

# Meals with Teal #12

## **Menu:**

Caprese with burrata

Tuxedo Tuna  
Roasted potatoes  
Roasted asparagus  
Israeli salad

Bonus:

Peach (or apple) cake

## **Recipes:**

### **Caprese with Burrata:**

Large tomato  
1 container burrata  
Fresh Basil  
Balsamic glaze

\*Slice tomatoes and burrata. Place on plate as described in video and drizzle with balsamic glaze.

### **Tuxedo tuna:**

2 tuna fish pieces, thawed  
Equal mixture of sesame seeds  
Olive oil  
Salt and pepper to taste

Season tuna with salt and pepper. Dip in olive oil and then sesame seeds. Sauté in olive oil on medium to high heat to desired temperature, about 6 minutes per side.

### **Roasted Potatoes:**

Mix a bag of small multi color potatoes with 2-3 tbsp olive oil, 2-3 tsp garlic, and 1 tsp salt  
Cook on a pan at 400 30 min

### **Roasted Asparagus:**

Place in pan and spray or drizzle with olive oil. Sprinkle salt and garlic on top. Slice lemons and place on top.  
Cook at 400 10 min

**Israeli Salad:**

Diced tomato, cucumber, red pepper or red onion in equal amounts  
Juice of one lemon, 1-2 tbsp olive oil  
Fresh dill to taste (about ¼ c)  
1 tsp salt, 1/2 black pepper  
Feta of choice

**Bonus:**

From the kitchen of Kimberly Spiro

**Ingredients**

2 cups raw, cubed apples (or peaches if in season)  
1 egg  
1 cup sugar  
¼ cup oil  
1 tsp. cinnamon  
1 cup flour  
1 tsp. baking soda  
¼ tsp. salt  
1 tsp. Vanilla

**Directions**

Combine apples and egg; stir. Add remaining ingredients.

Pour into greased 9x9 baking pan.

Bake at 350° for 40 – 45 minutes

Sprinkle with powdered sugar before serving.

Extra bonus: serve this warm with vanilla ice cream

**Meals with Teal Video #12:**

<https://www.youtube.com/watch?v=uTokybys-il&t=16s>

**Meals with Teal Bonus Video #12**

<https://www.youtube.com/watch?v=Q8mq1bQYVdA>

**All Meals with Teal done so far:**

<https://gwdocs.com/specialties/breast-surgery>

## Grocery List from Safeway:

### Condiments, Spice & Bake

Signature SELECT Garlic Powder - 3.12 Oz **\$2.99**

O Organics Sesame Seed - 2.2 Oz **\$4.99**

Signature SELECT Glaze With Balsamic Vinegar Of Modena - 7.95 Fl. Oz. **\$5.49**

### Fruits & Vegetables

Lemon Large x 2 **\$1.24** \$0.62 each

Green Asparagus **\$4.79**

Cucumber **\$1.03**

Red Bell Pepper **\$1.50**

Hothouse Large Tomato x 2 **\$5.38** \$2.69 each

Signature SELECT/FARMS Mini Multi Color Potatoes - 1.5 Lb **\$3.49**

Signature SELECT/FARMS Fresh Basil - 1.25 Oz **\$2.99**

### Deli

BelGioioso Fresh Mozzarella Cheese Burrata Mini Balls 4 Cup - 8 Oz **\$7.99**

### Meat & Seafood

Water Front Bistro Yellowfin Tuna Steak Wild Caught - 5 Oz **\$13.98** \$6.99 each

**Safeway gift card provided: \$50**

## Nutritional Information:

Title Caprese Salad

Servings 4

Nutrition Facts (per 1 Serving)

Calories 170

Total Fat 7.9 g

Saturated 3.8 g

Trans 0 g

Polyunsaturated 1.2 g

Monounsaturated 2.1 g

Cholesterol 22.1 mg

Sodium 190.6 mg


Total Carbohydrates 13.7 g

Dietary Fiber 4.5 g

Sugar 6.8 g

Added Sugars 0 g

Sugar Alcohols 0 g

Net Carbs 

Protein 14.5 g

Vitamin D 1.1 %

Calcium 59.3 %

Iron 45.8 %

Potassium 878.9 mg

Vitamin A 3.8 %

Vitamin C 85.3 %

Title

Tuxedo Tuna

Servings

4

Nutrition Facts (per 1 Serving)

Calories

359

Total Fat

32.9 g

Saturated

5 g

Trans

0 g

Polyunsaturated

2.8 g

Monounsaturated

19.7 g

Cholesterol

25 mg

Sodium

16.8 mg

Total Carbohydrates

0.9 g

Dietary Fiber

0.9 g

Sugar

0 g

Added Sugars

0 g

Sugar Alcohols

0 g

Net Carbs



Protein

16.1 g

Vitamin D

0.9 %

Calcium

0.7 %

Iron

9.2 %

Potassium

250.4 mg

Vitamin A

0 %

Vitamin C

0 %

Title

Israeli Salad:

Servings

1

Nutrition Facts (per 1 Serving)

Calories

114

Total Fat

5.4 g

Saturated

3.6 g

Trans

0 g

Polyunsaturated

0.1 g

Monounsaturated

0.1 g

Cholesterol

20 mg

Sodium

7,044.5 mg

Total Carbohydrates

7.4 g

Dietary Fiber

2.4 g

Sugar

5.8 g

Added Sugars

0 g

Sugar Alcohols

0 g

Net Carbs



Protein

7.2 g

Vitamin D

0 %

Calcium

9.7 %

Iron

2.8 %

Potassium

485.4 mg

Vitamin A

0 %

Vitamin C

65.1 %

Title

Roasted Potatoes:

Servings

4

Nutrition Facts (per 1 Serving)

Calories

179

Total Fat

8.8 g

Saturated

1.2 g

Trans

0 g

Polyunsaturated

0.9 g

Monounsaturated

6.1 g

Cholesterol

0 mg

Sodium

0.2 mg

Total Carbohydrates

24 g

Dietary Fiber

3 g

Sugar

1.5 g

Added Sugars

0 g

Sugar Alcohols

0 g

Net Carbs



Protein

3 g

Vitamin D

0 %

Calcium

0 %

Iron

1.6 %

Potassium

675.1 mg

Vitamin A

0 %

Vitamin C

0 %

Title

Roasted Asparagus

Servings

4

Nutrition Facts (per 1 Serving)

Calories

52

Total Fat

4.8 g

Saturated

0.2 g

Trans

0 g

Polyunsaturated

0.2 g

Monounsaturated

1 g

Cholesterol

0 mg

Sodium

35.4 mg

Total Carbohydrates

1.9 g

Dietary Fiber

0.9 g

Sugar

0.6 g

Added Sugars

0 g

Sugar Alcohols

0 g

Net Carbs



Protein

1.1 g

Vitamin D

0 %

Calcium

1 %

Iron

2.3 %

Potassium

100.8 mg

Vitamin A

9 %

Vitamin C

5.8 %