**Favorite Take Out Spots**

**Sicilian Oven:** Great Sicilian Style Food, Large portions, Fair prices, Friendly staff and they do an efficient job with picking up orders.

Boca Raton Location: 21170 St. Andrews Blvd., Boca Raton, FL  561-750-9772
Lighthouse Point: 2486 N. Federal Hwy, Lighthouse Point, FL  954-785-4155

Favorite Dishes: Meatballs, Oven-Roasted Wings, Escorole & Beans Soup and Sicilian Salad (large portions, a small feeds 4) (Sue Diener)

**Joseph’s Classic Market:** great place for fresh and prepared food

**Boca Raton Location:** 5250 Town Center Cir, Boca Raton, FL  (561) 347-2314
Website: josephsclassicmarket.com

**Delray Beach:** 8918 W. Atlantic Avenue Bay 200 Delray Beach  (561) 599-5155
Favorite Dishes: Chicken Marsala, Chicken Parmasian (Sue Diener)

**Souvlaki Fast**  561-338-8855  625 NE Spanish River Blvd.  
beef/lamb gyro  (Michelle Rubin)

**The Sea Asian Bistro**  (561) 270-3569  16950 S. Jog Rd. Delray Beach
Green Monster Roll, Florida Roll, extreme Rainbow roll
Proximity, generous portions and excellent Sushi  (Sandra Awaida)

**Lisa’s Kitchen**  561 488-1628, 21401 Powerline Rd, Ste. 4 Boca Raton FL  
Chicken and Eggplant, Chicken with Black bean sauce, chicken with garlic sauce. Best Chinese food in the area and I love Chinese food. They are lovely on the phone. Food is fantastic, always hot and on time.  (Diane Feldman & Stephany Mason)

**Anthony’s Coal Fire Pizza**

**Boca:** 21065 Powerline Rd Boca 561-218-6600  
**Boca:** 851 South Federal Hwy. Boca 561-338-3028  
**Delray:** 115 NE 6th Ave. Delray Beach 561-278-7911  
Eggplant pizza  (Tandy Robinson)
**Mellow Mushroom**  25 SE 6th Ave Delray Beach 561-330-3040
Anything goes!! (Tandy Robinson)

**Taverna Kyma Greek**  6298 North Federal Highway, Boca Raton 561-994-2828
Salmon, Chicken Kabobs (Simone Spiegel)

**Saffron and Curry**, Indian Restaurant  2222 West Atlantic Ave, Delray Beach
561 706-0709
Nana, tandoori chicken, saag paneer
the best Indian food around!  (Margaret Blume)  *Unfortunately it has closed.*

**Rafina Greek Taverna**  561 409-3673  6877 SW18th St. Boca
great appetizers/Chicken Oreganito (Bonnie Hildebrand)

**Shitake Asian Bistro**  4900 Linton Blvd. Delray Beach 561-865-5538
(Linton and Military)  (Colleen Schuhmann)

**Falafel Bistro**  5677 Coral Ridge Dr. Coral Springs 954-346-3434 (Nikki Wilson)

**Nori Thai**  217 East Palmetto Park Rd  561-392-2999 for vegan take out,

**Captain Franks** for the best fish and buy the beef filets! (Gail Wasserman)

**Whole Foods** (Beverly Johnson)

**Sushi Simon**  1628 South Federal Highway  Boynton Beach (corner of
Woolbright and Federal)
561-731-1719
Vegetable Rolls.  (Adele Bulger)

**M and M Thai**  891 East Palmetto Park Road  561-826-7749
Tofu and stir-fry veggies with brown rice. Salmon is excellent.

**Basilic Vietnamese Grill**  200 South Federal Hwy. Boca Raton, 561-806-1796
Chicken Pho Soup

**Favorite Recipes**

**Berkshire Pork Tenderloin (Wild Fork Foods)**
Wild Fork Foods: Boynton, Coral Springs, Ft. Lauderdale
Berkshire Pork Tenderloin: buy 2 so you have leftovers!
(Only available at Wild Fork)
Olive Oil
Lawry's Season Salt and Season Pepper
Dry Coffee Grounds
Grill and slowly turn it.  Cut off the ends as they are cooked before the center.
Eventually cut the tenderloin in half. Do not overcook. It will be so tender!

**Crepes (Cati Flater)**
I am from France and will share a French tradition: la Chandeleur, celebrated on February 2. (Candlemas in the Catholic tradition is 40 days after Christmas- but it’s also based on a pagan holiday).
Traditionally, you flip the crêpes holding the pan with your right hand, and in your left hand you have a coin, (a gold coin would be a nice touch), and it will bring you luck and money for the coming year. The golden disk in the air symbolizes the return of the sun and the coming of spring (obviously the tradition was not established in Florida...). I make crêpes every time my grandchildren come to visit but the coin-in-left hand flip is just today, February 2nd.

Mix 1 cup flour, 2 TBSP sugar, 1/4 tsp salt in a bowl. Whisk in two eggs, one at a time, then incorporate 1/4 cup butter melted in the microwave, 1 cup milk and if you wish 2 TBSP rum or Cointreau, vanilla, or orange blossom water. The batter should be thin. You can use a blender but it’s just as easy to do by hand with a whisk.

Let batter rest in the fridge for one hour or more if you are not in a rush. Heat a smallish pan and melt a TBSP of butter, then swirl 1/4 cup of batter to coat the pan evenly. A smaller pan makes it easier to flip after a minute or so. Cook other side. Stack on a plate that can be kept warm in the oven. Each person sprinkles their favorite topping (sugar, lemon, jam, honey, Nutella, Cointreau...), rolls and eats. You can withhold the sugar in the batter and make it a savory crepe which can be filled with ham, cheese, cooked mushrooms or spinach, leftover chicken...whatever in the fridge.

Easy to make for breakfast, lunch or dinner using whatever you have on hand and it always seems festive.

**Chicken Schwarma**
Go to recipe, is so easy, can make for a crowd and it’s delicious! (Michelle Rubin)

**Black bean and butternut squash burritos- recipe**
This can be made vegan
1 medium butternut squash, peeled, cubed and roasted. I cut butternut squash after it is cooked.
1/2 cup short brown rice  I use cauliflower rice
1-2 t olive oil
1 cup chopped sweet onions
2 cloves garlic, minced  I use more
1 red pepper chopped
1t salt
2t gr cumin or to taste
1/4 t cayenne pepper or to taste
one 15 oz can black beans rinsed
3/4 c dalya cheeses (vegan) or mozzarella cheese
tortilla wraps OLE Xtreme Wellness tortilla wraps
Topping choice (avocado, salsa, spinach/lettuce, vegan sour cream, cilantro
preheat oven to 425 and line a large glass dish with tinfoil. drizzle olive oil on
squash. Add s/p. Roast for 45 minutes or until tender.
Cook rice. if using cauliflower rice, I add it later.
In a large skillet saute onion and minced garlic with olive oil on a
med- low heat.
then add seasonings, chopped pepper, black beans cauliflower rice, and saute
for another 10 min. on low. ( I usually add diced tomatoes)
Add butternut squash to the skillet and stir well.
Add bean filling to the tortilla. This is when I add the cheese and cook in oven
for about 10 min. I add salsa and avocado after it is cooked.
great taste, left overs taste even better the next day (Bonnie Hildebrand)

Goya 16 Bean Soup - easy and delicious!
It takes a long time to simmer and makes the house smell wonderful! (Bebe
Duke)

Shrimp Pasta
1 lb raw shrimp (peeled, deveined, tail off)
1 diced tomato
1TBSP minced garlic
Juice of one lemon
1 cup white wine
6 slices cooked bacon
2 TBSP butter
1 pint of heavy cream
2 medium zucchini cut in 1/2 inch pieces
1 container baby bella mushrooms
2 cups freshly grated parmesan cheese
I box linguine
Saute shrimp, garlic, butter for 5 minutes
Add lemon juice and wine - cook 5 minutes
Add diced tomato, zucchini, cream and parmesan
Add crumbled bacon
Cook over medium heat until veggies are tender
Serve over cooked linguine
It's a family favorite! (Kristy Verschoore)
**Mediterranean Chicken with Dried Apricots and Prunes**

2/3 cup red wine vinegar  
2 garlic cloves, crushed  
2 T fresh oregano  
Salt and pepper to taste  
2/3 cup Olive oil  
6 ounces dried prunes, quartered  
6 ounces dried apricots, quartered  
4 ounces green olives, pitted  
2 ounces capers  
1 bay leaf  
4 large whole chicken breasts  
3 T brown sugar  
¾ cup white wine

Combine all ingredients EXCEPT brown sugar and white wine into marinade. Place chicken in a zip lock bag or baking dish that can be tightly sealed. Cover the chicken with marinade. Refrigerate for at least 4 hours or overnight if possible.

One hour before baking, Time to arrange in the baking dish and bring to room temp before cooking. Distribute chicken in a single layer in baking pan. Do NOT discard the marinade. Pour it over the chicken with all the other marinade ingredients. Sprinkle brown sugar over the chicken breasts and pour white wine around the breasts. Preheat oven: Cook uncovered at 325 degrees for 50 minutes or until chicken is cooked through and no longer pink. Arrange cooked chicken on a platter, top with the sauce and other ingredients.

The sauce made in this dish is enough for four large chicken breasts. You can make two and freeze the other two (before cooking) so you'll have another meal ready to go! Its a mix of sweet and savory due to the dried fruit used. Delicious! (Suzanne LaCaria)

**Salmon with Capers**

Salmon fillets, top with small amount of olive oil, sprinkle with dill, cover with capers, and bake at 450 degrees for about 10 min. or until done to liking. Fast, healthy, tasty, goes with everything. (Simone Spiegel)

**Firecracker Salmon**

Marinade:  
¼ cup peanut oil  
2T soy sauce  
2T balsamic vinegar  
2T chopped green onions  
1T red pepper flakes
2t packed brown sugar
1t grated ginger
1t sesame oil
½ t salt
Combine marinade in a small brown until sugar and salt have dissolved.
Place 2-4 salmon filets in a Ziploc bag, pour mixture over top and make sure fish is well coated. Force all of the air out of the bag.
Refrigerate for 1 hour
Preheat grill to medium high heat.
Cook Salmon 405 minutes per side. (145-150 degrees) Times might vary, depending upon thickness of fish.
(Jules Peyton)

Lollypop Lamb Chops Appetizer
Custom mix for four racks of lamb (32 ribs)
32+ lamb rib chops - fat removed with lollypop finish
2 tablespoons chopped fresh rosemary
2 tablespoons fresh chopped thyme
2 tablespoons dried oregano
2 cups olive oil
1/2 - 2/3 cp soy sauce
6 tablespoons dijon mustard whole grain
4 tablespoons dijon mustard regular
3-4 tablespoons fresh finely chopped garlic
Mix the ingredients together in mixing bowl. Mixture should be medium-thin paste. Fold in lamb chops and make sure they are coated well. Cover and refrigerate 24 hours.
Sear on grill or in large skillet to give chops color and build flavor in the crusting. Can do this ahead of time or day before serving. Then place chops on baking sheet 375F or 350F convection and cook till medium (6-8 minutes)
Sometimes I keep them on the grill a little more and skip the oven step.
Serve on tray......chops lend themselves to having bones crossed to make a more dramatic presentation.
(Mary Kaleel)

Lollypop Lamp Chops from Costco (Joanne Scheller)

Spatchcock Chicken-whole chicken from whole Foods or Fresh Market (Renee Feder)
organic spatchcock chicken - fast, easy and moist meat....leftovers are great the following day in sandwiches, on salads, etc.
Roasted Cauliflower Soup
I love vegetables, especially roasted. I have been making a Roasted Cauliflower soup, which I love.
Two heads of cauliflower
1 onion diced
2 stalks of celery chopped
4 cups of chicken broth, vege broth or water
Chopped thyme
Salt and pepper to taste
Spread chopped cauliflower on cookie sheet and sprinkle with olive oil, salt and pepper. Roast cauliflower in 375 oven for 20 min (until lightly golden brown)
Simultaneously, sauté onion and celery in 1T of olive oil until lightly brown. Add roasted cauliflower and cover with broth. Bring to boil.
Turn heat off and blend. ( I use an immersion blender but Ninja or any blender is appropriate.)
Add thyme and salt and pepper to taste.
Enjoy! Very satisfying and healthy. My whole crew lives it! (Adele Bulger)
(Adele Bulger)

Retro Cheese Log
Brick of Cream Cheese, Coat with Pecan crumbs, then coat with Worcestershire sauce. Serve with Crackers and a hot pepper jelly!!! Best 5 min. Appetizer ever!!!
Have a Retro Appetizer Party with your Family!!! Fun and different. We loved it
Emily McMullin

Farro with Butter Beans in Frank Stitts Bottega Favorita Book (Elizabeth Pankey Warren)

Kirstin’s Garlic Asian Chicken lettuce cups!
*Play Lake Street Dive Radio and have a glass of wine while cooking this!*
-1lb of ground chicken
-full butter lettuce leaves ( I use romaine)
-5 large cloves of garlic (or use what I showed you on zoom)
-1/4 cup of soy sauce (I use a tiny less)
-1/4 cup of honey (I use a tiny less)
-2 tbs of tomato paste
-1/4 teaspoon of sesame oil
-1teaspoon of red pepper flakes ( I use more)
-garnishes—-diced green onions, peanuts, sesame seeds, crispy rice
noodles(totally optional)
- make an appropriate amount of rice to add or have on the side (or don’t eat carbs, your call)
So….cook that ground chicken (about 6-10 mins). Mix all those yummy sauces ingredients in a bowl. Pour it over cooked chicken and stir, till the reduction is nice and thick. Spoon that rice and your yummy chicken mix over the lettuce and add those garnishes if you want!!!!! This one is a winner with all my kids and ME. Super quick, easy and friggin yummers. Xo, (Kirstin Jovanovski)

**Great Mail/Shipping Resources**

**HungryRoot.com**: fabulous vegan food  (Charlotte Smith)

**GreenChef.com** All organic ingredients. Keto and Paleo if you wish. We have tried 9 different recipes, they supply all organic ingredients and we cook. Something different, things we have never tried and fun to cook. (Nancy Tomlinson)

**HelloFresh** -delivered meals to prepare  (Tandy Robinson)

**Daily-Harvest.com** Ready to blend smoothies (Robin Deyo)

**Air Fyer by Carrie Rubin (Recipes in Skinny Taste)**
(TIP: buy a bigger fryer if you plan to cook for more than 2 people)
Chicken tenders
Robin Egg Roll with Russian Sauce
Air Fryer Chick Peas
Zucchini Skins (like Potato skins)
Sweet Potato Chips - Seasonings parmesan, paprika, ranch
Naked Chicken with Za’atar Spice from Lebanese store
Veal Milanese

**Cookbooks**
Thug Kitchen Cookbook (Michelle Rubin)
Deliciously Ella (Nikki Wilson) Follow on Instagram!!

**Website and Instagram**
Deliciously Ella on Instagram (Nikki Wilson)
Skinny Taste (Carrie Rubin) (Great Margarita Recipe- Michelle Rubin)

**Cooking Tools**
Sous Vide- vacuum sealing food in a bag, cooking to a precise temperature in a water bath. Take out and sear and perfect every time! You’ll never overcook or undercook anything again!!  (Lisa Mulhall)