

Menu:

Main Dish: Grilled Shrimp, Asparagus and Couscous Salad with Dried Cherries and Parmesan

Dessert: Strawberry-lemon Trifle with Mascarpone Chantilly Cream and Shaved White Chocolate

Ingredient List (for shopping):

extra-virgin olive oil

1/2-pound 16/20 shrimp, you can substitute tempeh, steak, chicken, pork or keep it vegetarian

2 cloves garlic

1 (1-pound) box Israeli couscous, substitute, tabbouleh or bulgar wheat

3 cups chicken stock or veggie stock

4 lemons

1/2-pound asparagus

4oz baby arugula

1/2 cup Parmesan

1 tablespoon whole grain mustard

1/2 cup chopped fresh basil leaves

1/2 cup chopped fresh parsley

1/4 cup dried cherries

1/4 cup Hazelnuts or substitute slivered almonds

1/2 cup sugar

16 ounces mascarpone cheese

1 teaspoon vanilla extract

1 store-bought pound cake

2 cups quartered strawberries (or whole blueberries or whole raspberries)

4-6oz white chocolate bar, for garnish

Fresh mint leaves, for garnish