

## **Julie's Favorite Orange Dreamsicle Smoothie**

### *Ingredients*

1 scoop Vanilla whey protein powder  
1 cup orange juice  
1/3 cup frozen mango  
1/3 cup frozen peaches  
1/3 cup frozen strawberries

### *Instructions*

Place all ingredients into a blender and blend until smooth. Pour into a cup and enjoy.

## **Fantastic Fish Tacos**

### *Ingredients*

8 oz white fish fillets (such as Mahi Mahi)  
Blackening seasoning  
Package of street taco shells (flour)  
Remoulade sauce  
Shredded cabbage  
1 mango  
1 ripe avocado  
1 lime  
Salt and pepper

### *Instructions*

Peel and cut mango into small cubes. Cut avocado in half, scoop out middle, and cut into small cubes. Place both in bowl. Add the juice of one lime. Mix together and add salt and pepper to taste.

Sprinkle blackening seasoning to preferred spice level on fish fillets. Cook in pan over medium-high heat until cooked through and flaky (2-3 minutes per side). Warm taco shells on flat pan on stove until lightly browned.

Place desired amount of fish in warmed taco shell. Add cabbage, mango and avocado salsa, and remoulade sauce. Enjoy.

## **Gli Amanti's Chicken Parmesan**

### *Ingredients*

3 boneless, skinless chicken breasts  
¾ cup breadcrumbs  
1 tsp Italian seasoning  
1 egg  
½ cup flour  
Oil  
Fresh mozzarella, sliced  
Grated parmesan cheese  
Jar of pasta sauce  
Salt and pepper

### *Instructions*

Preheat oven to 350 degrees F. Spread thin layer of pasta sauce on bottom of 13X9" pan.

Trim chicken breasts, pound to an even thickness, and cut in half (or thirds if you want smaller pieces). Sprinkle both sides with salt and pepper.

In wide, shallow bowl, mix breadcrumbs, Italian seasoning, and ¼ cup parmesan cheese. Whisk in separate wide, shallow bowl the egg and 1 teaspoon water. In third bowl, put flour. Coat chicken with flour, then dip in egg mixture, and finally in breadcrumbs, using fingers to completely coat the chicken.

Heat 1/2 cup oil in large skillet over medium-high heat. Add chicken and sauté until lightly browned, 2-3 minutes per side. Place in 13X9 pan. Sprinkle parmesan cheese, spoon pasta sauce over chicken, top with slices of fresh mozzarella.

Cover pan with aluminum foil and bake for 20-30 minute, until chicken is cooked through. Serve with fettuccine alfredo.

## **Gli Amanti's Fettuccine Alfredo**

### *Ingredients*

1 Tbs butter  
1 minced garlic cloves  
1 Tbs flour  
1 1/3 cups milk  
5 oz grated or shredded fresh parmesan cheese  
2 Tbs cream cheese  
½ tsp salt  
8 oz fettuccine pasta  
Cracked black pepper

### *Instructions*

Boil water and cook pasta according to instructions.

Melt butter in a medium saucepan over medium heat. Add garlic; cook 1 minute, stirring frequently. Stir in flour. Gradually add milk, stirring with a whisk. Cook until mixture thickens, stirring constantly. Add 1 cup parmesan cheese, cream cheese, and salt. Stir until cheese melts.

Drain pasta and toss in the sauce. Sprinkle with remaining parmesan cheese and sprinkle with black pepper, if desired.