



ALPHA KAPPA ALPHA SORORITY, INC.®
DELTA Upsilon OMEGA CHAPTER



PEARLFECT MEALS

A MINI COLLECTION OF HEALTHY AND TASTY
HOME RECIPES FOR EVERYDAY OCCASIONS



TARGET 2: WOMEN'S HEALTHCARE AND WELLNESS



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Breakfast

AVOCADO EGG-IN-A-HOLE

Spring into action with a flavorful, delicious breakfast option that will be sure to excite your taste buds and be kind to your waistline!



YIELD:
2 Servings

INGREDIENTS:

- 1 avocado
- 1 medium egg
- Salt
- Pepper
- Pico de gallo
- Tortilla chips

INSTRUCTIONS:

1. Cut an avocado in half, remove the pit and scoop out about 1 tablespoon of flesh from each half.
2. Season with salt and pepper and nestle the halves cut-side up in a small pile of salt on a baking sheet so they won't wobble.
3. Crack a medium egg into each (a large egg will overflow).
4. Season with salt and bake at 425 degrees F until the white is just set, 16 to 18 minutes; top with pico de gallo and crushed tortilla chips.



Breakfast

ACAI BREAKFAST BOWL

Have a long day ahead and need a little bit of substance? Enjoy a rich antioxidant powerhouse that will more than satisfy that early morning sweet tooth!



YIELD:

2 Servings

INSTRUCTIONS:

1. Freeze your fruit. Slice your banana and transfer it to a small baking sheet or plate lined with parchment paper. To the same plate, add the blueberries and strawberries (store-bought frozen fruit will work just as well). Transfer tray or plate to the freezer and allow fruit to freeze completely.
2. Blend. Once frozen, add the milk and yogurt to the bowl of a large, high-speed blender with a tamper (see notes). Add the frozen blueberries, strawberries, banana, and broken up acai. With the blender on low, use the tamper to push the frozen fruit down, mixing around as much as possible. Continue to blend on low until smooth, only adding additional liquid when needed.
3. Assemble. Divide the smoothie into two bowls and top with all your favorite toppings. Popular additions include sliced banana, nuts, seeds, granola, and berries. Best enjoyed immediately.

INGREDIENTS:

- 1 banana (sliced and frozen)
- 1/2 cup blueberries (frozen)
- 1/2 cup strawberries (frozen)
- 3/4 cup milk or juice (use your favorite milk (dairy milk, soy, almond, etc.) or juice [apple or grape])
- 1/2 cup plain yogurt (substitute with milk or juice if desired)
- 200 grams (2 packets) frozen acai puree (broken into pieces)
- Assorted toppings (nuts, seeds, fresh fruit, granola, coconut, etc.)



Lunch

ZUCCHINI SUSHI

These spicy little bites are reminiscent of a California roll, but without the rice. They're fresher, easier to make, and actually good for you.



YIELD:
2 Servings

INGREDIENTS:

- 2 medium zucchini
- 4 oz. cream cheese, softened
- 1 tsp. Sriracha hot sauce
- 1 tsp. lime juice
- 1 cup lump crab meat
- 1/2 carrot, cut into thin matchsticks
- 1/2 avocado, diced
- 1/2 cucumber, cut into thin matchsticks
- 1 tsp. Toasted sesame seeds

INSTRUCTIONS:

1. Using a vegetable peeler, slice each zucchini into thin flat strips. Place zucchini on paper towel-lined plate to sit while you prep the rest of your ingredients.
2. In a medium bowl, combine cream cheese, Sriracha, and lime juice.
3. On a cutting board, lay 2 zucchini slices down horizontally (so the long side is facing you). Spread a thin layer of cream cheese on top, then top the left side with a pinch each of crab, carrot, avocado, and cucumber.
4. Starting from the left side, tightly roll up zucchini.
5. Repeat with the remaining zucchini slices and fillings. Sprinkle with sesame seeds before serving.



Dinner

APRICOT CHICKEN AND BROCCOLI

Have a long day ahead and need a little bit of substance? Enjoy a rich antioxidant powerhouse that will more than satisfy that early morning sweet tooth!



YIELD:
2 Servings

INSTRUCTIONS:

1. Preheat the oven to 425 degrees F. Place the broccoli on a baking sheet and drizzle with olive oil. Sprinkle with salt and pepper. Roast for 15 to 20 minutes, or until slightly charred.
2. While the broccoli cooks, prep the chicken. Toss the chicken with salt, pepper and garlic powder. Sprinkle the flour all over the chicken and toss well until it's coated.
3. Heat a large skillet over medium heat and add the oil. Add the chicken in a single layer. Cook until browned on each side, about 5 to 6 minutes per side.
4. Whisk together the jam, minced garlic, soy sauce and brown sugar until combined. Once the chicken is brown, pour the sauce in. Stir to coat all the chicken. Simmer for 2 to 3 minutes, so the sauce thickens more. Sprinkle with chives. You can toss the broccoli in with the sauce or serve it on the side. I love to serve this with brown jasmine rice!

INGREDIENTS:

- 1 to 2 heads broccoli, cut into florets (about 3 to 4 cups)
- Olive oil for drizzling/spraying
- Salt and freshly cracked black pepper
- 1 pound chicken breasts, cut into 1-inch pieces
- ½ teaspoon garlic powder
- 3 tablespoons all-purpose flour
- 3 tablespoons olive or canola oil
- ¾ cup apricot jam/preserves
- 1 garlic clove, minced
- 2 tablespoons soy sauce
- 1 ½ tablespoons brown sugar
- 2 tablespoons chopped chives
- Brown jasmine rice



Dessert

2-INGREDIENT CHOCOLATE TRUFFLES

Vegan, gluten-free dark chocolate truffles made with just two ingredients and simple methods! So easy, delectable, and rich.



YIELD:
16 Truffles



INGREDIENTS:

- 9 ounces vegan dark chocolate (very finely chopped, 72% cacao or higher; 9 ounces is equal to ~1 1/4 cup)
- 7 Tbsp light (or full-fat) canned coconut milk (well shaken)
- 1/2 tsp vanilla extract (optional)
- 1/4 cup unsweetened cocoa or cacao powder, or finely ground hazelnuts (optional for coating)

INSTRUCTIONS:

1. Place finely chopped chocolate in a medium-sized mixing bowl. The finer the chocolate is chopped, the easier it will melt and the quicker the truffle-making process will go.
2. In a separate small mixing bowl, add coconut milk and microwave until very warm but not boiling - about 25 seconds (alternatively, heat in a small saucepan over medium heat until just starting to simmer).
3. Immediately add coconut milk to chocolate and loosely cover with a cooking lid or towel to trap the heat in. Do not touch for 5 minutes. Then lift cover and use a mixing spoon to gently stir, trying not to incorporate air. Continue stirring until completely melted, creamy, and smooth.

Dessert

2-INGREDIENT CHOCOLATE TRUFFLES (CONT.)



INSTRUCTIONS (CONTINUED):

4. NOTE: If, for some reason, you have unmelted pieces left, microwave the mixture in 10-second increments until completely smooth (just be careful not to overcook or it can affect the integrity of the chocolate).
5. Add vanilla and stir (optional).
6. Set the mixture in the refrigerator to chill uncovered for 2-3 hours, or until almost completely solid. A good test is dipping a knife into the middle of the bowl to see if any chocolate sticks. If it comes out mostly clean, it's ready to scoop. If there's still wet chocolate in the center, continue refrigerating.
7. Once chilled and firm, prepare a small dish of cocoa or cacao powder for rolling (optional).
8. Use a tablespoon-sized scoop or a tablespoon to scoop out small balls, then use your hands to gently but quickly roll/form the chocolate into balls.
9. Toss in cocoa or cacao powder to coat and shake off excess (or leave bare), then set on a parchment-lined serving dish. Continue until all chocolate is scooped. There should be about 16 truffles (amount as original recipe is written; adjust if altering batch size), depending on the size of your scoop.
10. If any of the chocolate near the center of the bowl was too soft to form, refrigerate that portion for a bit longer before proceeding.
11. Enjoy truffles immediately, or refrigerate for 1-2 hours or overnight. This allows them to set and firm up.
12. Store truffles covered in the refrigerator for best freshness. To serve, let truffles come to room temperature for 10-15 minutes before serving for optimum creaminess.

Dessert/Beverage

WATERMELON COCONUT SLUSHIE

Super simple, 3-ingredient watermelon slushie with coconut milk and lime juice. The perfect refreshing, naturally sweetened summer treat!



YIELD:
2 Slushies

INGREDIENTS:

WATERMELON JUICE

- 1 small seedless watermelon (cubed)

WATERMELON SLUSHIE

- 4 cups frozen watermelon (3/4-1 small seedless watermelon yields ~4 cups or 616 g)
- 1 medium lime (juiced)
- 1/3 cup light coconut milk
- 1/2 cup watermelon juice (plus more to ease blending)
- 1 Tbsp sweetener of choice (optional - such as maple syrup or honey if not vegan)
- 1 pinch sea salt (optional)



Dessert/Beverage

WATERMELON COCONUT SLUSHIE (CONT.)



INSTRUCTIONS:

1. Halve a ripe seedless watermelon and scoop out rounded tablespoon amounts (or cube with a knife). Arrange on a parchment-lined baking sheet. Freeze until firm – about 3-4 hours.
2. In the meantime, halve another small seedless watermelon and add the fruit (leaving the rind behind) to a blender. Blend on high, adding a touch of water if needed, until completely smooth.
3. OPTIONAL: Drape a large, thin dish towel over a mixing bowl and pour over juice. Then gather corners, lift up and squeeze the juice out leaving the pulp behind – there shouldn't be much, but this makes the juice extra smooth. Transfer to a jar, cover, and refrigerate – should keep for 3-4 days, or more.
4. Once watermelon is frozen, add ~4 cups (amount as original recipe is written; adjust if altering batch size) frozen watermelon (4 cups is about 3/4 of one small watermelon), coconut milk, lime juice, and watermelon juice to a blender and blend on low until creamy and smooth. You will need to scrape down the sides and blend on low to encourage it along. If it has trouble blending, add a bit more watermelon juice, but not too much or it will become too thin.
5. Once the slushie is blended and smooth, taste and adjust flavor as needed. Add more coconut milk for creaminess, lime for brightness, a pinch of salt to enhance sweetness, or sweetener of choice to sweeten. Blend and sample again – repeat as needed.
6. Serve in empty watermelon rinds or chilled serving glasses and garnish with a lime wedge.
7. This recipe serves 2 generously. Best when fresh! TIP: Freeze leftovers in popsicle molds.

Beverage

REFRESHING CUCUMBER LEMONADE

Lemons + cucumbers combined, spells summer fresh and cooling with a hint of sweetness! Skip the soda and make this delicious, hydrating lemonade instead!



YIELD:
4 Servings



INGREDIENTS:

- 1 medium sized cucumber, peeled or unpeeled (see note)
- Juice of 4 lemons
- ⅓ cup granulated sugar (you can also use agave/honey)
- 3 cups cold water
- Ice (to serve)

INSTRUCTIONS:

1. Cut cucumber into smaller chunks and blend this with 1 cup of water. You can also use a juicer to extract the juice.
2. If using a blender, place a fine-mesh strainer over a jug and pour the cucumber juice through it. Discard the pulp.
3. In the jug, add lemon juice, sugar and water.
4. Give it a good stir and let it sit in the fridge to chill. The sugar will gradually melt.
5. Add more water or sugar if required.
6. Serve over ice.

NOTE:

If you are not using organic cucumber, I would suggest that you peel the skin of the cucumber. Some cucumber have bitter skin, so it would be better to peel the skin.

Beverage

ROSÉ SANGRIA

This light, slightly bubbly rosé sangria recipe with strawberries, mint, and a touch of lemon is the perfect spring and summer wine cocktail.



YIELD:
8 Servings

INGREDIENTS:

- 1 bottle rosé wine (750 ml.)
- 2 cups sliced strawberries
- 1/3 cup orange liqueur
- Juice of 1/2 lemon
- 3 mint sprigs
- 2 cups sparkling water
- Organic liquid stevia to taste (optional to sweeten)

INSTRUCTIONS:

1. In a large pitcher or beverage dispenser, combine the rose wine, strawberries, liqueur, lemon juice, and mint.
2. Refrigerate at least two hours.
3. Stir in sparkling water just before serving. If you would like this sangria a bit sweeter, add a few drops of stevia, being very careful not to add too much.

