

If you have:
Frozen Pork Cutlets



To prepare Almond-Apricot sauce,



combine 1/2 cup
apricot **preserves**

1/4 cup toasted
sliced **almonds**

1 tablespoon
vinegar

and 1 teaspoon ginger
in a small bowl.



Season pork cutlets
with salt and pepper.

Heat oil in large, nonstick pan
over medium heat.

➡ Add pork and cook without moving for 3-4 minutes
on each side or until brown.

➡ Remove from pan and
top with sauce. ➡



Serve over a bed of steamed **spinach** or other
leafy greens such as kale or swiss chard.



Garnish with chopped green onions,
if you have them on hand.

➡ Then



➡ enjoy.

If you have:
Frozen Shrimp



Prepare



2 cups jasmine **rice** according to package instructions,

replacing half the water with unsweetened light coconut milk.

In a sauce pan, heat 1 tablespoon of olive oil



and cook 1 pound shelled, thawed **shrimp**, until pink and opaque, 3-4 minutes.



Add 1/4 cup prepared Thai-style chili sauce and stir until heated through.



Stir 1/2 cup slivered **almonds** into cooked rice

Top with **shrimp** mixture.

Top with fresh sliced green onions, if you have them.



Then



enjoy.

If you have:

Pasta



Bring

➔ a large pot of salted water to a boil.

➔ Melt 2 tablespoons of butter



➔ and 1 tablespoon of olive oil

➔ in a large sauté pan over medium-high heat.



➔ Add 3 crushed garlic cloves to pan and sauté for 1 minute.



➔ Add 1/2 cup of **sun-dried tomatoes**



➔ 1/2 cup of roasted red peppers

➔ and 1/4 cup of ground **almonds**



➔ Deglaze pan with 1/2 cup chicken stock until just evaporated.

➔ Add 1 cup **half-and-half, milk** or **almond milk**.

➔ Bring to a boil and stir until sauce thickens (about 4 minutes).

➔ Add 1/4 cup **basil, spinach** or **parsley**.



➔ Cook **pasta** al dente. Drain, reserve about 1 cup pasta water.

➔ Add pasta into sauce

➔ Use pasta water, if necessary, for desired thickness.

➔ Garnish with 1 cup toasted **slivered almonds**.



➔ Then



➔ enjoy.



This content has been adapted from Ellie Krieger's bestselling book, "So Easy: Luscious, Healthy Recipes for Every Meal of the Week" (Wiley, Nov. 2009)

If you have:
Chocolate



In a medium bowl, toss together



1 cup whole roasted **almonds**



1/2 cup dried **cherries** or your favorite dried fruit



Line a baking sheet with wax paper.



Melt 3 ounces of finely chopped **chocolate** in the top of a double boiler over slightly simmering water, over the lowest possible heat, stirring frequently; make sure the water is not touching the top pan.

Remove the double boiler from the heat.



Stir in 3 more ounces of finely chopped **chocolate** until melted.



Remove the top pan with the chocolate in it, gently wipe the bottom of it, and set it aside for a moment.



Replace the simmering water in the bottom pan with warm tap water. Put the pan of melted chocolate on top of the warm water. This will keep the chocolate at the right temperature while you make the clusters.



Stir the fruit/nut mixture into the chocolate. Spoon out heaping tablespoon-size clusters of the chocolate mixture onto the baking sheet about 1 inch apart.



Put them in the refrigerator to cool and set for about 20 minutes. Store and serve at room temperature.



Enjoy.

If you have:
Leftover Rice



Combine



3/4 cup leftover cooked **rice**, 3/4 cup almond **milk** (or other low-fat milk) and 1/4 teaspoon ground cinnamon in a small saucepan.

Turn heat to medium and bring to a simmer, stirring occasionally.

Reduce heat to medium-low and simmer gently for 4-5 minutes, until mixture thickens and rice is a bit creamy.

To serve, place in a bowl, top with toasted sliced **almonds**.



Drizzle with honey and sprinkle with cinnamon.



Then



enjoy.

If you have:
Frozen Fruit



Preheat oven to 350°F.

➡ Arrange 4 cups **frozen fruit**, partially thawed, in the bottom of a 9x9-inch, 8x8-inch or 11x7-inch baking dish



➡ Sprinkle 2 tablespoons of sugar over **fruit**. Set aside.

➡ In a medium bowl, combine 1 cup **flour**, 1 teaspoon baking soda, 1 teaspoon cinnamon and 1/4 teaspoon salt. Set aside.



➡ In a mixing bowl, beat together 4 tablespoons butter and 1/3 cup sugar until blended and smooth.



➡ Beat in 1 egg and 1 teaspoon vanilla extract.

➡ Beat in half of the **flour** mixture. Beat in 1/4 cup milk.



➡ Beat in remaining **flour** mixture and 1/2 cup chopped whole natural **almonds**.



➡ Drop spoonfuls of the batter on top of the fruit, leaving a 1/2-inch border all around the edge of the dish to leave room for expansion. Bake 40-45 minutes until top is golden brown and fruit is tender and bubbly. Let cool 5-10 minutes before serving.



➡ Serve with a scoop of frozen yogurt, if you have some on hand.