

# DATE NIGHT RECIPES



## BAKED SALMON



4 servings  
(serving: approx. 1/4 lb.)



Prep: 5 minutes  
Bake: 27 minutes

**249 calories, total fat 12g, total  
carbohydrates 16g, & protein 22g**

### INGREDIENTS

- 2 lemons, thinly sliced
- 1 lb. salmon filet
- Kosher salt
- Freshly ground black pepper
- 4 tbsp butter, melted
- 2 tbsp honey
- 3 cloves garlic, minced
- 1 tsp chopped thyme leaves
- 1 tsp dried oregano
- Chopped fresh parsley, for garnish

### DIRECTIONS

1. Preheat oven to 350°. Line a large rimmed baking sheet with foil and grease with cooking spray. To the center of the foil, lay down lemon slices.
2. Season both sides of the salmon with salt and pepper and place on top of lemon slices (or alternate and place lemon on top of salmon - either way is good).
3. In a small bowl, whisk together butter, honey, garlic, thyme, and oregano. Pour over salmon then fold up foil around the salmon. Bake until the salmon is cooked through, about 25 minutes. Switch the oven to broil, and broil for 2 minutes, or until the butter mixture has thickened. (internal temp of 140-145 degree.)
4. Garnish with parsley before serving.

### NOTES



# DATE NIGHT RECIPES



## EASY GREEK SALAD



8 servings

approx. 3/4 - 1 cup each



35 minutes

**56 calories, total fat 4g,**

**total carbs 2g, & protein 2g**

### INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 tbsp red wine vinegar
- 1 tbsp finely chopped fresh oregano
- 1 tsp Dijon mustard
- ¼ teaspoon salt, plus more to taste
- Freshly ground pepper to taste
- 4 cups peeled, seeded and chopped cucumbers
- 1 cup halved cherry tomatoes
- ½ cup mixed pitted olives
- ½ cup thinly sliced red onion
- 2 ounces crumbed feta cheese
- 2 tbsp chopped fresh basil

### DIRECTIONS

1. Whisk oil, vinegar, oregano, mustard, salt and pepper in a large bowl.
2. Add cucumbers, tomatoes, olives, onion, and feta and stir to combine.
3. Taste for salt and adjust if necessary.
4. Top with basil.

### NOTES

To sweeten the dressing a bit, you may add Stevia or sweetener of choice.



# DATE NIGHT RECIPES



## BUTTER GARLIC GREEN BEANS

 4 servings

 15 minutes

(Serving: approx. 4-5 ounces)

**116 calories, total fat 10g,  
total carbs 6g, & protein 2g**

### INGREDIENTS

- 1 lb. of fresh green beans snapped in half
- Kosher salt
- Freshly ground black pepper
- 3 tbsp butter, melted
- 3 cloves garlic, minced
- 1 lemon & its juices
- Chopped fresh parsley, for garnish

### DIRECTIONS

1. Line up green beans and cut off both ends and then in half.
2. Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans just start to soften, 3 to 5 minutes. Drain and return to the skillet.
3. Add butter and stir until tender
4. Add fresh minced garlic- cook until tender.
5. Add your favorite seasonings or garnish with lemons!

### NOTES

Add less butter or your own butter substitute for less fat.

# DATE NIGHT RECIPES

## CHOCOLATE COVERED BANANA BITES

 16 servings  
(serving: approx 1 banana chip)

Prep: 10 minutes  
🕒 Freeze: 45 minutes  
Topping: 10 minutes  
Freeze: 30 minutes

**48 calories, total fat 3g, total carbohydrates 7g, & protein 1g**

### INGREDIENTS

- 2 ripe medium bananas
- 1 ½ cup dark chocolate chips (5 ounces)
- 1 tablespoon refined coconut oil
- 1 pinch salt
- Toppings (optional): 2 tablespoons each crushed peanuts, crushed pistachios, and all natural sprinkles

### DIRECTIONS

1. Slice bananas into 1/4-inch rounds. Place them on a baking sheet lined with parchment paper and freeze for 45 minutes.
2. Melt the chocolate: Start a pot of simmering water. Place the chocolate, coconut oil, and salt in a glass measuring cup or large wide mouth jar, and place it into the simmering water. Very carefully, stir the chocolate until it melts, using a hot pad or gloves to hold the glass. \*See alteration below under notes.
3. Dip and top the bananas: Use a fork to dip each banana slice into the jar, then shake off excess chocolate. Transfer to parchment paper. Add toppings immediately.
4. Freeze: Return the bananas to the freezer and freeze for 30 minutes. Then transfer the banana bites to a freezer safe container. Store up to 1 month.

### NOTES

\*You can also melt the chocolate in the microwave in a liquid measuring cup, heating for about 30 second intervals and then stirring several times until the chocolate melts.