

The GoodNEWS Dining Experience



Featured Menu



Main Course

Fresh Green Salad
Lemon Salmon
Veggie Macaroni and Cheese



Dessert

Strawberry Short Cake



Beverage

Bottled Water

Lemon Salmon

Ingredients:

1 tbsp. Butter, unsalted
2 tsp minced garlic
1 tsp lemon pepper seasoning
8oz salmon fillet, 2 4-oz fillets
1 medium lemons



Directions:

1. Season salmon fillets on both sides with lemon pepper
2. In a large heavy skillet, melt butter over medium heat.
3. Stir in garlic and sauté lightly.
4. Place salmon in pan. Cook for 10 minutes per inch of thickness, or until fish flakes when tested with a fork.
5. Flip fillets halfway through cooking to brown on both sides
6. Sprinkle with lemon juice before serving.

Number of Servings: 2

Calories: 221.7

Fat: 10.4g



Veggie Macaroni and Cheese

Ingredients:

1 cup dried whole wheat elbow macaroni (about 4 ounces)
1/2 cup low-sodium vegetable broth
2 1/2 tablespoons all purpose flour
1 cup fat free half-and-half
1/4 teaspoon salt
1/8 teaspoon cayenne pepper
1 cup low-fat shredded cheddar cheese

1/4 cup shredded or grated parmesan cheese
Cooking spray
1 16 ounce package frozen chopped broccoli, thawed
1 12-ounce jar roasted red bell peppers, drained and thinly sliced
2 tablespoons plain dry bread crumbs

Directions:

1. Prepare pasta using the package directions omitting the salt and oil. Drain well in a colander. Transfer to a large bowl. Set aside.
2. In a medium saucepan, whisk together the broth and flour.
3. Whisk in the half-and-half, salt and cayenne pepper.
4. Bring to a simmer over medium high heat, whisking occasionally. Remove from heat and simmer for 1 to 2 minutes, or until thickened, whisking occasionally.
5. Remove from the heat. Stir in the cheddar and parmesan until melted.
6. Meanwhile, preheat the oven to 350 degrees. Lightly spray a shallow 2-quart casserole dish with cooking spray.
7. Stir in the broccoli, bell peppers, and cheese sauce into the cooked pasta. Spoon into the casserole dish. Sprinkle with bread crumbs.

Bake for 25-30 minutes, or until warmed through and golden brown on top.

Number of Servings: 4

Calories: 287

Fat: 4.5g





Balsamic Vinaigrette

Ingredients:

1/2 cup basil leaves	2 tablespoons honey
1/3 cup balsamic vinegar or sherry vinegar	1 tablespoons olive oil
1/3 cup finely chopped shallots	1/4 teaspoon freshly ground black pepper
1/4 cup water	

Directions:

1. Place all of the ingredients in a blender; process until smooth.

Note: vinaigrette will keep in refrigerator for up to a week.

Number of Servings: 1 cup Calories: 37 Fat: 1.7g
(Serving size: 2 tablespoons)

Strawberry Shortcake

Ingredients:

4 mini sugar free angel food bundt cake
1 pound fresh strawberries, hulled and sliced
1 cup fat-free whipped topping
Fat-free chocolate syrup to drizzle (optional)



Directions:

1. Place cake on dessert plate.
2. Spoon one-fourth of the fat-free whipped topping into the hole of each, surround with sliced strawberries.
3. Drizzle chocolate syrup, if desired.

Number of Servings: 4 Calories: 250 Fat: 0.4g