

ATTORNEY CREATED RECIPES

Presented by: South Carolina Bar Attorney Wellness Committee www.sctbar.org/livingabovethebar

Have a great recipe to include? Email it to us at livingabovethebar@outlook.com

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"No Fake, No Bake" Oat Bars:

Ingredients (makes 4 bars):

- 1 cup old-fashioned oatmeal
- 1 tablespoon coconut oil
- 1 tablespoon peanut butter
- 1 to 2 tablespoons honey

Directions:

1. Grind oats in a blender until they are powdery.
 2. Melt coconut oil on a stove or in the microwave.
 3. Add honey and peanut butter to the melted coconut oil, and stir well.
 4. Add ground oats and stir well.
 5. Pour the mixture onto a piece of parchment paper and mold with your hands.
 6. Leave the mixture on the parchment paper. Either fold the parchment paper and tape, or cover the mixture with more parchment paper. Just don't let air reach it.
 7. Place in refrigerator overnight (or in the freezer for an hour) and allow to harden.
 8. Once hardened, cut the mold into bars. I used a pizza slicer.
 9. Try to share the bars with other people.
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Turkey Meatballs:

Ingredients:

- 1 lb ground turkey breast
- Grapeseed oil (or coconut)
- Low sodium chicken broth
- Minced fresh onion (and bell pepper if you like!)
- Grated parmesan cheese (not the bottled, powdery stuff)
- Non-salt seasoning (I like TJ's 21 seasoning salute, or a Mrs. Dash one)
- 1 egg

- Italian breadcrumbs (tried this recipe with regular breadcrumbs, but the meatballs were not as good)

Directions:

1. Combine turkey, onion, seasoning, parmesan cheese, and egg in large bowl. Mix well with your hands.
 2. After thoroughly mixing everything, roll into small meatballs, about 1/2 inch in diameter. The meatballs should be small enough to cook through without scorching.
 3. Pour some breadcrumbs on a plate. Roll each meatball.
 4. Have fun cleaning your hands. It will take a while.
 5. Heat oil in skillet at medium heat. A nonstick pan works best, but we have used a stainless steel skillet.
 6. Cook meatballs until they are golden and mostly cooked through. Turn once or twice.
 7. Add chicken broth to cooked meatballs, and allow to simmer for 8 minutes.
 8. Remove and try not to eat them all at once.
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Tortellini Soup:

Ingredients (serves 6-8):

- 1 (19oz) bag of frozen cheese tortellini
- 1 small bag of fresh spinach
- 2 (14.5 oz) cans of Italian style diced tomatoes, I drain 1 of them
- 1 block (8 oz) of cream cheese or neufchatel (less fat)
- 1 lb. of ground chicken/turkey sausage
- 4 cups of organic chicken broth

Directions:

1. Brown the sausage and put all ingredients in crockpot, chunking up the cream cheese.
2. Cook on low for 4-6 hrs.

*Keep an eye on your tortellini, it may be done sooner.

*If still soupy, leave lid off for the last half hour or so of cooking.

*For a vegetarian version, omit sausage and use vegetable broth instead.



Shrimp & Feta Orzo:

Ingredients:

- Kosher salt
- Good olive oil

- 3/4 pound orzo pasta (rice-shaped pasta)
- 1/2 cup freshly squeezed lemon juice (3 lemons)
- Freshly ground black pepper
- 2 pounds (16 to 18 count) shrimp, peeled and deveined
- 1 cup minced scallions, white and green parts
- 1 cup chopped fresh dill
- 1 cup chopped fresh flat-leaf parsley
- 1 hothouse cucumber, unpeeled, seeded, and medium-diced
- 1/2 cup small-diced red onion
- 3/4 pound good feta cheese, large diced

Directions:

1. Preheat the oven to 400 degrees F.
 2. Fill a large pot with water, add 1 tablespoon of salt and a splash of oil, and bring the water to a boil. Add the orzo and simmer for 9 to 11 minutes, stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl. Whisk together the lemon juice, 1/2 cup olive oil, 2 teaspoons salt and 1 teaspoon of pepper. Pour over the hot pasta and stir well.
 3. Meanwhile, place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook!
 4. Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, 2 teaspoons salt, and 1 teaspoon pepper. Toss well. Add the feta and stir carefully. Set aside at room temperature for 1 hour to allow the flavors to blend, or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.
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Crockpot BBQ:

Ingredients:

- 4 1/2-6 lbs. Boston Butt Pork
- Kraft Honey BBQ Sauce
- Scott's Red Hot BBQ Sauce

Directions:

1. Wash pork butt and place in crock pot. Pour enough water in crock pot to cover butt 1/2 way. Cook on high for 7 hours.
 2. Dump contents into a colander & drain. Let cool on cutting board. Cut away fat.
 3. Chop BBQ.
 4. Put back in cleaned crock pot with about 1/2 bottle of Kraft and 1/4 bottle of Scott's and 1/2 c. of water for 4 1/2 lbs. or 1 cup for 6 lbs. of meat. Cook on low for one more hour.
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My Perfect Summer Smoothie:

by Laura Paris Paton of Carlock, Copeland & Stair LLP

Ingredients:

- ½ - 1 pkg fresh strawberries – if you buy organic you can even throw in the tops
- 2 bananas
- 1 cup of frozen pineapple
- A few slices of frozen peaches
- A handful of fresh baby spinach
- 1 tbs almond butter
- ½ - 1 cup of water – more or less depending on how thick you want your smoothie to be

Directions:

Blend in a Ninja Pro blender (all the power of a vitamix at half the price)

Voila! It's so delicious and good for you it will put a spring in your step ~



Light Swiss Cheese Enchiladas: Adopted from *Cooking Light*

by Laura Paris Paton of Carlock, Copeland & Stair LLP

I first had these enchiladas at attorneys Doug and Cat (Bryan) MacKelcan's house. Cat, who is much more organized than I am, cooked it to perfection using the original *Cooking Light* recipe. I modified the recipe to fit my much more haphazard lifestyle by incorporating a few shortcuts ;-)

Ingredients:

- 2 tbs Olive oil
- 2 cups chopped roasted skinless, boneless chicken breast (I usually break down a pre-cooked rotisserie chicken from the grocery store- discard skin)
- 1 pkg fresh salsa (I use the Harris Teeter brand found in the cooler in the produce section)
- 2 cups 2% reduced-fat milk
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 6 (8-inch) fat-free flour tortillas
- 2 cups (8 ounces) shredded Swiss cheese, divided

Directions:

1. Preheat oven to 350°.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with 1 tsp olive oil. Add in chicken and fresh salsa. Reduce heat, and simmer 7 minutes or until liquid evaporates. Set aside.
3. Combine milk and flour in a small saucepan over medium-high heat; cook 5 minutes or until mixture thickens, stirring constantly with a whisk. If it doesn't thicken you may need to add a bit more flour. Stir in salt.
4. Warm tortillas on the stove top briefly toasting each one in a nonstick pan until it just softens. Spoon about 1/2 cup chicken mixture and about 2 1/2 tablespoons Swiss cheese down center of each tortilla; roll up. Arrange filled tortillas in the bottom of a 13 x 9-inch baking dish lightly coated with olive oil. Pour milk mixture over tortillas, and top evenly with remaining 1 cup cheese.
5. Bake at 350° for 25 minutes or until cheese is bubbly. Remove from oven.
6. Preheat broiler.
7. Broil casserole for 3 minutes or until cheese begins to brown.