



Shrimp Melts

**YIELD: 4 SERVINGS
(2 MUFFIN HALVES PER SERVING)**

INGREDIENTS

- 1 pound cooked and peeled small shrimp
- $\frac{3}{4}$ cup minced onion
- $\frac{1}{2}$ cup less fat sour cream
- 1 $\frac{1}{2}$ tablespoon fresh lemon juice (about $\frac{1}{2}$ lemon)
- $\frac{1}{2}$ teaspoon dried dillweed
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- $\frac{1}{2}$ teaspoon prepared mustard
- $\frac{1}{4}$ teaspoon celery seeds
- 4 English muffins, split and lightly toasted
- 4 ($\frac{3}{4}$ ounce) slices reduced fat sharp Cheddar cheese cut in half diagonally.

DIRECTIONS

1. Combine first 8 ingredients in a medium bowl; stir well
2. Place muffin halves on a baking sheet. Spoon shrimp mixture onto muffin halves; broil 3 inches from heat for 3 minutes. Top each muffin half with one half slice cheese; broil 3 additional minutes or until cheese melts.

Baked Kale Chips

INGREDIENTS

- 1 bunch of Kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

DIRECTIONS

1. Preheat an oven to 350 degrees F (175 degrees C) Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges are brown not burnt, 10 to 15 minutes.



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