



Caprese Wreath Salad & Mini Cannoli Cups



Keeping Healthy Simple Club®
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Bring some holiday cheer to your table with an Italian-inspired appetizer salad and dessert. These recipes are super simple to make, delicious, and healthy. During this cooking class, you will learn the chiffonade cut to make festive basil ribbons to top your salad.

Caprese Wreath Salad puts a holiday spin on a traditional Italian dish by creating a festive wreath shape. This is not an authentic caprese salad as it uses cherry tomatoes and a vinaigrette. The recipe makes individual salads, but if you are serving more people, this is great to build on a serving board so people can plate their own salads.

Mini Cannoli Cups are a perfectly portioned dessert that lets you enjoy real food - no "diet" or sugar-free foods here - without going overboard on calories, sugars, or fats. Double or triple the recipe for a holiday party as these freeze and thaw well, so you can make them ahead of time. Even if there is no party on the way, keep some in your freezer for when you crave a sweet and crunchy dessert.

Recipes are at the end of this packet.

Shopping List.

Your shopping list is in this packet before the recipes.

Equipment Needed.

- Measuring cups and spoons
- Cutting board and small, sharp knife (optional: serrated knife)
- Medium bowl and a small whisk/fork OR a jar with a tight-fitting lid (1-cup or larger size)
- Muffin tin, 12 muffin size
- Oven mitts or potholders
- Large mixing bowl
- Spoon or small spatula

Steps to Prepare Before Class Begins.

Preheat oven to 350°F.

Classes are Educational.

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No Medical or Dietary Advice.



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Schedule an appointment with Alexia Lewis RD for medical nutrition therapy and health coaching.

Contact us at (904) 595-7116 or Info@KeepingHealthySimpleClub.com.





KHSC Caprese Wreath Salad

4 servings
15 minutes

Ingredients

- 6 cups Mixed Greens (rinsed and spun, if needed)
- 1 pint Cherry Tomatoes (10-12 ounce package)
- 4 ozs Mozzarella Pearls
- 15 Basil Leaves
- 3 tbsps White Balsamic Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Honey

Nutrition

Amount per serving	
Calories	239
Fat	19g
Saturated	5g
Carbs	11g
Fiber	1g
Sugar	7g
Protein	7g
Cholesterol	15mg
Sodium	116mg
Potassium	169mg
Calcium	146mg
Iron	1mg

Directions

- 1 Spread approximately 1-1/2 cups of mixed greens on each of 4 plates making a circle around the outside of the plate and leaving open space in the center.
- 2 Rinse tomatoes and slice in half. Divide evenly between the plates, placing tomatoes on top of the mixed greens.
- 3 Divide mozzarella pearls evenly between the plates, placing them on top of the mixed greens.
- 4 Rinse basil leaves and shake dry. Chiffonade cut by opening and flattening the leaves and placing one on top of the other. Roll the stacked leaves up from the stem, and cut into very thin slices across the "tube" shape. Separate the basil into "ribbons" and spread evenly between the plates.
- 5 Whisk vinegar and honey together. Add olive oil slowly while whisking to emulsify the dressing. Divide dressing between 4 small bowls and place each bowl in the middle of each wreath. Or dress the salad before serving and leave the center of the wreath open.

Notes

If Serving Later: Cut basil and add vinaigrette when ready to serve to prevent greens from wilting or discoloring.

Vinaigrette Emulsification Tip: Make the vinaigrette a day ahead and refrigerate. Take out shortly before serving and shake well. This will help prevent the oil from separating out.

Substitutions: Replace mixed greens with any type of lettuce or salad greens.

Nutrition Information: One serving is 1 salad with 1.5 Tbsp. vinaigrette. Nutrition information is an estimate and will vary based on brands you choose.

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KHSC Mini Cannoli Cups

12 servings

15 minutes

Ingredients

- 12 pieces Wonton Wrapper
- 1 cup Part-Skim Ricotta Cheese
- 1/3 cup Powdered Sugar
- 1/4 cup Mini Semi-Sweet Chocolate Chips
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	83
Fat	3g
Saturated	2g
Carbs	12g
Fiber	0g
Sugar	6g
Protein	3g
Cholesterol	8mg
Sodium	70mg
Potassium	0mg
Calcium	60mg
Iron	0mg

Directions

- 1 Prepare wonton cups. Preheat oven to 350°F. Place one wonton wrapper into each cup of a muffin pan and press down gently to form a bowl-like shape. Bake for 10 minutes, watching closely so the wonton wrappers crisp but don't burn.
- 2 Prepare filling. Combine remaining ingredients and stir until well combined. If needed, place in refrigerator until wonton cups have cooked and cooled.
- 3 Finish your dessert. Evenly distribute the ricotta filling into the wonton cups. Refrigerate for at least 20 minutes before serving.

Notes

Meal Prep / Freezing: Leave cannoli cups in the muffin pan. Place muffin pan into the freezer. Once frozen, transfer to a storage container. These can be stacked on top of each other while frozen. To serve, move from freezer to refrigerator 24 hours before serving.

Nutrition Information: Nutrition information is per cup and it is an estimate. This will vary based on the brands you use.

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