



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

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Lunch

For more recipes, as well as PJ's Popular "Recipe of the Week", join her bur own trainer. Stop eating the cardboard, low fat crap and start eating real food again!

Apple Pecan Salad with Apple Cider Vinaigrette

Serves 4

Apple Pecan Salad

9 oz of mixed salad greens or 1 head of your favorite salad greens – romaine, spinach, etc.

1 cup of pecan halves

Gorgonzola Cheese (just enough to crumble over the salad)

1 apple (a red apple will do – red delicious, jonathan, gala, etc.)

Heat a skillet over medium heat. Add the pecan halves and toast on each side for about 2 minutes. Don't burn the pecans, just warm them until they become a little fragrant.

Remove pecans from heat and set aside.

Slice (or dice into 1/2 inch cubes) the apple and set aside. Now put your salad together in a large bowl starting with your greens. Add the sliced/diced apple over the greens, then sprinkle the pecans over the greens and apple slices followed by small crumbled pieces of gorgonzola cheese. Prepare the vinaigrette.

Apple Cider Vinaigrette

1/4 cup apple cider vinegar

2 tbs apple cider

1 tbs minced shallot

1 tbs honey

1/2 cup extra-virgin olive oil

Pinch of salt

Pinch of ground black pepper

Finely mince 1/2 shallot to get 1tablespoon of mined shallot. In a small bowl, add the apple cider vinegar, apple cider, minced shallot, honey, salt and pepper and briskly whisk. While whisking, slowly pour in (in a thin steady stream) the olive oil. Continue to briskly whisk as you pour in the oil. Whisk well for one to two minutes. Spoon vinaigrette over individual servings of the salad. Serve.

Bocconcini and Oregano Salad with Quinoa

- 3/4 cup quinoa
- 1 1/2 cups water
- 1 cup diced zucchini
- 1 cup halved cherry tomatoes
- 1/2 cup diced red onion
- 1/2 cup frozen green peas, thawed
- 1 cup diced red bell pepper (about 1 pepper)
- 1/2 cup diced yellow bell pepper
- 3 Tbsp balsamic vinegar
- 2 Tbsp extra virgin olive oil
- 1 Tbsp Dijon mustard
- 2 Tbsp finely chopped fresh oregano (or 2 tsp/10 mL dried oregano)
- 2 tsp minced fresh garlic
- Pinch salt
- Pinch ground black pepper
- 1 cup halved mini bocconcini cheese pieces

Instructions:

Bring the quinoa and water to a boil in a medium saucepan. Cover, reduce to a simmer and cook for 10 minutes. Turn the heat off and leave the covered saucepan on the burner for another 4 minutes. Remove the lid and fluff the cooked quinoa with a fork. Set aside to completely cool. Combine the zucchini, tomatoes, onion, peas and red and yellow pepper in a large bowl. Whisk the vinegar, olive oil, mustard, oregano, garlic, salt and pepper together in a small bowl. Pour the dressing over the vegetables and thoroughly mix all the ingredients. Add the quinoa and bocconcini and mix until evenly combined. Serve immediately or refrigerate for up to 2 days.

Chicken Soup

Serves 2

Ingredients

- 1 boneless chicken breast half, cooked and diced
- 2 c chicken broth base (use low-sodium & organic)
- 2 carrots, chopped
- 2 celery, chopped

1 zucchini, diced
1 clove garlic, minced
sea salt to season

Directions:

- Put cooked chicken meat and broth in a large pot and bring to a boil.
- Add the carrots, celery, zucchini and garlic and simmer all together for 5 to 10 minutes.
- Season with sea salt and serve.

Cucumber Salad

Serves 4

1 Long English cucumber, peeled & thinly sliced
3 green onions, thinly sliced
1 tbsp rice wine vinegar
2 tsp sodium-reduced soy sauce
1 tsp sesame oil
½ tsp granular sugar (or a sugar substitute)

Directions:

Simply combine all ingredients in a large bowl and toss until combined!

Hummus Wrap

Serves 4-6

1 cups of Hummus, plain or flavored
6 ounces Spinach, washed, stems removed.
2 medium sized Tomatoes, sliced to 1/4-inch size
2 cups Shredded Carrots
4 ounces Fresh Mushrooms, sliced to 1/4-inch size
2 cups Alfalfa or Bean Sprouts, or similar
2 large Whole Wheat or Whole-Grain Flour Tortillas (10-inch or larger)

Optional: your favourite luncheon meat and/or cheese

Directions:

Place one tortilla on a clean cutting bread board. Spread ½ cup of the hummus evenly onto the tortilla, but leave ½ inch bare tortilla around the half circle farthest away from you. Neatly place Spinach (lettuce or Chinese cabbage) across spread hummus. Layer the other ingredients in the middle of the tortilla. Do not over fill. You can always use an extra tortilla. Roll the edge of the tortilla that is closest to you slowly toward the other side. Cut the rolled sandwich in half for two servings, or cut it to 1-inch slices and serve with mustard, low-fat dressings, or any condiment of your choice.