

Citrus Shrimp & Avocado Lettuce Cups

Serves 6 or so

Ingredients

Poaching Liquid

2 quarts water

¼ cup kosher salt

Salad

1 pound raw shrimp (21-25 per pound), peeled and deveined

Juice of 2 lemons

Juice of 2 limes

Juice of 2 oranges

1 cup diced seeded peeled cucumber (¼-inch dice)

½ cup finely chopped red onion

1 cup diced seeded tomato

1 avocado, chopped into ½-inch pieces

1 tablespoon roughly chopped cilantro leaves, plus more leaves for garnish

¼ cup extra-virgin olive oil

¼ teaspoon kosher salt

Lettuce leaves (Bibb or butter lettuce is great)

Directions

Combine water and ¼ cup salt in a large saucepan; bring to a boil over high heat. Add shrimp and immediately turn off the heat. Let the shrimp sit until just cooked through, about 3 minutes. Transfer to a cutting board until cool enough to handle, about 10 minutes.

Chop the shrimp into ½-inch pieces and place in a medium nonreactive bowl. Add lemon, lime and orange juice. Stir in cucumber and onion. Refrigerate for 1 hour.

Stir tomato, avocado, chopped cilantro, oil and ¼ teaspoon salt into the shrimp mixture. Let stand at room temperature for 30 minutes before serving. Scoop into lettuce leaves. Garnish with cilantro leaves, if desired.

Creamy Dijon Chicken with Potatoes

Serves 3-4

INGREDIENTS

3 medium boneless skinless chicken breasts
2 teaspoons Italian blend seasoning OR Herbs de Provence
salt and pepper to taste
2 tablespoons unsalted butter
2 tablespoon olive oil
1/2 pound baby potatoes, halved or quartered as needed (they should be no larger than 1 inch pieces)

Dijon cream sauce

1 tablespoon unsalted butter
1 garlic clove, minced
1 cup chicken broth or stock
2 tablespoons dijon mustard
1 cup heavy cream
1/2 teaspoon salt, or to taste
1/4 teaspoon cracked black pepper, or to taste

Preheat the oven to 350 degrees.

Combine chicken and potatoes in a large bowl. Drizzle with 1 tablespoon olive oil, toss to coat, then season generously with salt and pepper, and the Italian seasoning blend (or Herbs de Provence).

In a large skillet, melt butter over medium heat. Drizzle in 1 tablespoon olive oil and give it a good stir.

Add chicken to one half of the pan, potatoes to the other half. Cook undisturbed for 3-4 minutes, flip chicken and cook another 3-4 minutes until browned on both sides.

Transfer chicken and potatoes to a plate and cover to keep warm.

In the same skillet, melt butter over medium heat. Stir in garlic for 1 minute until fragrant.

Stir in chicken broth and dijon mustard, then whisk in heavy cream, salt and pepper.

Put it together

Return chicken and potatoes to the pan, giving them a good toss in the sauce to keep them from drying out in the oven.

Transfer to a preheated oven and bake for 15-20 minutes until chicken is cooked through and potatoes are fork-tender.

Spoon dijon sauce from the pan over the chicken and potatoes, garnish with freshly cracked black pepper and fresh herbs if desired, and serve.

Lemon Parmesan Roasted Broccoli

Serves 6-8

Ingredients

4 pounds broccoli

4 garlic cloves, peeled and thinly sliced

Good olive oil

1 1/2 teaspoons kosher salt

1/2 teaspoon freshly ground black pepper

2 teaspoons grated lemon zest

2 tablespoons freshly squeezed lemon juice

3 tablespoons pine nuts, toasted (optional)

1/3 cup freshly grated Parmesan cheese

2 tablespoons julienned fresh basil leaves (about 12 leaves)

Directions

Preheat the oven to 425 degrees F.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle it with salt and pepper. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, pine nuts, Parmesan, and basil. Serve hot.

Lemon Cheesecake Bars

Makes 12

Shortbread Crust

5 tablespoons unsalted butter, very soft or melted and cooled

1 cup almond flour

2 tablespoons confectioners sweetener*

Lemon Cheesecake Layer

8 ounces cream cheese, softened

1 egg yolk

1/3 cup confectioners sweetener*

1 teaspoon vanilla extract

1 tablespoon lemon juice

1 tablespoon lemon zest

Lemon Bar Layer

3 large eggs

1/3 cup lemon juice

2 tablespoon zest

1/2 cup confectioners sweetener*

1/3 cup coconut flour

Instructions

Preheat your oven to 350 degrees

Line an 8x8 pan with aluminum foil so the bars are easier to remove.

Combine the crust ingredients together and press into the bottom of the pan. Pre-bake 7 minutes until set and very lightly brown. COOL COMPLETELY before adding the next layer.

While the crust cools combine all of the **lemon cheesecake layer** ingredients in a blender or stand mixer. Blend until completely smooth.

Spread the cheesecake layer evenly on the COOL crust.

Lastly, in a blender or mixer combine all of the **lemon bar layer** ingredients and blend until smooth.

Chill the mixture for 10 minutes.

Pour evenly over the top of the cheesecake layer. Bake 20-25 minutes until set. Allow to cool completely until ready to serve. Remove from the pan by lifting the bars out of the pan and cut into bars.

- If not using Confectioners Sugar use Confectioners Swerve or Monk Fruit

