



## Florida Fresh Agua Chile

By Louis Robinson

- 3 Florida Key West pink shrimp
- 5 Florida pink grapefruit, in segments
- 7 Florida cucumber, thin lengthwise slices
- ½ serrano chile, sliced super thin
- 5 yellow cherry tomatoes
- 5 red onion, sliced super thin
- 1 tablespoon agave syrup
- 2 teaspoons olive oil
- ½ small avocado
- 1 pinch cilantro leaves
- 1 tablespoon cilantro stems, chopped
- 1 pinch smoked serrano salt
- 8 Key limes, juiced—ice cold

Cut each Florida pink shrimp in half lengthwise. In a super hot non stick pan, add one teaspoon olive oil and kiss each side of the shrimp to the pan, and put aside.

In a blender combine the lime juice, agave syrup, cilantro stems and most of the serrano chile, saving a few slices of the serrano for garnish. Blend on high until completely smooth and set aside.

Take each cucumber slice and roll it up on itself and set it aside. Cut each cherry tomato in half. Cut the avocado into several thick slices so you can stand them up on the plate and keep the shape of the half avocado.

Place the avocado in the center of the plate, flat side down, to keep the shape of the avocado. Place the shrimp halves, the tomato, cucumber, grapefruit, and onion artfully around the avocado. Pour the lime juice mixture over the shrimp, and garnish with cilantro leaves and serrano slices. Finish the plate with a drizzle of the remaining olive oil and a sprinkle of smoked serrano sea salt.

**Enjoy promptly! Preferably in the hot Florida sun!!**





**HEALTHY  
FAST**

**“FRESH FROM FLORIDA”**

**CHALLENGE**

## Florida Citrus Shrimp Lettuce Wrap

*By Rochelle Vincent*

- 1 orange, juiced
- 2 tablespoons low sodium soy sauce
- ½ teaspoon sesame oil
- 2 cloves garlic, grated
- ½ tablespoon ginger, grated
- 1 tangerine, diced
- 1 teaspoon lime juice
- ½ pound precooked shrimp
- ¼ cup green onion
- ½ cup cucumber
- ¼ cup carrot
- 1 Fresno chili
- 1 tablespoon basil, cut in small strips
- 1 head bib lettuce

In a medium bowl, whisk together first 5 ingredients and set aside.

Finely dice all but 4 shrimp, green onion, cucumber, carrot and Fresno chili. Add diced ingredients and basil to liquid mixture and stir.

Spoon mixture onto lettuce leaves and top with whole shrimp as garnish.





## Poached Chicken & Carambola Rice Bowl

By Sherri Williams

- 2 carambola, sliced
- 1/4 head red cabbage, sliced
- 4 large radishes, cut in matchsticks
- 1 small English cucumber, cut in matchsticks
- 2 limes, quartered
- 2 green onions, chopped
- 1/4 cup dry roasted pistachios, chopped
- 1 pound poached chicken breast, sliced
- 2 cups ready-to-serve whole grain brown rice

### DIPPING SAUCE

- 1 cup water
- 1 tablespoon low sodium soy sauce
- 1 tablespoon low sodium fish sauce
- 1 tablespoons low calorie natural brown sugar blend
- 2 tablespoons fresh lime juice
- 2 garlic cloves, minced
- 2-3 Thai chili peppers, chopped

### GARNISH

- handful of fresh mint
- handful of fresh basil
- handful fresh cilantro

Slice and chop fruit, vegetables, pistachios and precooked poached chicken.

Combine sauce ingredients in a bowl, mix well.

Warm up rice according to package.

Assemble bowls: place rice in middle of 4 bowls. Alternate chicken slices and carambola slices, cabbage, lime quarters, cucumber and radishes. Top rice with green onion and pistachios. Serve with dipping sauce and garnish.





## Florida Grilled Shrimp Escabeche

By Vanessa Marquis

SERVES 1

- non-stick spray
  - 5 ounces medium shrimp (21/25), peeled & deveined
  - 1/8 teaspoon black pepper
  - 1/4 teaspoon dried oregano
  - 1/4 teaspoon dried cumin
  - 1/4 teaspoon dried chile powder—your choice: chipotle, ancho, dark chili, etc.
  - 1 small Florida heirloom tomato, diced small
  - 1 tablespoon jalapeno, fine brunois
  - 2 tablespoons yellow bell pepper, brunois
  - 1 tablespoon red onion, fine brunois
  - 2 tablespoons cucumber, peeled, seeded, brunois
  - 1/2 small avocado, diced small
  - 1 tablespoon cilantro, chopped
- VINAIGRETTE**
- 1 teaspoon lime juice
  - 1 teaspoon lemon juice
  - 2 tablespoons orange juice
  - 1 teaspoon apple cider vinegar
  - 1/4 teaspoon dried cumin
  - 1/4 teaspoon hot sauce (optional)

Heat a grill pan to medium-high heat.

Pat dry the shrimp with a paper towel and season with dry ingredients. Use non-stick spray and coat the grill pan.

Cook shrimp on each side. Remove shrimp from grill pan and butterfly the shrimp to cool faster, place in refrigerator.

While shrimp cool, cut your remaining ingredients to size listed above and place in a medium bowl.

In another bowl whisk together the vinaigrette ingredients. Gently toss all ingredients in one bowl and serve immediately.





## **“Fresh From Florida” Blackened Chicken**

*By Rene Marquis*

SERVES 1

- 1 4-ounce boneless skinless chicken breast**
- 1 teaspoon blackened seasoning**
- 1/8 cup zucchini “noodles”**
- 1/8 cup squash “noodles”**
- 1 tablespoon tomato, diced**
- 1 tablespoon onion, diced**
- 1 tablespoon cucumber, diced**
- 1 tablespoon roasted sweet corn**
- 1 tablespoon avocado, diced**
- 1/2 teaspoon jalapeño, diced**
- 1 tablespoon lime juice, freshly squeezed**
- 1 teaspoon olive oil**
- 1 teaspoon balsamic glaze**
- fresh basil for garnish**
- salt & pepper to taste**

Season chicken breast with blackened seasoning and cook in hot pan. Once cooked, let the chicken rest.

Spray a non-stick pan with a light coat of cooking spray and sauté the squash and zucchini “noodles” until just firm to the bite being careful not to overcook the “noodles.”

While those items are cooking in a small mixing bowl, mix in all the Fresh Florida ingredients together and season with lime juice, olive oil and salt and pepper.

Assemble the plate by putting the “noodles” down on the plate and then place the chicken on top of that and then put the salsa on and near the chicken.

Garnish the plate with the balsamic glaze and the fresh basil.





## Busy Family's "Gourmet" Weeknight Pasta

By Cheryl Carpenter Klimek

SERVES 4

- 1 pound raw white shrimp—remove tails
- 4 cups cooked whole wheat spaghetti
- 1½ cups low-sodium chicken broth
- 1 pint Florida grape or cherry tomatoes
- 1 medium Florida zucchini
- 4 mini sweet Florida peppers
- 3 cloves garlic
- 1 tablespoon olive oil
- 2 tablespoons corn starch
- red pepper flakes
- Florida basil

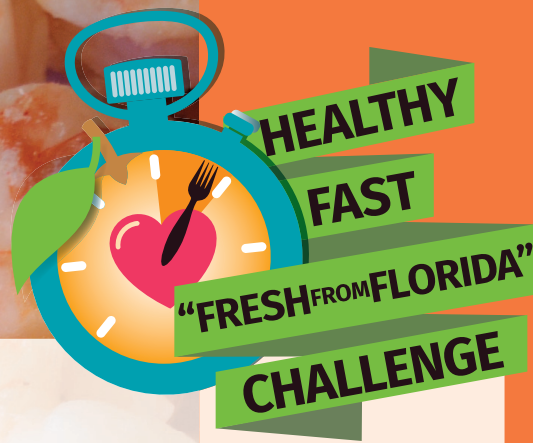
Slice all vegetables, garlic and basil very thin. Remove tails from shrimp.

Slice tomatoes in half just before heating pan. Put olive oil in hot pan, add pepper flakes (to taste) and shrimp.

As shrimp begins to cook, add zucchini, sweet peppers and garlic while stirring.

Pour half the chicken broth into pan and add corn starch to the remainder. Toss cooked pasta in with vegetables and shrimp. Add remaining broth while continuing to stir. Add basil, toss and remove from heat.





## Shrimp Salad on Parmesan Crisp

By Lacy Adam

SERVES 1

- 1 sprinkle of garlic salt
- 1 jalapeño sliced thin
- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese
- 1 slice tomato
- ½ teaspoon Old Bay® seasoning
- 2 teaspoons mayonnaise
- 2 ounces shrimp
- 1 teaspoon chopped red onion

Take 1 teaspoon of olive oil and warm it up on a flat pan.

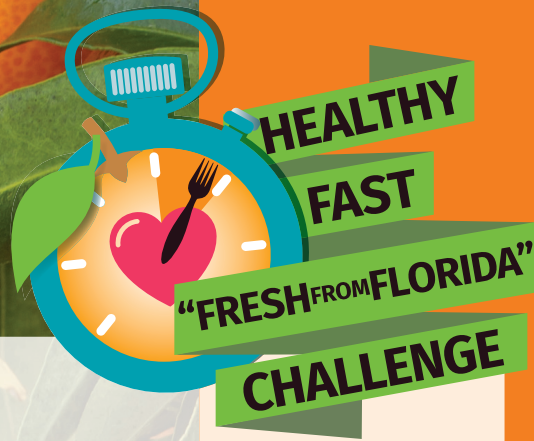
Take the slices of a jalapeño pepper and brown slightly (salting a tiny bit with garlic salt). Set this aside.

Then take the Parmesan cheese and put an even layer on the pan in a circle. Cook until just brown and take out carefully with a spatula and put on a plate. Now you have your first layer: the parmesan crisp.

Take a slice of tomato and put this on top of the parmesan crisp.

Take the shrimp and mix them with the mayonnaise and the Old Bay®. Put this on top of the tomato slice. Sprinkle the red chopped onion and the fried jalapeño peppers on top.





## Florida Fresh Shrimp Lettuce Wraps

By Kadija Bridgewater

SERVES 2 WRAPS PER PERSON

- ½ cup freshly-squeezed orange juice—about 2 large oranges
- 1½ limes
- ½ cup extra virgin olive oil
- 2 teaspoon fresh cilantro, chopped
- 3 cloves garlic, smashed
- 1 teaspoon sea salt
- ¾ pound large shrimp, peeled and deveined
- ⅓ cup sour cream
- 1½ tablespoons Jamaican hot pepper sauce
- 1 scallion, sliced
- 2 ripe carambola or starfruits
- 1 small red bell pepper, diced
- 2 ears fresh sweet corn
- ¼ teaspoon freshly cracked black pepper
- 1 small avocado
- 6 large butter lettuce leaves
- 12 roasted plantain chips

In a bowl, combine orange juice, juice from 1 lime, olive oil, cilantro, garlic and ¾ teaspoon of the salt. Whisk well. Place shrimp in bowl and let marinate in fridge for 30 minutes.

Combine sour cream, hot pepper sauce and scallion in a small mixing bowl. Mix well and reserve hot pepper cream in fridge.

Slice 6 thin stars from carambola and reserve. Chop remaining carambola into small pieces.

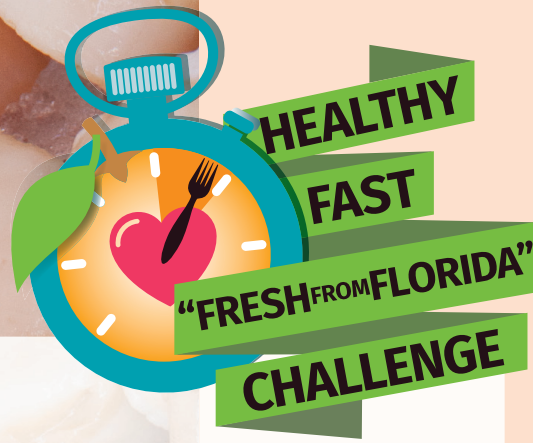
In a large bowl, combine chopped carambola, diced red bell pepper, and corn kernels from cobs. Add juice from ½ lime, black pepper and remaining ¼ teaspoon salt. Mix well. Dice avocado and add to bowl. Fold in gently.

Heat electric grill on high. Place marinated shrimp in a single layer on grill. Cover and grill until shrimp turn pink and brown grill marks appear, about 4 to 5 minutes.

To assemble, lay out butter lettuce leaves on a large platter. Fill with some of the avocado-corn mixture. Top each with 2 or 3 grilled shrimp, a carambola star and 2 plantain chips each. Drizzle with the reserved hot pepper cream.







## The Tropic of Scallops

By Laura Frazee

SERVES 3

- 2 medium Florida zucchini, spiral cut
  - 2 yellow squash, spiral cut
  - ½ Florida red bell pepper, sliced thin
  - garden fresh herb mix
  - 1 pinch Florida Everglades Seafood Seasoning®
  - 1 pinch smoked paprika
  - 1 splash of chicken or veggie stock
  - ½ Meyer lemon
  - ½ tangerine
  - ½ finely chopped garden fresh chive blades
- TROPICAL SALSA**
- 1 cup fresh pineapple, chopped
  - 1 tablespoon coconut, shredded
  - 1 pickled jalapeno, chopped fine to taste
  - ½ Meyer lemon
  - 1½ tangerine

Preheat grill pan to screaming hot.

Separate pan for squash-pepper herb mix. Add stock and peppers first, then a pinch of smoked paprika.

Prepare scallops with olive oil, pinch of paprika and Florida Everglades Seafood Seasoning®. Skewer to make turning easier if preparing for a group.

Place scallops in the pan and squeeze ½ a tangerine and ½ Meyer lemon over the scallops. Turn after 1-2 minutes, and cook another 2 minutes. DO NOT OVER COOK, but make sure there is a nice sear.

Tropical Salsa: mix pineapple, coconut, chopped red pepper, jalapeno, and squeeze of lemon and tangerine. Squash mix should go into its pan when you are turning the scallops, it is just too warm through, it will continue to cook.

To plate, place squash mix on bottom, topped with scallops, spoon on Tropical Salsa, spritz with citrus and top with chives.





## Sriracha® Fiesta Chicken Wrap

By Scott Cowie

- 1 Toufayan® low-carb, low-sodium wrap
- ¼ cup chicken, cut into chunks
- ⅛ cup fresh Florida avocado
- ⅛ cup green pepper, chopped
- ⅛ cup orange pepper, chopped
- ⅛ cup fresh Florida corn
- ¼ cup Mexican cheese, shredded
- 2 teaspoons Sriracha®
- 1 splash fresh lime juice

Combine chicken, avocado, peppers, corn and cheese on center of wrap.

Add Sriracha® and lime juice. Fold ends of wrap in, and roll.

Place wrap in a hot press (like a George Forman Grill®) for 2 minutes, or until cheese is melted. Enjoy!





## Skillet Pizza

By Kristine Thomas

SERVES 2-4

### SOCCA

- $\frac{3}{4}$  cup garbanzo bean flour
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 cup water

Whisk together in a bowl your first four ingredients. Pour batter into hot, oiled skillet (coconut oil is best).

Cook on medium-high heat for 3 minutes before flipping.

Cook the other side for 1 minute longer then remove from pan.

### SPICY ALFREDO SAUCE

- 2 cups steamed cauliflower
- 3 tablespoon rice vinegar
- 4 tablespoons nutritional yeast
- 2 tablespoon water
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons Italian seasoning

Put it all in a blender and give it a whirl!

### OR AVOCADO SAUCE

- 1 avocado
- 2 tablespoons apple cider vinegar
- 2 tablespoons nutritional yeast
- $\frac{1}{4}$  cup water

Put it all in a blender and give it a whirl!

Top your socca bread with whichever fresh and tasty topping you prefer.

Or go crazy and use both sauces! Top with fresh sliced tomatoes or veggies.





## Shrimp Succotash

By Steve Jackson

SERVES 4

- 1 tablespoon olive oil
- 1 pound shrimp peeled & rinsed
- 1 15-ounce can reduced sodium lima beans
- ½ tablespoon smoked paprika
- 1 red bell pepper, diced
- 2 teaspoons garlic powder
- 2 ears of sweet corn kernels
- 2 teaspoons Italian seasoning
- 3 cloves garlic minced
- 1 teaspoon cumin
- 1 shallot diced
- ½ teaspoon coriander
- 1 squash cubed
- 1 celery stalk diced
- 1 tablespoon olive oil
- ½ lemon
- 1 tomato, chopped
- ¼ cup reduced sodium chicken stock
- 1 tablespoon unsalted butter
- ½ tablespoon parsley, chopped
- salt & pepper to taste

Peel and rinse shrimp. Season with the smoked paprika, garlic powder, Italian seasoning, cumin, coriander, and salt and pepper to taste.

Heat pan to medium-high heat. Coat pan with olive oil. Sauté shrimp for about 3 to 4 minutes making sure to flip them halfway through until they are opaque. Finish with lemon.

Rinse lima beans. Heat second pan to medium-high heat. Coat pan with olive oil. Sauté lima beans, red bell pepper, sweet corn kernels, garlic, shallot, squash and celery. Season with salt and pepper, and cook for 4 minutes.

Add tomatoes. Deglaze with chicken stock and cook for 1 minute. Transfer shrimp to pan. Top with butter and parsley.





## Orange Chicken Salad

By Ellen Harvey

- 1 bag of butter lettuce
- 1 navel orange
- 1 tangerine
- 1/3 cup green olives
- 1/3 cup olive oil
- 1 cooked chicken breast, cold
- 1/4 cup almonds
- 1/4 cup croutons

Place lettuce in a bowl.

Cut up navel, green olives, chicken and tangerine into bite-sized pieces.

Place on top of lettuce. Add croutons and almonds.

Pour olive oil over the top.





## Vegetable Bisque

By Shalini Mylavarapu

- ½ cup frozen cut cauliflower
- ¼ cup frozen peas and carrots
- ¼ cup frozen french cut green beans
- ½ cup frozen cut potatoes
- ¼ cup frozen cut spinach
- ¼ cup onions, chopped
- ¼ cup tomatoes, chopped
- ½ cup SARAS Seasonings Peanut Mix®
- 1 tablespoon cumin seed
- 1 cup water
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 tablespoon oil
- 1 dash salt
- ¼ cup pomegranate seeds
- ¼ cup cilantro

Defrost the frozen cut cauliflower, potatoes and spinach, and frozen peas, carrots and French-cut green beans.

Add the chopped onions, chopped tomatoes, garlic and ginger paste, SARAS Seasoning Peanut Mix®, cinnamon, coriander seed, cumin seed and water to a blender, and blend to a smooth paste.

Add the turmeric, paprika, oil and thawed vegetables to a pot and sautee.

Add the smooth paste to the pot, add salt to taste and cook.

Pour a serving into a bowl, sprinkle pomegranate seeds and cilantro on top.





## CHALLENGE

### Grouper with Lime Cilantro Sweet Potato

By Rocio Bailey

- 2 grouper filets
- 1 roasted sweet potato
- 4 tablespoons cilantro, chopped
- 2 limes, one juiced & one sliced
- chili powder to taste
- salt & pepper to taste

Peel and chop the sweet potato into half-inch cubes.  
Mix sweet potato, lime juice, cilantro and chili powder, and salt to taste.  
Broil or pan fry grouper filets.  
Serve grouper with lime, cilantro and sweet potato on top, and decorate with lime slices.





## Orange Melon Mixed Green Salad with Honey Mojito Dressing

By Ashley Mincey

SERVES 2

- 2 navel oranges, peeled
- ½ cup watermelon, cut into chunks
- 2 tablespoons raw honey, gently filtered
- 1 lime, freshly squeezed
- ¼ teaspoon
- 1 pinch kosher salt







## Florida Filly

By Troy Nadal

SERVES 8

### PEPPER PEANUT PESTO

- 2 green bell peppers
- ¼ cup onion
- 10 basil leaves or desired taste
- 4 cloves garlic, minced
- ½ cup Williston® roasted peanuts—unsalted
- 2 tablespoons parmesan cheese, freshly grated
- ⅓ cup olive oil to taste & desired thickness

### VEGGIES & MEAT

- 1 large yellow pepper, thinly sliced—about 1 inch x ⅛ inch
- 1 large red pepper, thinly sliced—about 1 inch x ⅛ inch
- 1 Florida lime to squeeze liberally onto meats & vegetables
- 1 cup Florida mushrooms
- Salt-free Cavenders Greek Seasoning® to taste
- low-sodium chicken broth
- 1 32-ounce Florida skirt steak, thinly sliced—about 1 inch x ⅛ inch
- Fresh mini hoagie-style buns

Heat up your hibachi grill to approximately 350 degrees.

Add all ingredients for Pepper Peanut Pesto into food processor. Chop till desired texture.

Put vegetables on grill with a tablespoon low sodium chicken broth and Salt-free Cavenders Greek Seasoning® to taste. Toss as needed.

Slice buns if needed, put on grill to give a light toast.

Put sliced skirt steak on grill. Toss as needed. Cook to desired temperature. Use small amount of chicken broth just for steaming fluid.

Once all meat and veggies are cooked to desired temperature, add to bun and enjoy. Cooking time should be 5 minutes or less.



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