

Spanakopita

- ½ cup olive oil
- Fresh dill
- 6 scallions
- 2 leeks (small)
- 1.5 package frozen spinach
- 12 ounces' ricotta cheese
- 6 ounces' feta
- ¼ cup parmesan cheese
- 3 eggs
- 2 sticks butter
- 1.5 cups shredded chicken
- 1 package phyllo or puff pastry

Directions:

- Finley chop leeks, dill, and onions.
- Sauté in pan with oil
- Add spinach (drained) and mix in
- Transfer to bowl and add feta and ricotta.
- Scramble eggs and add to mixture.
- Incorporate the parmesan cheese.
- Line pan with pastry, scoop filling until full, place pastry on top.
- Freeze

To Cook:

- Thaw for 5-8 hours, then bake at 375 until pastry has browned.

Mushroom and Squash Roast

- 1 large puffed pastry sheet
- 2 onions
- 3 medium carrots
- 1 butternut squash
- 8 oz. mushrooms
- 3 cups spinach
- 4 large mushrooms
- 1/2 cup cashews
- Garlic, thyme, salt, pepper, olive oil

Directions

- Preheat oven to 350
- Defrost pastry dough
- Spread squash and carrots on a baking sheet and lightly drizzle with olive oil and season with salt and pepper. Lay 4 thyme sprigs over the top of the veggies. Bake for 20 minutes or until soft
- Sauté onions with olive oil and salt and pepper. Add mushrooms, spinach and garlic and continue to sauté until soft. When done, take off heat and drain as much extra liquid as possible.
- Toast Cashews in oven – 5-7 minutes checking often so they don't burn.
- Combine all ingredients (except carrots and pastry) in bowl and mix well.
- Lay out the puff pastry and spread a layer of filling on top. Place the carrots horizontal to the bottom with some space between them. Add more filling if needed.
- Roll the puff pastry like a burrito tucking the sides as you roll. Roll it tightly.
- Brush with olive oil, score with knife.
- Freeze.

To Cook:

Thaw for 5- 8 hours, bake at 400 for 15 minutes or until brown.

Longevity Stew

- 1 can (8 ounces) blacked eyed peas, drained
- ½ cup olive oil
- 1 large red onion
- 4 garlic cloves
- 1 fennel (sub can be bok choy and/or celery)
- 1 large ripe tomato (diced)
- 2 teaspoons tomato paste diluted in ¼ cup water
- 2 bay leaves
- 1 bunch dill, finely chopped
- Salt

Directions:

- In one bag, fill with can of black eyed peas, olive oil, onion, garlic, tomato, bok choy, and tomato paste mixture.
- In smaller bag, place bay leaves and dill.

To cook:

- Thaw it enough so you can dump the contents into a crockpot.
- Add water until the beans are covered about an inch.
- Add bay leaves and let cook in a crock pot for a few hours.
- Before serving, remove bay leaves and add dill and salt to taste.

Chicken Pot Pie:

Mix the following ingredients:

- 1.5-2 cups chicken breast
- 1 cup sliced celery
- 1 cup diced onion
- 1 can cream of chicken soup
- 1 can of milk
- ¼ tsp celery seed
- ½ tsp poultry seasoning
- ¼ tsp black pepper
- 1 (12ounce bag) frozen mixed veggies

Combine and pour into pie crust. Cover with pie crust and place in freezer.

To Cook:

Take out pie in the morning over overnight in the fridge to thaw. Bake at 350 for 20 minutes or until crust is golden brown. (how much your pie has thawed will affect the baking time)

Beef Stew:

Mix the following ingredients and place in a gallon freezer bag.

- 1.5-2 pounds' stew meat
- 1 and ½ cup diced onion
- 5 large carrots, diced
- 2 medium zucchini, diced
- 3 medium celery stalks, diced
- 2 tsp salt
- 1 tsp black pepper
- 2 tsp Italian seasoning
- 1 tsp garlic powder
- 1 can crushed tomatoes
- 1 cup gravy

Freeze.

To cook:

- Thaw it enough so you can dump the contents into a crockpot and cook on low for a few hours.

Lentil Soup

INGREDIENTS

- 1 (15 oz.) can lentils or 1 pound lentils, cooked
- 2 cups low-sodium vegetable stock
- 1 onion, chopped
- ¼ cup olive oil
- 1 cup tomatoes, stewed or canned
- Salt and pepper, to taste

DIRECTIONS

1. While the lentils are simmering in the stock, fry onion in a separate pan until soft.
2. Add tomatoes and simmer for 5 minutes.
3. When lentils are done, combine with onion-tomato mixture and reheat, seasoning to taste.

Calories

Per recipe: 2140 cal., 116 g. protein, 61 g. fat (7 sat., 7 poly.)

For 8 servings, 270 calories per serving"