

Start Out  
*Fresh*  
e-Cookbook





**Fresh and healthy recipes and blogs created by nutritionist and Registered Dietitian Cynthia Sass.** Sass is a three-time New York Times best-selling author, nutrition consultant to five professional sports teams, Health Magazine contributing editor, nutrition and lifestyle expert. She has appeared on Good Morning America, The Rachael Ray Show, The Martha Stewart Show, The Dr. Oz. Show and many more. Follow Sass at: [cynthiasass.com](http://cynthiasass.com) or [@CynthiaSass](https://www.instagram.com/CynthiaSass).

*Cynthia Sass*

# Homemade Sea Salt Potato Chips

Prep: 10 mins | Cook: 15 mins | Serves: 2



## Ingredients

- 6 Tasteful Selections White Delights potatoes, sliced very thin*
- ¼ cup extra virgin olive oil*
- ⅛ teaspoon sea salt, divided*
- ⅛ teaspoon black pepper, divided*
- ½ tablespoon fresh minced parsley*

## Directions

*In a small bowl toss potato slices in olive oil with sea salt and black pepper. Transfer to a baking sheet, arranging potato slices so they do not touch. Bake in preheated 400 F oven for 15 minutes, or until potatoes are crisp and golden brown. Transfer to serving bowl and garnish with parsley.*



# Shrimp & Veggie Party Skewers

Prep: 20 mins | Serves: 2



## Ingredients

- 1 tablespoon extra virgin olive oil
- 1 tablespoon apple cider rice vinegar
- 1 tablespoon fresh squeezed tangerine juice
- ½ tablespoon honey
- ½ teaspoon minced garlic
- ½ teaspoon fresh grated ginger
- ⅛ teaspoon crushed red pepper
- 6 medium frozen pre-cooked peeled, deveined shrimp
- 6 small to medium white button mushrooms, whole
- 6 boiled or microwaved, chilled Tasteful Selections White Delights potatoes, whole
- 6 whole grape or cherry tomatoes

## Directions

In a small bowl whisk together olive oil, vinegar, tangerine juice, honey, garlic, ginger, and crushed red pepper. Rinse shrimp under cold water to thaw. Toss shrimp and mushrooms with sauce. On six wooden skewers place one potato, then tomato, then mushroom, and shrimp. Brush skewers with remaining sauce and serve chilled. Or toss on the grill and cook on foil for 10 minutes, flipping over after five minutes.



# Moroccan Lentil & Potato Soup

Prep: 25 mins | Cook: 30 mins | Serves: 2



## Ingredients

- ½ cup minced yellow onion
- 2 tablespoons extra virgin coconut oil
- 1 cup organic low-sodium vegetable broth, divided
- 1 cup cauliflower, cut into small florets
- 2 teaspoons minced garlic
- 2 teaspoons fresh squeezed lemon juice
- 2 teaspoons salt-free Italian herb seasoning
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground cumin
- ⅛ teaspoon ground turmeric
- ⅛ teaspoon ground coriander
- ¼ teaspoon sea salt
- 1 cup water
- 1 cup fresh baby spinach leaves
- 2 Roma tomatoes, diced
- 1 cup cooked brown lentils
- 4 boiled or microwaved, chilled Tasteful Selections Ruby Sensations potatoes, quartered
- 6-8 fresh basil leaves

## Directions

In a medium saucepan over low heat, sauté onion in coconut oil and one quarter cup broth until translucent. Add remaining broth, cauliflower, garlic, lemon juice, Italian seasoning, cinnamon, cumin, turmeric, coriander, and sea salt, and stir for eight to 10 minutes. Add water, spinach, and tomatoes. Bring to a very brief boil, cover, and then reduce to a simmer for 20 minutes. Add lentils and potatoes and stir to heat through. Divide soup evenly between two serving bowls. Just before serving garnish each with fresh basil.



# Spicy Pinto Bean & Potato Stew

Prep: 25 mins | Cook: 30 mins | Serves: 2



## Ingredients

½ cup minced yellow onion

1 cup organic low-sodium vegetable broth, divided

½ cup zucchini

½ cup chopped kale

½ cup minced green bell pepper

12 cherry or grape tomatoes, quartered

2 teaspoons minced garlic

2 tablespoons fresh cilantro, divided

¼ teaspoon cayenne pepper

¼ teaspoon black pepper

⅛ teaspoon sea salt

1 cup pinto beans (canned, drained and rinsed)

4 boiled or microwaved, chilled Taste-ful Selections White Delights potatoes, quartered

1 ripe avocado, diced

## Directions

In a small saucepan over medium heat, sauté onion in a quarter cup of broth until translucent. Add zucchini, kale, bell pepper, and remaining broth, and sauté for another four to six minutes. Add tomato, garlic, most of the cilantro, chopped (save some and leave whole for garnish), cayenne and black pepper, and salt. Quickly bring to a brief boil, then reduce to a simmer and stir for 20 minutes. Stir in beans and potatoes to heat through. Divide stew evenly between two serving bowls. Just before serving, garnish each with diced avocado and remaining whole cilantro.



# Lemon Pepper Entrée Potato Salad

Prep: 25 mins | Serves: 2



## Ingredients

- 1 cup chickpeas
- 2 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 2 tablespoons fresh squeezed lemon juice
- ½ teaspoon fresh lemon zest
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon black pepper
- ⅛ teaspoon cumin
- 2 tablespoons water
- 8 boiled or microwaved, chilled Tasteful Selections Ruby Sensation potatoes, quartered
- ½ cup minced cucumber
- ½ cup minced green bell pepper
- 12 grape or cherry tomatoes, quartered
- ¼ cup minced red onion
- 6 oz. grilled chicken breast, chilled and diced
- 12 fresh basil leaves, divided
- ¼ teaspoon coarse sea salt

## Directions

In a small food processor combine chickpeas, olive oil, garlic, lemon juice, lemon zest, cayenne, black pepper, and cumin, and water, and blend until smooth. In a medium bowl toss potatoes, cucumber, bell pepper, tomatoes, red onion, chicken, and four to six sliced basil leaves with chickpea sauce, to coat thoroughly. Portion salad into two serving dishes and garnish each with remaining whole basil leaves and sea salt.



# Sunny Niçoise Salad

Prep: 15 mins | Serves: 2



## Ingredients

- 1 tablespoon extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 teaspoons fresh squeezed lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon minced garlic
- ¼ teaspoon black pepper
- ¼ teaspoon sea salt
- 1 teaspoon dried parsley, divided
- 4 cups torn Romaine leaves
- 4 oven roasted, chilled Tasteful Selections Sunset Fingerling potatoes, sliced in half
- 2 hard boiled eggs, sliced in half
- 24 fresh green beans, ends trimmed
- 1-5 oz. can tuna, canned in water
- ½ cup whole pitted black olives
- 2 slices fresh lemon

## Directions

In a small bowl whisk together olive oil, vinegar, lemon juice, Dijon, garlic, pepper, salt, and half of dried parsley. Set aside. Divide romaine between two salad bowls. Top each with two sliced potatoes, two egg slices, and half of the green beans, tuna, and olives. Garnish each with remaining parsley, and lemon slices. Serve dressing on the side.





# Mason Jar Mediterranean Garden Salad

Prep: 25 mins | Serves: 2



## Ingredients

- ¼ cup tahini
- 3 tablespoons water
- 2 teaspoons fresh squeezed lemon juice
- 2 teaspoons minced garlic
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon sea salt
- 4 cups chopped kale
- 8 boiled or microwaved, chilled Tasteful Selections Sunset Fingerling potatoes, chopped
- 10-12 cherry or grape tomatoes, sliced
- 1 cup chickpeas
- ⅔ cup shredded zucchini
- ¼ cup minced red onion

## Directions

In a small bowl whisk together tahini, water, lemon juice, garlic, and cayenne, and salt, and refrigerate. Place kale in a medium salad bowl and gently massage with hands, until slightly wilted. Set aside. Place half of potatoes in the bottom of two mason jars, followed by half of kale, tomatoes, chickpeas, zucchini, and red onion. Top each with half of tahini sauce and garnish with fresh mint.



# Basil Balsamic Lima Bean Potato Salad

Prep: 20 mins | Serves: 2



## Ingredients

- 2 tablespoons extra virgin olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon fresh-squeezed lemon juice
- 8-10 fresh basil leaves, divided
- 2 teaspoons minced garlic
- ¼ teaspoon ground celery seed
- ⅛ teaspoon black pepper
- ⅙ teaspoon sea salt
- 10 grape or cherry tomatoes, quartered
- ½ cup minced red onion
- ½ cup minced yellow bell pepper
- ½ cup shredded zucchini
- 1 cup fresh, or frozen, thawed lima beans
- 4 boiled or microwaved, chilled Tasteful Selections Honey Gold potatoes, quartered

## Directions

In a sealable container, whisk together olive oil, balsamic, lemon juice, six chopped basil leaves, garlic, celery seed, black pepper, and sea salt. Add vegetables and lima beans, seal container, and gently shake to coat mixture thoroughly. Gently stir in potatoes. Evenly portion salad into two serving dishes. Just before serving garnish each with remaining whole basil.



# Mustardy Dill Potato Salad

Prep: 20 mins | Serves: 2



## Ingredients

2 tablespoons extra virgin olive oil

1 tablespoon plus one teaspoon white wine vinegar

2 teaspoons fresh squeezed lemon juice

1 tablespoon plus one teaspoon stone ground mustard

1 teaspoon minced garlic

½ teaspoon ground black pepper

¼ teaspoon sea salt

6 boiled or microwaved, chilled Tasteful Selections Sunset Fingerling potatoes, chopped

¼ cup minced red onion

½ cup minced celery

1 teaspoon chopped fresh dill

## Directions

In a small bowl whisk together olive oil, vinegar, lemon juice, mustard, garlic, pepper, and salt. Toss with potatoes, red onion, and celery. Portion salad into two serving dishes. Just before serving garnish each with fresh dill.



# Potato & Tuna Stuffed Tomatoes

Prep: 20 mins | Serves: 2



## Ingredients

- 4 whole small vine-ripened tomatoes
- 1 ripe avocado, divided
- 1 teaspoon minced garlic
- 2 teaspoons apple cider vinegar
- 1 tablespoon fresh squeezed lime juice
- 2 tablespoons fresh cilantro, chopped, divided
- 1/6 teaspoon black pepper
- 1/6 teaspoon sea salt
- 1/2 tablespoon water
- 1/4 cup finely minced yellow onion
- 1/2 cup fresh baby spinach, chopped
- 3 ounces tuna, canned in water
- 2 boiled or microwaved, chilled Tasteful Selections Sunrise Medley potatoes, diced

## Directions

Slice stems and tops off tomatoes and discard. Scoop out and discard seeds, and set tomatoes aside. In a food processor, combine half of avocado with garlic, vinegar, lime juice, half of cilantro, pepper, salt, and water and blend until smooth. Toss pureed avocado mixture with the onion, spinach, tuna, and potatoes. Stuff tomatoes with potato mixture. Just before serving dice second half of avocado and sprinkle over tomatoes, along with remaining whole cilantro.



# "Crustless" Potato & Veggie Quiche

Prep: 12 mins | Cook: 45 mins | Serves: 2



## Ingredients

- ¼ cup minced yellow onion
- ¼ cup minced red bell pepper
- 1 tablespoon extra virgin olive oil, divided
- 3 cups chopped kale
- 6 whole eggs
- ¼ cup unsweetened almond milk
- ½ tablespoon Dijon mustard
- ½ teaspoon minced garlic
- ½ teaspoon Italian seasoning
- ⅛ teaspoon black pepper
- ⅛ teaspoon sea salt
- 5 Tasteful Selections Ruby Sensation potatoes, sliced into ¼ inch rounds
- ½ of a Hass avocado, sliced or diced

## Directions

In a large skillet over low-medium heat sauté onion and bell pepper in olive oil until onions are translucent. Add kale, stirring until slightly wilted. Set aside. In a medium bowl scramble the eggs with a fork; whisk in almond milk, Dijon, garlic, Italian seasoning, black pepper, and sea salt. Place potato slices over the bottom of a pie plate. Cover with kale mixture, and then pour over egg mixture. Cover and refrigerate while oven is pre-heating to 350 F. Bake uncovered for 40-45 minutes until toothpick inserted comes out clean. Cool for 10 minutes. Serve hot, or chill in the refrigerator for at least one hour, and serve cold. Top with sliced or diced avocado just before serving.



# Potato & Salmon Patties

Prep: 30 mins | Cook: 10 mins | Serves: 2



## Ingredients

2 boiled or microwaved, chilled *Tasteful Selections White Delights* potatoes

1-6 oz. can wild salmon

1 large egg

½ cup chickpea flour

1 cup spinach, finely chopped

1 tablespoon extra virgin olive oil

2 tablespoons minced yellow onion

2 teaspoons Dijon mustard

1 teaspoon fresh squeezed lemon juice

1 teaspoon minced garlic

⅙ teaspoon cayenne pepper

⅙ teaspoon sea salt

1 tablespoon fresh minced parsley

## Directions

Mash potatoes with the flat side of a wooden spoon and set aside. In a medium bowl combine all of the ingredients, and fold until ingredients are mixed evenly. Refrigerate for at least 30 minutes. Using your hands, form four round patties. Cook patties in skillet over medium heat, using a generous amount of extra virgin olive oil spray, for 10 minutes, flipping half way. Or cook on the grill on olive oil brushed foil, flipping after five minutes. Just before serving garnish with fresh parsley.



# Black Bean & Potato Stuffed Peppers

Prep: 20 mins | Cook: 45 mins | Serves: 2



## Ingredients

2 large whole red bell peppers

¼ cup minced yellow onion

1 tablespoon extra virgin olive oil

¼ cup organic low-sodium vegetable broth

½ cup minced white button mushrooms

½ cup black beans (canned, drained and rinsed)

1 teaspoon minced garlic

½ teaspoon Italian seasoning

1/8 teaspoon crushed red pepper flakes

⅙ teaspoon black pepper

⅙ teaspoon sea salt

2 boiled or microwaved, chilled Tasteful Selections Honey Gold potatoes, minced

¼ cup baby spinach leaves, finely chopped

## Directions

Slice off and save top of bell peppers, remove inner seeds and membranes, and set aside. In a medium pan over low heat, sauté onions in olive oil and broth until translucent. Add mushrooms, black beans, garlic, Italian seasoning, crushed red pepper, black pepper, and sea salt, and sauté two to three more minutes. Add potatoes, and spinach, to heat through. Spoon mixture into bell peppers. Cover with tops, and bake in a preheated 375 F oven for 20 minutes covered in foil and an additional 20-25 minutes uncovered, or until peppers look wilted.



# Southwest Turkey Potato Primavera

Prep: 20 mins | Cook: 15 mins | Serves: 2



## Ingredients

*½ cup minced yellow onion*

*8 ounces extra lean ground turkey  
(at least 93% lean)*

*½ cup organic low-sodium vegetable broth*

*1 cup minced red bell pepper*

*½ cup sliced white button mushrooms*

*1 teaspoon minced garlic*

*2 teaspoons fresh squeezed lime juice*

*¼ cup fresh cilantro, divided*

*¼ teaspoon cayenne pepper*

*¼ teaspoon black pepper*

*⅛ teaspoon sea salt*

*6 boiled or microwaved and chilled  
Tasteful Selections Purple Passion  
potatoes, chopped*

*1 ripe avocado, sliced or diced*

*1 cup cooked brown lentils*

## Directions

*In a medium pan over low heat, sauté onions and turkey in broth until onions are translucent and turkey is browned. Add bell pepper, mushrooms, garlic, lime juice, most of the cilantro, chopped (save some out and leave whole), cayenne, black pepper, and salt, and sauté about two minutes. Add potatoes to heat through. Divide primavera evenly between two serving plates. Top each portion with sliced or diced avocado and garnish with remaining whole cilantro.*





# Purple Passion Smoothie

Prep: 8 mins | Serves: 2



## Ingredients

- 2 cups chopped kale
- 1½ cups frozen blueberries, divided
- 1 cup frozen pitted cherries
- 4 boiled or microwaved, chilled Tasteful Selections Honey Gold potatoes
- 1 cup chickpea flour
- ¼ cup almond butter
- 2 cups unsweetened almond milk
- 1 teaspoon ground cinnamon
- 1 teaspoon fresh grated ginger
- Handful of ice (optional)
- 6-8 fresh mint leaves

## Directions

In blender combine kale and all but 6-8 of the blueberries, along with the cherries, potatoes, chickpea flour, almond butter, almond milk, cinnamon, ginger, and ice (optional). Whip until smooth. Divide smoothie evenly between two glasses. Just before serving garnish each with remaining blueberries and fresh mint.



# Energize Me Smoothie

Prep: 10 mins | Serves: 2



## Ingredients

2 cups fresh spinach leaves

1 cup sliced banana (fresh or frozen)

4 medium peeled kiwis

4 boiled or microwaved, chilled Tasteful  
Selections Honey Gold potatoes

½ cup chickpea flour

2 tablespoons extra virgin coconut oil

2 cups unsweetened coconut milk

2 teaspoons fresh grated ginger

Handful of ice (optional)

¼ cup shredded or toasted flaked  
coconut

## Directions

In blender combine spinach, banana, kiwi, potatoes, chickpea flour, coconut oil, coconut milk, ginger, and ice (optional). Whip until smooth. Divide smoothie evenly between two glasses. Just before serving garnish each with coconut.



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