

# Saint & Sinner Cookbook

## Index

### ✦ Saint Recipes ✦

#### Smoothies – Pg. 1

- Morning Sunrise Smoothie – Pg. 2
- Carolyn's Favorite Smoothie – Pg. 3
- Banana & Date Swirl Smoothie – Pg. 4
- Andrew's Favorite Smoothie – Pg. 5
- Mango Parfait - *with flax oil*- – Pg. 6

#### Breakfast/Brunch – Pg. 7:

- Tomato Toast – Pg. 8
- Heavenly Poached Eggs with Sautéed Onions, Spinach & Savory Tomato Jam – Pg. 9
- Asparagus, Tomato & Chicken Frittata – Pg. 10

#### Salads – Pg. 11:

- Apple, Napa Cabbage & Endive Salad with Toasted Pecans – Pg. 12
- Healthy Tuna Salad with Sugar Snap Peas & Champagne Vinaigrette – Pg. 13
- Mixed Greens Salad with Salmon, Orange, Cranberries & Pecans – Pg. 14

#### Soups – Pg. 15

- Tasty Veggie Soup – Pg. 16
- Sweet Onion Soup with Chive Oil & Shaved Parmigiano-Reggiano – Pg. 17

#### Appetizers & Main Courses – Pg. 18

- Haricots Verts (Baby Green Beans) with Garlic Lemon Butter Pg. 19
- Pan Seared Snapper with Roma Tomato & Ancho Chile Mole – Pgs. 20 & 21
- Roasted Shrimp with Soy-Lemongrass Dipping Sauce – Pg. 22
- Pan Seared Snapper with Ginger-Cilantro Vinaigrette – Pg. 23
- Salmon in Parchment Paper – Pg. 24
- Pistachio Crusted Scallops with Orange-Chervil Vinaigrette – Pg. 25
- Divinely Delicious Roasted Salmon with Asparagus & Lemon Oil – Pg. 26
- Pan Seared Chicken Breast with Grape Tomato Pan Sauce – Pg. 27
- Turkey Meatballs – *Gluten Free* – Pg. 28
- Chicken Mole Sauté – Pg. 29

## ✦ Saint Recipes - Continued ✦

### Sauces & Purées – Pg. 30

- Oven Roasted Tomatoes & Onions with Rosemary – Pg. 31
- Warm Tomatillo-Cilantro Salsa – Pg. 32
- Savory Tomato, Onion & Basil Jam – Pgs. 33 & 34

## ✦ Sinner Recipes ✦

### Appetizers & Hors d'oeuvres – Pg. 35

- Brie & Caramelized Onion Baked Fondue – Pg. 36

### Sauces & Purées – Pg. 37

- Basil & Pecan Pesto – Pg. 38
- Chipotle Remoulade – Pg. 39

### Soups – Pg. 40

- 3 Potato Soup with Bacon & Spinach – Pg. 41
- Roasted Yellow Pepper & Roasted Tomato Soup with Serrano Cream – Pgs. 42 & 43

### Main Courses – Pg. 44

- Devilishly Delicious Turkey Sliders with Caramelized Onions & Spicy Green Chile Mayonnaise – Pgs. 45 & 46
- Red Thai Chicken Curry – Pg. 47
- Gourmet Turkey Meatloaf – Pg. 48
- “Puerko” Buco – Pgs. 49 & 50

### Desserts– Pg. 51

- Sinfully Scrumptious Coconut Crusted Dark Chocolate Tarts – Pg. 52

### Notes – Pg. 53