

Romantic Suppers and Sweets

Valentine's Day means expressing your love for your spouse, partner, family, and friends. What better way than to say it with food you lovingly prepare? Here are two suppers and two desserts to consider.

Pasta with Shrimp, Tomatoes and Feta Cheese

Who said you can't serve seafood with cheese? Ever have a tuna melt? Crab and swiss? Here's delicious exception perfect for a Valentine Day supper.

Ingredients

- 3 Tbs extra virgin olive oil, divided
- 1 lb raw large or jumbo shrimp, peeled and deveined
- 5 cloves garlic, sliced very thin
- 1 Tbs each white wine and balsamic vinegar
- ½ to 1 lb pasta (I usually make only half a pound since I like a higher shrimp-to-pasta ratio using linguine or bowties.)
- 15 cherry or grape tomatoes, halved
- ½ can of petite diced tomatoes
- 1 tsp dried oregano
- ½ tsp dried basil
- 1 (6-ounce) package crumbled feta cheese

Directions

1. In a skillet over medium heat, heat 2 tablespoons olive oil. Cook shrimp, garlic and white wine for 4-5 minutes or until shrimp is pink. Do NOT overcook!
2. Remove shrimp with slotted spoon and set aside. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes until al dente; drain and keep warm.
3. While pasta is cooking, place diced tomatoes and halved grape tomatoes with remaining 1 tablespoon oil, balsamic vinegar, oregano, and basil over medium heat into wine mixture in skillet until tender—10 minutes.
4. In a large bowl, toss hot pasta with shrimp, tomato mixture, and feta. Feta will melt slightly. Serve immediately with lemon wedges and a crusty bread.

Greek Chicken Tenders with Veggies

Prefer chicken? This dish is packed with flavors sure to spark up any evening!

Ingredients for the Chicken

- 2 Tbs plus 1 tsp olive or avocado oil, divided
- 8 oz fresh mushrooms, sliced
- 1 lb fresh green beans
- 1.5 lb chicken tenders
- 2 Tbs honey
- ¾ Tbs balsamic vinegar (do not substitute)
- 1 cup grape/cherry tomatoes, halved

Ingredients for the Greek Dressing

- 2 Tbs extra virgin olive oil
- Juice of 1 fresh squeezed lemon

2 cloves garlic, minced 2 tsp dried oregano
1/2 tsp sea salt 1/2 tsp black pepper

Directions

1. Sauté mushrooms in large frying pan with 1 tsp of the oil, until just browning. Remove from pan, set aside.
2. Heat 1 Tbsp oil over medium-high, add green beans. Sauté until green beans are cooked, but still a bit crunchy. Remove from the pan, set aside.
3. Heat remaining 1 Tbs oil over medium-high, add chicken, salt, and pepper.
4. Cook chicken 3-4 minutes on both sides and remove once browned & cooked though. Remove from pan, set aside. Whisk all dressing ingredients together.
5. In the same skillet, lower heat to medium, add dressing, honey, and balsamic vinegar. Stir and heat until bubbling.
6. Toss in mushrooms, and green beans then the cooked chicken and tomatoes. Stir to heat through. Serve over rice or pasta.

Easy Chocolate Bar Fondue

This takes on a romantic hue when served with champagne. If made ahead, keep the chocolate warm in a double boiler till ready to serve.

Ingredients

3/4 cup heavy cream
1 pound milk or dark chocolate bars, broken into pieces
1 pint fresh strawberries
1 store-bought angel food cake, cut into 1-inch pieces
8 ounces dried fruit, such as pineapple slices and figs

Directions

1. In a small saucepan, over low heat, warm the cream and chocolate. Stir until the chocolate melts. Transfer the fondue to a warm serving bowl or fondue pot.
2. Serve immediately with forks for dipping strawberries, angel food cake, or whatever you like.

Chocolate-Cinnamon Pudding with Raspberries

So easy to put this together ahead of time. Kids will especially love the flavors.

Ingredients

1/2 cup unsweetened cocoa powder
1/2 teaspoon cinnamon
1/4 cup cornstarch
2/3 cup plus 1 Tbs packed brown sugar
2 1/2 cups whole milk
1 1/4 cups heavy cream
2 teaspoons vanilla extract
1 1/2 cups fresh raspberries, or frozen raspberries, thawed

Directions

1. Combine the cocoa, cinnamon, cornstarch, and 2/3 cup of brown sugar in a heavy saucepan. Whisk in milk and 1/2 cup of cream.

2. Bring to a boil and cook over medium-low heat, stirring constantly, until pudding is thick and smooth.
3. Remove from heat and add vanilla.
4. Whip remaining cream in a separate bowl with the remaining sugar until soft peaks form.
5. Pour pudding into individual ramekins or a large bowl and press plastic wrap directly onto the surface to prevent a skin from forming. Serve warm or chill for at least two hours. Top with raspberries and whipped cream.