

# Chicken Pesto Pasta

## INGREDIENTS:

- 2 tbsp. vegetable oil
- 2 boneless, skinless chicken breasts, chopped
- 1 tbsp. salt
- 8 oz. fettuccini
- 2 ½ cups basil
- 5 cloves garlic
- ½ cup pine nuts
- 2/3 cup olive oil
- ½ cup Parmesan cheese, grated



## DIRECTIONS:

In a frying pan, heat the vegetable oil and add the chopped chicken. Sauté the meat and fully cook the chicken before setting it aside. To make the sauce, combine the basil, garlic and pine nuts in a food processor (or blender) until it reaches a paste-like texture. Slowly pour in the olive oil while still blending together. Then, stir in the cheese. Taste and season with salt and pepper, as needed. At the same time, oil a large pot of salted water. When it reaches a rolling boil, add the fettuccini and cook until al dente. Toss the cooked pasta with the pesto sauce, topping the dish with the cooked chicken pieces.

\*This recipe is recommended for 2-5 days after surgery

# Fish in Foil

## INGREDIENTS:

- 2 rainbow trout fillets
- 1 tbsp. olive oil
- 2 tsp. garlic salt
- 1 tsp. ground black pepper
- 1 fresh jalapeno pepper, sliced
- 1 lemon, sliced



## DIRECTIONS:

Preheat oven to 400 degrees. Rinse fish and pat dry. Rub fillets with olive oil and season with garlic salt and black pepper. Place each fillet on a large sheet of aluminum foil. Top with jalapeno slices and squeeze the juice from the ends of the lemon over the fish. Arrange lemon slices on top of fillets. Carefully seal all edges of the foil to form enclosed packets and place the packets on a baking sheet. Bake for 15-20 minutes, depending on the size of the fish. Fish is done when it flakes easily with a fork.

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# Frittata

## INGREDIENTS:

- 1 tbsp. olive oil
- ½ cup onion, diced
- 1 10-ounce package frozen spinach, thawed and squeezed dry
- ½ cup cooked potato, diced
- ½ cup herbed goat cheese, crumbled
- 6 eggs, slightly beaten
- 1 tsp. salt
- 1 tsp. pepper



## DIRECTIONS:

In a small frying pan over low heat, saute the onion in olive oil until soft. Then, evenly distribute the sliced potato and goat cheese around the pan. Add eggs, seasoned with salt and pepper, to the frying pan, covering the cheese and vegetables. Cook on low-medium heat until most of the egg has set. Then flip the egg mixture over to finish cooking the other side. Best served with toast.

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