



monj

CHEAT  
SHEET

## INGREDIENTS:

1 cup freshly grated extra-sharp Cheddar cheese  
2 ounces pimento peppers  
1 roasted bell pepper  
4 ounces low fat ricotta cheese  
2 tablespoons plain Greek yogurt (2%)  
1 teaspoon dijon mustard  
1 clove garlic  
¼ teaspoon onion powder  
⅛ teaspoon ground cayenne pepper (decrease or omit if sensitive to spice)  
½ teaspoon freshly ground black pepper  
4 cups veggies of choice to dip (carrots, celery, sugar snap peas, cucumber, cherry tomatoes)

# PIMENTO CHEESE DIP

SERVES 4

## DIRECTIONS:

Grate cheddar cheese, if needed.

Finely dice the pimento peppers and roasted bell pepper. **Mince the garlic clove.**

In a medium mixing bowl or the bowl of your stand mixer, combine the cheddar, ricotta cheese, peppers, yogurt, garlic, onion powder, cayenne pepper and black pepper.

Beat the mixture together with a hand mixer, your stand mixer, or by hand with a sturdy wooden spoon or spatula. Beat until the mixture is thoroughly combined.

Taste, and adjust seasoning if desired.

Transfer the mixture to a smaller serving bowl. Serve your pimento cheese immediately, with your crudite or chill it in the refrigerator for up to 1 week.

Pimento cheese hardens as it cools; let it rest for 30 minutes at room temperature to soften.

Optional: Heat at 375 for 8-10 mins for a hot, bubbly dip and serve immediately.

**SWAPS:** Try using goat cheese as a substitute for ricotta

**POWER IT UP:** Add a ½ tsp of turmeric for anti-inflammatory benefits

**MAKE IT POP:** Add a minced jalapeno for extra kick, or the zest of 1 lemon for additional zing.

# FESTIVE FRUIT COMPOTE

SERVES 4

## INGREDIENTS:

¾ cup fresh cranberries or fruit of choice  
¼ cup dried fruit  
1 orange (zest and juice)  
¼ tsp cinnamon  
1 inch fresh ginger, grated  
1 pinch salt  
1 TBSP honey (or maple syrup) to taste  
¼ cup water

## DIRECTIONS:

Clean and quarter desired fruit. Zest and juice the orange and set aside.

In a small saucepan, combine all ingredients. Bring to a simmer over medium heat, and allow to cook until jammy, 8-10 mins.

Cool & serve with cheese!



# SPICY DILLY BEANS

SERVES 4

## INGREDIENTS:

4 oz green beans  
½ cup white wine vinegar  
½ cup water  
1 garlic clove, smashed  
½ tsp salt  
1 tsp honey  
½ tsp chili flakes  
1 small bunch fresh dill (or 2 tsp dry dill)

## DIRECTIONS:

Trim the stem ends off the green beans to height of jar & stuff in a tall mason jar with dill sprigs.

In a small pot over medium heat, bring vinegar and water to a simmer. Add garlic, salt, honey & chili flakes.

Pour the brine over the ingredients in the jar & seal

Let cool to room temp (~30 mins) before placing in the fridge. Keeps for 1 month.