Date Night: 3-course meal

Cook Time: 50 min.  Yield: 2

**Tonight’s Libations**

*White Grape & Melon spritzer*

**Appetizer**

*Bacon-wrapped Stuffed Dates w/ Spiced Honey Glaze*

**Main**

*White Fish w/ Massaged Kale Salad, Carrot Puree, and Crouton Crumbs*

**Dessert**

*Banana Cream Parfait*

*White fish is lean and takes on the flavor of any seasoning, making them a versatile ingredient in the kitchen.*

*Fish is a great source of protein, selenium, and omega-3’s. These are important for good musculature, healthy immune function, good skin and hair health, as well as brain function.*

*It is recommended adults eat at least 2 8 oz. servings each.*

Total Cost of this meal:

$11 or $5.50 / person
Tonight’s Libations - *White Grape spritzer - 5 minutes*

Ingredients:
- 1 cup White Grape Juice
- 1 cup Club Soda
- 6-8 melon balls
- 2 Mint sprig

Instructions:
1. Mix the grape juice and club soda in a glass.
2. Cut melon in half and, use a teaspoon-sized measuring spoon to scoop out several melon balls. Add to glass.
3. Tear a few mint leaves and also add. Let sit in the refrigerator while you prepare the meal.

*Appetizer - Bacon-wrapped Stuffed Dates w/Spiced Honey Glaze - 15 minutes*

Ingredients:
- 4 piece Dates
- 2 strip Bacon
- 1 tbsp goat cheese
- 1 tsp honey
- 1 dash of cayenne pepper, black pepper, and salt

Instructions:
1. Preheat the oven to 350F.
2. Cut the bacon strips in half to make 4 shorter strips.
3. Place a bit of goat cheese in each date.
4. Wrap the bacon around each stuffed date and place onto a sheet pan, seam side down.
5. Drizzle honey over the top, and sprinkle with a pinch of cayenne, black pepper, and salt.
6. Bake for 10 min or until bacon is cooked and slightly crispy.
Main - *White Fish w/ Massaged Kale Salad, Carrot Puree, and crushed Croutons – 25 minutes*

**Ingredients:**

*Carrot Puree:*
- 1 Carrot, chopped into chunks
- 1 Tbsp butter
- 1/4 grapefruit, juiced
- 1 pinch salt
- 1 pinch of cumin
- Water to loosen

*Fish:*
- 2 pieces, each 3 oz. of white fish
- Salt, Pepper, Chili flakes, Garlic powder
- 1 tsp Olive Oil
- 1 cup chopped Dinosaur Kale
- 2 tsp oil
- 10 croutons

**Instructions:**

1. Bring 2 cups of water to a boil in a pot, and cook the carrots until soft.
2. Drain the carrots, and add to a blender with the rest of the ingredients. Blend until a smooth puree forms. Set aside.
3. Season the fish with a pinch each of salt, pepper, chili flakes and garlic powder on both sides.
4. Heat up a non-stick pan to medium high. Add oil. When hot, add the fish. Cook on one side until half is opaque. Flip over and finish cooking on the other side (10 min).
5. Add 2 tsp of olive oil to the kale and massage firmly with your hands.
6. Place the croutons in a plastic bag and crush with a rolling pin. Set aside.
7. Plate all ingredients as desired. *(See picture on the top right for an example)*

There are many varieties of kale including curly kale, dino kale, and purple kale, and have a characteristic slightly bitter taste with great crunch. Kale contains a lot of fiber, iron, and folate. These are important for feeling full longer, controlling blood sugar, having good blood health, and cell synthesis. I challenge you to include more servings of kale and other leafy greens each week.
Dessert - Banana Cream Parfait - 5 minutes

Ingredients:
- 6 Vanilla Cookies
- 2 single servings of banana pudding (1/4 cup each)
- 2/3 banana
- Sliced almonds for garnish

Instructions:
1. Prepare 2 clear dessert plates.
2. To each plate add layers of each ingredient:
   a. 2 crumbled vanilla cookies on the bottom
   b. Then 1 banana pudding, spread evenly with a spoon
   c. And finally, 1 crumbled cookie on top
   d. Slice 1/3 of a banana thinly and layer on one side
   e. Sprinkle with almonds, as desired