still slightly chewy. Add frozen peas and ham. Cook until peas are tender, then season with salt and pepper to taste. Ladle into soup bowls and enjoy.

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