



Chef's Salad Bowl

SERVINGS: 2
SERVING SIZE: 2 CUPS

Ingredients

¼ lb roast turkey

¼ lb ham

½ lb romaine lettuce

¼ lb cheddar cheese

½ green bell pepper

¼ lb tomatoes

1 egg

1 Tbsp dressing of choice

holiday
by ATRIA
SENIOR LIVING

Chef's Salad Bowl

SERVINGS: 2 | SERVING SIZE: 2 CUPS

Directions

- 1 Chop lettuce into bite-sized pieces. Portion into individual salad bowls, 1 cup per bowl.
- 2 Cut meat and cheese into thin strips. Arrange on top of lettuce, $\frac{2}{3}$ ounce turkey, $\frac{2}{3}$ ounce ham and $\frac{2}{3}$ ounce cheese per bowl.
- 3 Cut green pepper into rings. Cut tomatoes into bite-sized wedges. Cut hard-boiled egg into quarters. Garnish each salad with 1 green pepper ring, 2 tomato wedges and 2 egg quarters. Serve dressing on the side.



Ingredients

1 oz chicken marinade

¼ lb chicken breast

¼ lb seasonal fresh fruit

¼ lb 50/50

iceberg and romaine
salad mix

Chicken and Fresh Fruit Salad

SERVINGS: 2

SERVING SIZE: 1 CUP

holiday
by ATRIA
SENIOR LIVING

Chicken and Fresh Fruit Salad

SERVINGS: 2 | SERVING SIZE: 1 CUP

Directions

- 1 Prepare marinade according to recipe instructions below. Cover chicken breast in marinade and marinate.
- 2 Grill chicken breast on well-oiled grill preheated to 350°F for 3-5 minutes per side or until internal temperature is 165°F. Allow chicken to cool enough to handle, then slice or chop into bite-sized pieces.
- 3 Chop lettuce into bite-sized pieces. Prepare fruit as necessary into bite-sized pieces. Arrange salads.
- 4 Proportions per salad: 1½ ounces chicken slices, 1½ ounces lettuce, 1½ ounces fruit.

Chicken Marinade

SERVINGS: 1 | SERVING SIZE: 1 OZ

Ingredients

¼ cup green onions	¼ Tbsp lemon juice	¼ tsp thyme
⅛ cup red wine vinegar	¼ tsp fresh garlic	¼ tsp salt
⅛ cup Worcestershire sauce	⅛ cup oil	¼ tsp pepper

Directions

- 1 Finely chop green onions. Mince garlic.
Combine all ingredients.



Quiche Florentine

SERVINGS: 6
SERVING SIZE: 1 SLICE

Ingredients

1 pie shell, 10"

¼ tsp salt

¼ tsp pepper

½ cup shredded
Swiss cheese

¼ cup grated
Parmesan cheese

3 eggs

2½ oz half-and-half

½ oz frozen spinach

holiday
by ATRIA
SENIOR LIVING

Quiche Florentine

SERVINGS: 6 | SERVING SIZE: 1 SLICE

Directions

- 1 Prebake pie shell according to package directions, and use pie weights or dry beans on top of parchment or foil in the bottom of the crust. Remove from oven and set aside. Adjust oven to 350°F.
- 2 Beat eggs. Add half-and-half, salt, and pepper. Set aside.
- 3 Sprinkle baked pie shell with $\frac{1}{2}$ cup Swiss cheese. Spoon thawed, well-drained spinach over Swiss cheese.
- 4 Pour egg mixture into the pie shell, allowing egg mixture to thoroughly combine with spinach.
- 5 Bake in oven for 15 minutes. Sprinkle top with $\frac{1}{4}$ cup Parmesan cheese. Bake an additional 35-40 minutes, until set in center. Allow to stand 10 minutes before serving. Cut quiche into 6 slices.



Yogurt and Granola

SERVINGS: 2
SERVING SIZE: ½ CUP

Ingredients

1 cup yogurt, flavor of choice

2 Tbsp granola

holiday
by ATRIA
SENIOR LIVING

Yogurt and Granola

SERVINGS: 2 | SERVING SIZE: ½ CUP

Directions

- 1 Sprinkle 1 Tbsp granola per ½ cup yogurt.



Honey Granola

SERVINGS: 10

Ingredients

½ cup canola oil

½ cup honey

½ tsp ground cinnamon

½ tsp salt

3 cups old-fashioned rolled oats

1 cup sliced almonds

1 cup raisins

holiday
by ATRIA
SENIOR LIVING

Honey Granola

SERVINGS: 10

Directions

- 1 Arrange rack in the middle of the oven and preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.
- 2 Place the oil, honey, cinnamon and salt in a large bowl and whisk to combine.
- 3 Add the oats and almonds to mix and stir to coat. Don't worry if you add a little more oats or almonds – granola is very forgiving.
- 4 Transfer the mixture to the prepared baking sheet and spread into an even layer. If the granola is clumpy, use a spatula to press it into the pan.
- 5 Bake for 20 minutes, stirring halfway through. The granola is ready when golden-brown and the almonds have toasted – it will still feel wet coming out of the oven but will dry as it cools.
- 6 Remove from the oven. Sprinkle on the raisins. If you want clumps of granola, tamp down the granola before it cools, which helps it stick together. Cool completely before storing.
- 7 For long-term storage, transfer the cooled granola to an airtight container and store at room temperature.