



By: FineMark's Executive Chef, Lisa Fidler

Chef Lisa's Famous Chicken Salad

Ingredients

- 1 Cup Cooked Chicken, diced
 - *I boil my chicken and let it cool in the boiling liquid; this helps to keep the chicken moist*
- ¼ Cup Walnuts, toasted and chopped
- 2 teaspoons Shallot, diced
- ¼ Cup Dried Cranberries
- ¼ Bottle Poppy Dressing
 - *Chef Lisa used Briannas Homestyle Poppy Seed Dressing*
- 2 teaspoons Chopped Fresh Tarragon or
- 1 Tablespoon Dried
- Salt & Pepper

Directions

Mix all ingredients together in a bowl. Let salad sit for about an hour in the refrigerator. If the mixture seems dry, add some water (no more than 3 Tablespoons) to the bottle of dressing, shake and pour over chicken salad and mix again.

Ingredients	Calories	Carbs	Fat	Protein	Sodium	Sugar
Homemade - Chicken Breast - Boiled, 8 oz	174	0	4	27	100	0
Blue Diamond - Chopped Walnuts, 0.25 cup	200	4	20	5	0	1
Shallots - Raw, Chopped, 2 tsp(s)	3	1	0	0	6	0
Dried Cranberries - Dried Cranberries, 0.25 cup	140	34	0	0	0	27
Brianna - Salad Dressing-poppy Seed, 6 tbsp	480	21	42	0	660	21
Spices, tarragon, dried, 2 tsp, leaves	4	1	0	0	1	0
Total:	1,001	61	66	32	767	49
Per Serving:	250	15	17	8	192	12



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Lighter Poppy Dressing

Ingredients

- ¼ Cup Water
- ¼ Cup Cider Vinegar
- 1 Tablespoon White Sugar
- 1 teaspoon extra-virgin Olive Oil
- 1 teaspoon Cornstarch
- ½ teaspoon Salt
- ¼ teaspoon Onion Powder
- ¼ teaspoon Mustard Powder
- ¼ teaspoon Poppy Seeds

Directions

Mix water, vinegar, sugar, olive oil, cornstarch, salt, onion powder, mustard powder, and poppy seeds in a saucepan. Bring mixture to boil; cook, whisking constantly, until dressing is thickened, 30 seconds. Remove from heat and cool.

Ingredients	Calories	Carbs	Fat	Protein	Sodium	Sugar
Homemade - Chicken Breast - Boiled, 8 oz	174	0	4	27	100	0
Blue Diamond - Chopped Walnuts, 0.25 cup	200	4	20	5	0	1
Shallots - Raw, Chopped, 2 tsp(s)	3	1	0	0	6	0
Dried Cranberries - Dried Cranberries, 0.25 cup	140	34	0	0	0	27
Spices, tarragon, dried, 2 tsp, leaves	4	1	0	0	1	0
Trader Joe's - Apple Cider Vinegar, 2 tbsp	4	0	0	0	0	0
Sugars, granulated, 1 tsp	16	4	0	0	0	4
Oil - Olive, 0.5 tsp	20	0	2	0	0	0
Argo - 100% Pure Corn Starch, 0.5 tsp (8 g)	15	4	0	0	0	0
Total:	576	48	26	32	107	32
Per Serving:	144	12	7	8	27	8



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Greek Israeli Cous Cous

Ingredients

- 2 Tablespoons Lemon Juice & Zest
- 1 Tablespoon Red Wine Vinegar
- 3 Tablespoons Extra Virgin Olive Oil
- 2 Cups Cooked Israeli Cous Cous
- ½ Hot House Cucumber, Seeds removed then dice
- 2 Roma Tomatoes, seeded and diced
- ¼ cup Red Bell Pepper, diced
- 1 Tablespoon Thinly Slice Red Onion
- ½ Cup Pitted & Chopped Kalamata Olives
- 2 Tablespoons Fresh Tarragon, chopped fine
- 1 teaspoon Dried Oregano
- 2 teaspoons fresh Parsley, chopped fine

Directions

- Whisk first 3 ingredients in a large bowl.
- Toss in remaining ingredients up to Parsley.
- Taste, then add pepper & salt if needed
- Garnish with a little crumbled Feta, if desired

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Lemon juice, raw, 2 tbsp(s)	7	2	0	0	0	1
Pompeian - Red Wine Vinegar, 1 tbsp (15 g)	2	0	0	0	0	0
Oil - Olive, 2 tablespoon	239	0	27	0	1	0
Cous Cous - Israeli Cous Cous, 2 cup cooked	440	92	2	16	0	2
Hot House - Raw Cucumber, 0.5 cup	8	2	0	1	3	0
Vegetable - Tomato - Roma (62g), 124 g	22	4	0	2	6	4
Generic - Bell Pepper -> Red, 2 oz	14	4	0	0	0	0
Generic - Diced Red Onion, 1 TBSP	4	1	0	0	0	1
Krinos - Kalamata Olives, 10 olives (15g)	90	4	8	0	460	0
Total:	826	109	37	19	470	8
Per Serving:	103	14	5	2	59	1



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Peanut Butter Powerballs

Ingredients

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seeds
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/2 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

Directions

- Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
- Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.
- Makes about 20-25 balls.

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Generic - Oatmeal Old Fashioned - 1/2 Cup Dry, 1 Cup Dry	300	54	5	12	0	2
Unsweetened coconut - Unsweetened coconut, 9 tbsp	300	12	30	3	15	3
Seeds - Brown Flax, Ground, 0.5 cup(s)	296	16	24	10	16	0
Chocolate Chips - Semi-sweet, 0.5 cup	402	54	25	4	9	18
Honey, 0.33 cup	340	92	0	0	4	92
Seeds, chia seeds, dried, 1 oz	138	12	9	5	5	0
Vanilla extract, 1 tsp	12	1	0	0	0	1
Peanut Butter - Natural Peanut Butter Chunky, 0.5 cup(s)	800	24	64	32	360	4
Total:	2,588	265	157	66	409	120
Per Serving:	104	11	6	3	16	5