



HEALTHY V-DAY COOK BOOK



The essential guide to gastronomic romance

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The best way to surprise that special someone in your life and celebrate your love this Valentine's Day is to work some of your magic in the kitchen and enjoy a romantic date at home.

Whether you're a seasoned cook or new to the world of cooking, preparing a healthy, homemade dinner has never been easier. To help you shine on the most romantic night of the year and impress your significant other, we here at www.diet.st have come up with three mouth-watering three-course meals that will leave your other half begging for more.



VEGETARIAN DINNER

They say that love comes through the stomach, so Valentine's Day is the perfect opportunity to show your vegetarian partner just how much you care and go meat-free. If you're also super conscious about the foods you eat, congratulations! You two love birds must be very lucky to have found each other, sharing your ideals and beliefs while at the same preserving Mother Nature and demonstrating your love toward animals.

CAPRESE ON A STICK

Start your romantic stay-at-home evening with the ideal finger food hailing from the land of love, Italy. Easy-to-prepare and even easier to serve, caprese on a stick will open up your appetite and put you in the mood for a celebration.

INGREDIENTS

- 1 pint cherry tomatoes, halved
- 1 package basil leaves
- 16 ounce mozzarella balls
- 3 tbsp. olive oil
- Salt and pepper to taste
- Toothpicks

PREPARATION

1. Take a toothpick and thread $\frac{1}{2}$ tomato, basil leaf and a mozzarella ball on it until there's no more room on the toothpick. Make sure to leave enough space on the ends of the toothpicks so that you could easily pick them up.
2. Pour some olive oil over the ingredients, paying attention not to drizzle any oil on the end of the toothpicks.
3. Sprinkle with salt and pepper. Serve!



TOTAL TIME
15 minutes



DIFFICULTY
Easy



YIELD
8 servings

You can't go wrong with lasagna, especially if it's made with Popeye's favorite veggie. Just like spinach made the famous sailor stronger, this delicious meal will strengthen your love and keep you both in good health for years to come.



INGREDIENTS

1 tbsp. extra virgin olive oil

½ tbsp. dried oregano

½ tbsp. dried basil

1 tbsp. salt

1/8 tbsp. black pepper

2 cloves garlic

½ onion

¼ cup Parmesan cheese

2 cups cottage cheese

½ parsley, grated

8 ounces lasagna noodles

1 jar spaghetti sauce

2 packages frozen spinach

1 package mozzarella cheese

1 ½ cups water

1 egg

PREPARATION

1. Preheat oven to 350 degrees F (175 degrees C).
2. Pour olive oil in the bottom of a large pot. Sauté spinach, oregano, basil, garlic and onion in the olive oil. Place spaghetti sauce and water in the pot and let it simmer for 20 minutes.
3. Mix cottage cheese, mozzarella cheese, Parmesan cheese, parsley, egg, salt and pepper in a large bowl.
4. Place some sauce in the bottom of the lasagna pan. Top the sauce with 4 uncooked noodles and then top it all with some more sauce. Place 4 more noodles and top with a mixture of ½ sauce and ½ cheese. Add noodles. Repeat until the pan is layered, finish with sauce.
5. Cover with foil and bake for 55 minutes. Remove foil and bake for another 15 minutes. Let it cool 10 minutes.



TOTAL TIME
100 minutes



DIFFICULTY
Medium



YIELD
8 servings

To end your dinner in style, serve strawberries covered in chocolate. Easy to make and decorate, this dessert is every bit as delicious as it looks. If you have a steady hand, make sure to experiment with the white chocolate and maybe even leave a love note on the heart-shaped fruits.



INGREDIENTS

- 16 ounces milk chocolate chips
- 2 tbsp. shortening (or paraffin)
- 1 pound strawberries (with leaves)

PREPARATION

1. Melt both the chocolate and the shortening in a double boiler. Stir until the mixture is smooth.
2. Insert toothpicks into the tops of the strawberries and dip them into the chocolate mixture.
3. Using a toothpick, turn the strawberries upside down and insert them into Styrofoam to cool. Another option is to place them on a sheet of wax paper.
4. Decorate the strawberries with white chocolate.



TOTAL TIME
15 minutes



DIFFICULTY
Easy



YIELD
24 servings

Your first choice should be white wine, as it goes best with lasagna. However, if you are in the mood for something more extravagant, a Mimosa cocktail might just be the beverage you are looking for.



INGREDIENTS

$\frac{3}{4}$ cup champagne, chilled

$\frac{1}{4}$ cup orange juice

Lime

Mint

PREPARATION

Fill glass with ice. Mix the champagne with the orange juice.

Decorate the glass with lime and mint and you're good to go!



TOTAL TIME
2 minutes



DIFFICULTY
Easy



YIELD
2 servings

FISH DINNER

There's not a better way to celebrate the matters of the heart than with the ultimate heart-healthy menu, the fish dinner. You don't have to go to the seaside to enjoy the taste of the ocean for Valentine's Day, as you can delight in the most delicious seafood with your sweetheart in the comfort of your own home. The best part? Seafood has been known as a natural aphrodisiac since ancient times, so your romantic dinner is bound to give your love a boost.

STUFFED MUSHROOMS

To get the most of your evening, it's super important to choose just the right starter, as your first course is supposed to get you in the mood, allowing you to both enjoy your date and savor the delicate flavor of the seafood later on. Stuffed mushrooms are an excellent option here because they are light, healthy and go well with the main course.

INGREDIENTS

12 mushrooms

1 package cream cheese

2 cloves garlic, minced

¼ cup Parmesan cheese, grated

¾ cup Cheddar cheese, shredded

3 tbsp. green onions, chopped

3 tbsp. port wine

1 tbsp. Italian-style seasoning

1 tbsp. olive oil

¼ tsp. ground black pepper

2 dashes hot pepper sauce



PREPARATION

1. Preheat oven to 350 degrees F (175 degrees C).
2. Remove stems from mushrooms. Separate caps. Chop stems and throw away the hard pieces.
3. Heat olive oil in saucepan over medium heat. Add mushroom caps, garlic and green onions. Cook for 4 minutes, stirring occasionally. Let it cool.
4. Mix chopped mushroom stems, cream cheese, Parmesan cheese, Cheddar cheese, port wine, Italian-style seasoning, ground black pepper and hot pepper sauce in a medium bowl.
5. Use the mixture to stuff the mushroom caps. Place on a baking sheet and bake in oven for 20 to 25 minutes.



TOTAL TIME
60 minutes



DIFFICULTY
Easy



YIELD
12 servings

This may be a controversial choice for some, but lobster has been the favorite of foodies throughout the centuries, as well as one of the best-loved dishes among people in love. Usually reserved for the most special of occasions, lobster is a love-inducing food that will definitely spark romance on February 14.

INGREDIENTS

- 2 lobster tails
- ½ cup butter, melted
- ½ tbsp. ground paprika
- Salt and ground white pepper to taste
- 1 lemon, cut into wedges

PREPARATION

1. Preheat the broiler.
2. Place lobster tails on a baking sheet. Cut the top side of the shells lengthwise with a sharp knife. Slightly pull the shells apart. Season with butter, paprika, salt and white pepper.
3. Broil the tails for 5 to 10 minutes or until they are brownish (the meat should be opaque). Garnish with lemon wedges and serve. Bon Appétit!



TOTAL TIME
20 minutes



DIFFICULTY
Easy



YIELD
2 servings

A luxury main course such as the lobster requires an equally stunning dessert. Pamper yourself and your significant other with the lemon meringue pie, a classic dessert that will melt in your mouth and leave your Valentine speechless.



INGREDIENTS

- 1 cup white sugar
- 2 tbsp. all-purpose flour
- 3 tbsp. cornstarch
- 1 pie crust, baked
- 4 egg whites
- 4 egg yolks, beaten
- 2 lemons, juiced and zested
- 2 tbsp. butter
- 6 tbsp. white sugar
- ¼ tbsp. salt
- 1 ½ cups water

PREPARATION

1. Preheat oven to 350 degrees F (175 degrees C).
2. To prepare lemon filling:
 - Whisk 1 cup sugar, flour, cornstarch and salt in a medium saucepan. Add water, lemon zest and lemon juice. Cook over medium-high heat, stir until the mixture comes to a boil. Add butter.
 - Put egg yolks in a bowl and slowly whisk in ½ cup of hot sugar mixture.
 - Whisk egg yolk mixture into sugar mixture.
 - Bring to a boil. Continue cooking, stir until thick. Pour filling into baked pastry shell.
3. To make meringue:
 - Whip egg whites until foamy in a large bowl. Slowly add sugar and whip until you see stiff peaks. Cover the pie with meringue, making sure that the edges are sealed at the crust.
4. Bake in oven for 10 minutes.



TOTAL TIME
40 minutes



DIFFICULTY
Medium



YIELD
8 servings

Chardonnay is traditionally served with lobster, as the two are among the best pairings in the gourmet world. If you, however, feel like relaxing with cocktails after dinner, we recommend sea-inspired mixes such as the watermelon martini.



INGREDIENTS

- 1 cup watermelon juice
- ¼ watermelon schnapps
- ¼ cup vodka
- 2 tbsp. simple syrup
- 1 lime, juiced

PREPARATION

Fill cocktail shaker ½ with ice. Pour watermelon juice, vodka, watermelon schnapps, simple syrup and lime juice into the shaker. Cover and shake until the outside of the shaker has frosted. Enjoy!



TOTAL TIME
5 minutes



DIFFICULTY
Easy



YIELD
2 servings

MEAT DINNER

Meat has been an essential part of healthy, well-balanced diets since the dawn of times and there's no reason why you shouldn't indulge in man's favorite food on Valentine's Day. Your intimate feast will not only satisfy your taste buds and make you feel super romantic but also take care of your heart both literally and figuratively.

Mexican food is widely regarded as food of love and passion, so spice up things with the delicious pico de gallo! Apart from serving it as an appetizer, this quick and easy to make dish also makes for a great dinner addition.



INGREDIENTS

- 6 roma tomatoes, diced
- ½ red onion, minced
- 1 clove garlic, minced
- 3 tbsp. cilantro, chopped
- ½ jalapeno pepper, seeded and minced
- 1 pinch garlic powder
- 1 pinch ground cumin
- ½ lime, juiced
- Salt and pepper to taste

PREPARATION

Mix the tomatoes, onion, cilantro, jalapeno pepper, lime juice, garlic powder, cumin, salt and pepper in a large bowl.

Leave the bowl in the fridge for at least 3 hours.



TOTAL TIME
3h 20min



DIFFICULTY
Easy



YIELD
12 servings

Spice up your night of love with one of the healthiest, tastiest versions of the celebrated chicken piccata. Finger licking good, this heavenly dish is appetizing, full of flavor and fit for the king or queen of your life – everything your love-centered dinner should be. If you want to serve a side dish as well, rice goes best with chicken piccata.



INGREDIENTS

- 4 chicken breast halves, boned and skinned
- 8 ounces low-fat yogurt
- 2 cloves garlic, minced
- ½ cup all-purpose flour
 - 1 tbsp. paprika
 - 1 tbsp. olive oil
 - 1 tbsp. margarine
- ¼ cup lemon juice
- 1 ½ tbsp. lemon juice
 - ½ water
- 1 cup white vermouth
 - 2 tbsp. capers
- Salt and pepper to taste

PREPARATION

1. Coat chicken breast halves with yogurt. Cover and leave in the fridge for at least two hours.
2. Rinse chicken and dry with paper towels.
3. Mix flour, paprika, salt and pepper in a bowl.
4. Heat oil, margarine and 1 ½ tbsp. lemon juice in skillet over medium heat. Coat chicken in the flour mixture. Put chicken in skillet and cook for 15 minutes or until both sides are brown. Remove chicken from skillet and keep warm.
5. Pour vermouth into skillet, scrape brown bits with a spoon and place garlic, ¼ cup lemon juice, water and capers. Cook until reduced by half.
6. Place chicken on the pan and simmer for 3 minutes.



TOTAL TIME
3hr 15min



DIFFICULTY
Medium



YIELD
4 servings

To sweeten your special day and spoil yourself and your Valentine, bring you three-course meal to an end with one of the best cakes in the world, the raspberry cheesecake. It may be a bit complicated to make but it will definitely pay off when you see your significant other's reaction to this splendid dessert.



INGREDIENTS

- 1 cup chocolate cookie crumbs
- 1 package frozen raspberries
- 2 cups white chocolate chips
- ½ cup half-and-half cream
- 3 packages cream cheese
- 3 eggs
- ½ cup white sugar
- 5 tbsp. white sugar
- 2 tbsp. cornstarch
- ¼ cup butter, melted
- 1 tbsp. vanilla extract
- ½ cup water

PREPARATION

1. Mix cookie crumbs, 3 tbsp. sugar and melted butter in a medium bowl. Pour mixture into a 9-inch springform pan.
2. Mix raspberries, 2 tbsp. sugar, cornstarch and water in a saucepan. Bring to boil and continue boiling for 5 minutes or until the sauce is thick. Use a mesh strainer to remove seeds from the sauce.
3. Preheat oven to 325 degrees F (165 degrees C).
4. Melt white chocolate chips with half-and-half in a metal bowl over a pan of simmering water. Stir until smooth.
5. Mix cream cheese and ½ cup sugar in a large bowl until smooth. Beat in eggs and add vanilla and melted white chocolate. Pour half of batter over crust. Cover batter with 3 tbsp. raspberry sauce. Pour remaining cheesecake batter into pan and again cover the top with 3 tbsp. raspberry sauce.
6. Bake for 60 minutes or until filling is set. Let it cool, cover with plastic wrap and leave in the fridge for 8 hours before removing the pan. Serve with remaining raspberry sauce.



TOTAL TIME
10 hours



DIFFICULTY
Medium



YIELD
16 servings

Though you can always pair chicken and wine, if you want to walk on the wild side a bit and drink cocktails, we recommend mixing your very own Cosmopolitan.



INGREDIENTS

- 1 ½ fluid ounces vodka
- ¼ fluid ounce lime juice
- ¼ fluid ounce triple sec
- ¼ fluid ounce cranberry juice
- 1 cup ice

PREPARATION

Mix vodka, lime juice, triple sec and cranberry juice in a cocktail shaker. Add ice, cover and shake until chilled. Voila!



TOTAL TIME
5 minutes



DIFFICULTY
Easy



YIELD
1 serving

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