

Family Friendly Meals: Easy & Healthy Eating for Busy Families



Menu Item	Featured Olive Oil/Balsamic	Ingredients
<p>Sunshine Salad</p> <p><i>Kids will be encouraged to eat dark, leafy greens by adding a little sweetness to a dinner salad. This bright citrus vinaigrette combines familiar flavors and pairs them with some adventurous new vegetables.</i></p>	<p>Blood Orange Olive Oil</p> <p>Cara-cara Orange & Vanilla Balsamic</p>	<ul style="list-style-type: none"> • Mixed greens, spinach or kale • Red, yellow or orange bell peppers, diced • Cucumbers, diced • Mandarin oranges, dried cranberries, pineapple pieces (optional) • ½ C. olive oil • ¼ C. balsamic vinegar • Salt and pepper, to taste <ol style="list-style-type: none"> 1. Shake olive oil, balsamic vinegar, salt and pepper together in a mason jar 2. Pour over salad and top with mandarin oranges, dried cranberries or pineapple pieces
<p>Pita Chips Two Ways</p> <p><i>Forget about the greasy potato chips loaded with salt! Spend time together in the kitchen and whip up a batch of pita chips – easy to do and can transform from savory snack to sweet surprise in seconds.</i></p>	<p>Varietal Olive Oil</p> <p>Butter Olive Oil</p> <p>Tuscan Herb Olive Oil</p>	<ul style="list-style-type: none"> • Pita bread, cut into small triangles • Olive Oil • Salt (for savory version) • Cinnamon & Sugar Mix (for sweet version) <ol style="list-style-type: none"> 1. Preheat oven to 350 degrees 2. Line baking tray with foil or parchment paper 3. Arrange pita triangles in single layer on baking tray 4. Brush pita with olive oil and sprinkle with salt or cinnamon-sugar mix 5. Bake for 15-30 minutes to desired level of crispiness
<p>Fruit Salsa</p> <p><i>This delicious fruit salsa is low in sugar and can easily double up as a fun side dish or dessert.</i></p>	<p>Strawberry Balsamic</p> <p>Raspberry Balsamic</p> <p>Cherry Balsamic</p>	<ul style="list-style-type: none"> • 1 pint strawberries, hulled • 2 apples, cored and sliced • 1 C. melon or kiwi, sliced • 1 pint raspberries • 1-2 Tbs. balsamic vinegar • 2 Tbs. fruit preserves <ol style="list-style-type: none"> 1. Finely chop strawberries, apples, melon (or use food processor) 2. Mix fruit together with raspberries (raspberries will break apart a bit) 3. Add balsamic vinegar and preserves 4. Stir until all fruit is coated and let sit at room temperature for 15 minutes before serving
<p>Pita Chip's Perfect Companion Dip</p> <p><i>This dip is the star of your next party, or perfect for an after-school snack! Delicious with fresh vegetables and pita</i></p>		<ul style="list-style-type: none"> • ¼ C., plus 2 Tbs. olive oil • 3 garlic cloves, chopped • ½ tsp. fresh rosemary, chopped • 1 tsp. parsley, chopped • 2 cans (19 oz. each) cannellini beans, drained

<p><i>chips, it's a wonderful alternative to cream-based dips</i></p>		<ul style="list-style-type: none"> • 2 Tbs. water • Salt <ol style="list-style-type: none"> 1. Process beans in food processor with ¼ C. olive oil and garlic 2. Add fresh herbs 3. Add 2 Tbs. olive oil and process until desired consistency 4. Serve at room temperature
<p>Favorite Chicken</p> <p><i>A basic marinade is simple to put together, and something the kids can help with in the kitchen – test their skills measuring and playing with flavors, and let them shake the bag (it's the best part!).</i></p>	<p>Tuscan Herb Olive Oil Traditional Balsamic</p>	<ul style="list-style-type: none"> • ½ C. Tuscan Herb Olive Oil • ¾ C. Neapolitan Herb Balsamic • ¼ C. Soy Sauce • 1/8 C. Lemon Juice • ¾ Cup Brown Sugar • 2 Tbs. Mustard • 2 tsp. Salt, Pepper, Rosemary, Garlic Powder <ol style="list-style-type: none"> 1. Whisk ingredients together in bowl and pour over chicken in a Ziploc bag; shake to coat
<p>Raspberry Fizz</p> <p><i>Who knew that balsamic vinegar could make a beverage taste delicious—without added sugar and calories! Try this fun fizzy drink, or just let everyone pick his or her favorite balsamic and add it to your daily water bottle.</i></p>	<p>Mango Balsamic Apricot Balsamic</p>	<ul style="list-style-type: none"> • Club soda or lemon-lime soda • Fresh raspberries • 1-2 Tbs. balsamic vinegar <ol style="list-style-type: none"> 1. Muddle raspberries with balsamic in bottom of glass 2. Top with ice and club soda or lemon-lime soda

Thank you for coming! Join us next time for more exciting ways to use olive oil and balsamic vinegar in everyday cooking!*

The Hearty Olive | 921 S. 8th St. | Manitowoc, WI 54220
(920) 663-1360 | www.theheartyolive.com



**Space is limited and classes fill on a first come, first served basis. To offer you the best experience possible, the Hearty Olive does charge a minimal \$10.00 fee to help purchase ingredients, create new recipes and pay our instructors.*