

Benihana's Ginger Dipping Sauce

Notes:

A similar sauce is served in many restaurants.

Ingredients:

1/4 C. chopped onion
1 small piece ginger root
Or 1/8 tsp. ground ginger
1/2 C. soy sauce
1/4 C. rice wine vinegar

Preparation:

Combine all ingredients in blender and process until smooth.

Beef with Ginger

Makes 4 servings

Chilling the beef in the freezer for 5 -10 minutes makes it easier to cut into very thin slices.

1 lb. sirloin steak, chilled
1/4 tsp. salt
1/2 tsp. pepper
2 T. freshly grated ginger
2 tsp. sesame oil
1 tsp. minced garlic (or to taste)
1 Tbs. lite soy sauce
1/2 cup reduced sodium beef broth
2 tsp. cornstarch
6 scallions, cut diagonally into 1 inch pieces
1/2 tsp. crushed red pepper (optional)

Cut steak diagonally across the grain into very thin slices. Sprinkle with salt & pepper. In large non-stick pan saute ginger in hot oil over high heat 2 minutes or until tan-colored. Add minced garlic and saute 30 seconds. Add beef; cook 2 minutes, stirring constantly. Stir in soy sauce. stir together beef broth and cornstarch until smooth. Drizzle over beef mixture. Cook stirring constantly, 1 minute or until thickened. Add green onions, and if desired, crushed red pepper.

Hope you enjoy this!

Shrimp with Sweet Pea Sauce

2 Tablespoons olive oil
20 Peeled and deveined jumbo shrimp (about 1 ½ pounds)
½ teaspoon salt, divided
1/4 teaspoon of black pepper
1 cup fat-free, less-sodium chicken broth
1 teaspoon minced garlic
1 (10-ounce) package of frozen petite green peas
1/4 cup fresh mint leaves (if you are going to use dried use a third of what's suggested for fresh otherwise it is mint overkill!)

2 Tablespoons of butter (Smart spread allowed, but I actually unscrew my bottle of I Can't Believe It's Not Butter Spray and use that- hubby can't tell the difference at all!)

2 teaspoons of white wine vinegar

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with 1/4 teaspoon salt and pepper. Add shrimp to pan; cook 4 minutes, turning once. Remove from pan; keep warm.

Add broth, garlic, and peas to pan; simmer 3 minutes. Combine 1/4 teaspoon salt, pea mixture, mint, and butter in a blender; process until smooth. Add vinegar; pulse to combine. Spoon 1/3 cup pea sauce onto each of 4 plates; top each serving with shrimp.

Yield: 4 servings (usually my husband and I just split this and it's very filling alone without side dishes).

Cheddar-stuffed Burgers

3 Tablespoons of Worcestershire sauce
2 Tablespoons of parsley, chopped
1 ½ teaspoon of chili powder
1 Teaspoon garlic powder
Salt
½ Teaspoon of minced dried onion
½ Teaspoon ground pepper
1/4 Teaspoon of hot sauce
1 ½ lbs of very lean ground beef
1 ounce low-fat cheddar cheese cut into 4 pieces

Prepare the broiler. Combine the first 8 ingredients. Stir half of the mixture into beef and combine well. Divide into 8 equal patties and place 1 piece of cheese on 4 of them. Top with remaining patties, pinching edges to seal. Broil, turning once, until cooked through, brushing remaining sauce over burgers during the last 2 minutes of cooking time. Enjoy! No bun necessary.

Serves 4

Minted Peas and Wax Beans

2 Pounds fresh peas, shelled (about 2 cups shelled peas)
½ Pound of wax beans
1 Tablespoon olive oil
1 Tablespoon of smart spread of I Can't Believe It's Not Butter
Spray
½ teaspoon of kosher salt
1/8 teaspoon ground black pepper
1 teaspoon of lemon juice
2 Tablespoons fresh mint, coarsely chopped

Bring a large pot of salted water to a boil. Add the peas and beans and cook until crisp-tender, 3-4 minutes. Drain, heat the oil and butter in a large skillet over med-high heat. Add the peas, beans, salt, pepper, and lemon juice and cook until heated through, about 2 minutes. Remove from heat, add the mint, and toss well.

Serves 4

Lime Asparagus with Goat Cheese

1 Pound asparagus- peeled, trimmed, and halved lengthwise if very thick
2 Tablespoons pine nuts
1 Tablespoon lime juice
2 Tablespoons olive oil
1/4 teaspoon kosher salt
2 ounces of goat cheese

Bring a large pot of salted water to a boil. Add the asparagus and cook until crisp-tender, 3-4 minutes. Drain. Meanwhile, in a skillet, lightly toast the pine nuts over med-high heat, stirring occasionally, about 5 minutes. Set aside. In a large bowl, whisk together the lime juice, oil, and salt until smooth. Add the asparagus and toss well. Top with the goat cheese and toasted pine nuts before serving.

Serves 4

Mesclun Salad

4 cups mesclun salad mix
2 teaspoons of finely chopped shallots
1 ½ tablespoons of rice vinegar
Black pepper

Wash the mesclun salad, pat dry and place in bowl. Add the shallots and toss with the rice vinegar. Transfer to plates and add pepper to taste.

Serves 4

Louisiana Blackened Chicken Salad

1/4 cup red wine vinegar
1 tablespoon extra-virgin olive oil
1 2-ounce jar chopped pimiento (not sure if this is allowed.
2 cloves garlic, minced
2 tablespoons drained capers
1 tablespoon plus 2 teaspoons hot sauce
1/4 teaspoon salt
1/8 teaspoon black pepper
1/2 pound of mushrooms, sliced
4 scallions, chopped
24 cherry tomatoes
10 cups of torn mixed salad greens

In a salad bowl combine vinegar, oil, pimiento, garlic, capers, hot sauce, salt, and pepper. Whisk until well blended. Add mushrooms and scallions. Toss to coat thoroughly. Refrigerate for 30 minutes.

Flatten chicken breasts to 1/4-inch thickness. In a small bowl, combine cayenne, black pepper, salt, cumin, and paprika. Mix thoroughly. Sprinkle evenly over both sides of chicken pieces and rub into meat.

Liberally coat a large skillet, preferably cast iron, with cooking spray and place over high heat until very hot, about 2 minutes. Be sure your kitchen is well ventilated. Place chicken pieces in hot skillet and cook for 2 minutes. Turn and cook for 1 1/2- 2 minutes longer or until no longer pink in the center. Cut into thin strips.

Toss tomatoes and mixed greens with dressing in salad bowl. Place equal amounts on each of the four plates. Place chicken pieces on top of lettuce. Sprinkle freshly ground black pepper over all and serve.

Serves 4

Spicy and Tangy Shrimp

2 cups shrimp (large works best), peeled
1 tablespoon olive oil
1/2 tablespoon cayenne pepper
1/2 to 1 dash of rosemary- dried or fresh, crushed
1 1/2 teaspoons minced garlic
1 tablespoon hot red chili pepper

Heat oil with garlic and peppers, stir in skillet. When steam begins to rise, add shrimp and stir. Once shrimp turns red add rosemary and let it cook for a few more minutes. Take out of skillet and enjoy!

No serving amount listed on recipe

Grilled Chili Chicken Caesar with Salsa Ranch Dressing

6 tablespoons of low-sugar ranch dressing
4 tablespoons salsa
4 boneless skinless chicken breasts
2 tablespoons of olive oil
2 tablespoons of lime juice
2 teaspoons of chili powder
½ teaspoon of cumin
½ teaspoon of salt
½ teaspoon of pepper
½ teaspoon of garlic powder
1 dash cayenne pepper
4 cups of Romaine lettuce, shredded
4 tablespoons grated Parmesan cheese
4 tablespoons of Monterey jack cheese

Dressing: Mix ranch dressing and salsa together and let sit for 15-20 minutes to meld.

Chicken: Mix the olive oil, lime juice, chili powder, cumin, salt and pepper, garlic, and cayenne pepper together and then rub into the chicken. Let marinate 10-15 before grilling. Grill 10 minutes or until done.

To make: Drizzle about ½ the dressing on the lettuce and toss. Divide among 4 plates. Sprinkle on Parmesan cheese then lay sliced chicken breast on top. Top with warm jack cheese.

Serves 4

Shrimp, Scallops, and Snow Peas

1 pound shrimp, peeled and deveined
1 pound scallops
2 cups of snow peas
2 tablespoons of soy sauce
4 tablespoons of olive oil
1 tablespoon of sesame seeds-- optional, but tasty
½ teaspoon ground ginger
½ teaspoon of garlic powder
½ teaspoon of salt and pepper-- each
½ teaspoon of crushed red pepper flakes

Toss shrimp with seasonings. Heat oil in a large skillet and stir fry snow peas for 2 minutes. Add scallops and stir fry for 3 minutes. Add shrimp and soy sauce and stir fry for 4 minutes or until shrimp is cooked through. Toss with sesame seeds if used. Serve immediately.

No serving amount listed.

Fricassee of Golden Chanterelle Mushrooms

6 golden chanterelle mushrooms
1 tablespoon of Smart spread or I Can't Believe It's Not Butter
½ garlic clove
½ shallot, minced
Salt and pepper to taste
1 teaspoon of chopped fresh chives

Trim, wash, and dry the mushrooms; cut them into slices. In a saute pan or skillet, melt the butter and saute the garlic and shallot over medium-low heat until the shallot is translucent. Add the chanterelles and saute for about 2 minutes. Remove from heat, season lightly with the salt and pepper, and sprinkle with the chives.

Serves 2

Buttered Asparagus

1 Quart water
¾ pound young asparagus
2 tablespoons of Smart spread or I Can't Believe It's Not Butter
¼ cup chicken broth
Salt and pepper to taste

In a large pot, bring the water to a boil. Meanwhile, prepare the asparagus by breaking off the woody stems and partially peeling the stalks with a vegetable peeler. Boil them until crisp-tender, about 3-5 minutes. Remove from boiling water and submerge in ice cold water. Drain and set aside.

Just before serving, melt the butter in a saute pan or skillet over med-high heat. Add the chicken broth and asparagus and cook until almost all the liquid evaporates. Season with salt and pepper. Divide the asparagus between 2 plates and pour the syrupy butter over them.

Serves 2

Dijon Almond Chicken

2 tablespoons of Smart spread or I Can't Believe It's Not Butter
2 tablespoons of Dijon mustard
2 boneless skinless chicken breasts, halved
½ cup chopped almonds

In a small bowl, combine spread and mustard. Dip chicken breasts in mustard mixture and then coat with chopped almonds. Place into 10x6x1 ¾- inch greased baking dish.

Bake at 375 for about 30 minutes or until done.

Serves 4

Cheese-Stuffed Beef Rolls

1 jar (15 ounces) spaghetti sauce (no sugar added)
1 egg, slightly beaten
1/4 teaspoon dried oregano, crumbled
1/4 teaspoon garlic powder
1 container (15 ounces) ricotta cheese
1/4 cup grated Parmesan cheese
1 cup shredded mozzarella
6 thin slices of lean deli roast beef (about 1/2 pound)
2 medium zucchini, sliced (about 3 cups)

Preheat oven to 375. Spread 1/2 cup spaghetti sauce in bottom of 8x12-inch baking dish. In a large bowl, thoroughly combine egg, seasonings, ricotta cheese, Parmesan cheese, and 1/2 cup mozzarella cheese. Spoon equal amounts of cheese mixture on 1 end of each beef slice. Roll up beef slices jelly-roll style and arrange, seam-side down, in baking dish. Place zucchini along both sides of dish. Pour remaining spaghetti sauce over beef rolls and zucchini. Bake, covered, at 375 for 40 minutes or until heated through. Top beef rolls with remaining mozzarella cheese. Bake, uncovered, 3 minutes or until cheese is golden brown.

Serves 6

Lemon Dill Chicken

2 tablespoons of olive oil
2 tablespoons of lemon juice
2 cloves garlic, pressed
1/2 teaspoon dill weed
1/2 teaspoon of salt
2 boneless skinless chicken breasts, halved

Mix oil, lemon juice, garlic, dill weed and salt in a small bowl. Place chicken on rack in broiler pan. Brush chicken with lemon mixture. Set oven temperature at broil or 450 F. Position broiler pan about 4 inches from heat; broil 6 to 8 minutes. Turn chicken; broil about 6-8 minutes longer or until chicken is golden brown and fork-tender.

Serves 4

Asparagus Vinaigrette

Very time consuming and for the more-experienced

1 tablespoon Tarragon Vinegar (recipe follows)
1/8 teaspoon salt
1 teaspoon Dijon mustard
3 tablespoons Basil-garlic olive oil (recipe follows)
Freshly ground pepper to taste
12 asparagus spears
1 hard-boiled egg
Lettuce leaves
1/4 red bell pepper, cored, seeded, and minced
1 tablespoon of finely chopped fresh chives, tarragon, chervil,
and/or parsley

Tarragon vinegar:

3 4-inch tarragon sprigs
1 cup white wine vinegar, heated

Place the tarragon sprigs in a half-pint glass container. Using a funnel, fill the container with the hot white wine vinegar. Seal it and set it aside in a dark cool place for at least a month for the flavors to develop.

Basil Garlic Olive Oil:

2 to 3 garlic cloves
3 basil sprigs
1 cup good quality olive oil

Skewer the garlic cloves on a toothpick and place it in the bottom of a half-pint glass container. Push the basil into the jar and add the olive oil. Set in a dark place for a couple of months to let the flavors develop. Strain through double layers of cheesecloth or a fine sieve before use.

Asparagus:

In a bowl, combine the vinegar and salt and whisk until the salt dissolves. Add the mustard and then slowly the basil garlic olive oil into the mixture by the spoonful. As the mustard absorbs the oil, the dressing will become thick and emulsified. Add freshly ground pepper to taste and set aside.

Snap the ends off of the asparagus spears, then wash and drain. Boil the asparagus for about 2 minutes or until the spears can be pierced with a fork but are still crunchy. Drain and immediately plunge the asparagus into cold water to set the bright green color; set aside.

Push the hard-boiled egg through the sieve with a spoon.
Serving: Line 2 plates with lettuce leaves and divide the asparagus spears between them. Drizzle with the vinaigrette. Garnish with the sieved egg and red bell pepper. Sprinkle the herbs on top.

Shrimp in Cabbage Leaves with Basil Sauce

½ head Savoy cabbage
8 colossal or jumbo shrimp
Salt and pepper to taste
Basil sauce (recipe follows)

Core and wash the leaves of the Savoy cabbage. Choose 4 of the largest leaves. Bring a saucepan of water to a boil, then add the cabbage leaves. Cook until crisp-tender, about 5 minutes. Remove the leaves promptly and rinse under cold water. Drain on a towel.

Peel and devein the shrimp. Place them in a steamer basket over an inch of boiling water. Cover and steam for 2-3 minutes. Place 2 shrimp in the center of each cabbage leaf, season lightly with salt and pepper, and wrap into a small package. Place the packages of cabbage-wrapped shrimp in the steamer basket over boiling water. Cover and heat for 2 minutes.

Serving: Place the cabbage-wrapped shrimp on 2 serving plates and pour some of the basil sauce over.

Basil sauce:

1/3 cup minced shallots
2 large garlic cloves, crushed
½ bunch basil, stemmed and minced
2 tablespoons minced fresh tarragon
2 tablespoons minced fresh chervil or parsley
½ cup virgin olive oil
Salt and pepper to taste

In a mixing bowl, combine the shallots, garlic, basil, tarragon, and chervil or parsley. Mix in the olive oil. Season with salt and pepper and set aside.

NOTE: This is excellent warmed in a small saucepan over low heat just before serving.

Serves 2

Red Snapper with Matchstick Vegetables

2 teaspoons of Smart spread or I Can't Believe It's Not Butter
One 8-ounce red snapper fillet
Salt and pepper to taste
1 shallot, minced
4 lemon thyme sprigs
½ cup mixed matchstick cut vegetables (zucchini, bell peppers, anything else you want to add that is a Phase I vegetable)
About 10 snow peas, cut into diagonal pieces
2 tablespoons of dry white wine (not legal, but you can replace or not use if you don't want to)

Preheat the oven to 400 F. On a clean work surface, lay out two 9x12-inch pieces of parchment. Cut 1 teaspoon of butter into thin shavings and place half in the center of the narrow end of each piece of parchment. Cut the fish in half and place each piece on top of the butter, skin side down. Sprinkle the salt, pepper, shallot, and lemon thyme over the fish. Surround the fish with matchstick veggies and snow peas. Pour 1 tablespoon of wine over each piece of fish and top with lemon slice.

Completely enclose each piece of fish in parchment by loosely rolling the paper. Fold the ends of each packet, and use the strings to tie both ends shut to resemble a handle. Make sure the paper is not torn. Place the packets in a baking pan and bake in the oven for 15 to 20 minutes. Transfer to a warm platter and cut the packets open just before serving.

Serves 2

Steamed Fish with Napa Cabbage, Shiitake Mushrooms, and Chinese Black Beans

½ head Napa Cabbage, cored and chopped
Two 6-ounce flatfish fillets (such as fluke or halibut)
4 ounces shiitake mushrooms, cut into quarters
¼ cup olive oil
2 tablespoons chopped shallots
2 garlic cloves, minced
2 tablespoons finely grated fresh ginger
1 ounce Chinese salted black beans, rinsed
Minced green onions for garnish

Preheat the oven to 400 F. Spread a sheet of parchment paper on a flat working surface and brush the edges with oil. On one half of the sheet, place a portion of the cabbage in the center, place a fillet on top of the cabbage, and arrange the mushrooms around; fold the remaining half of the parchment over the fish, and secure by folding in the edges. Repeat with the other sheet of parchment. Place the parchment packages on a baking sheet and bake just until the fish is cooked, 8 to 10 minutes. Remove from the oven and transfer to plate.

In a sauté pan or skillet, heat the oil and sauté the shallots, garlic, ginger, and black beans for about 3 minutes.

Serving: Remove the fish from their parchment, transfer to dinner plates, and drizzle the sautéed mixture over. Garnish with the green onions.

Serves 2

Beef Patties, Sautéed Vegetables, and Blue Cheese

1 pound lean ground round
2 cloves of garlic, minced
Cooking spray
1 tablespoon plus 1 teaspoon Worcestershire sauce
Paprika to taste
½ pound mushrooms, sliced
1 medium-sized green bell pepper, sliced thin
1 medium-sized yellow onion, sliced thin
¼ cup water
¼ teaspoon of salt
¼ teaspoon of pepper
2 tablespoons (1 ounce) of blue cheese

Preheat the broiler. Combine beef and garlic and shape into four patties. Coat a broiler rack and pan with cooking spray and set patties on rack. Broil 2-3 inches from heat source for 3 minutes. Turn, spoon ½ teaspoon of Worcestershire sauce over each patty, sprinkle each with paprika and broil for 3 minutes longer. Place on a serving platter.

Coat a large skillet, preferably cast iron, with cooking spray and place over medium-high heat for 1 minute. Add mushrooms and cook for 4 minutes. Add bell pepper and onion and cook for 6-7 minutes longer or until edges just begin to brown. Combine water, salt, pepper and remaining 2 teaspoons of Worcestershire sauce and pour over veggies in skillet. Stir well and cook for 1 minute longer.

Spoon equal amounts of vegetables and any liquid over beef patties and top with crumbled cheese. Serve immediately.

Serves 4

Skewered Fresh Tuna with Lime

2 tablespoons soy sauce
2 tablespoons fresh lime juice
2 cloves of garlic, minced
1/4 teaspoon black pepper
4 1/4- pound tuna steaks (about 1 inch thick), cut into 1-inch pieces
1/2 medium-sized green bell pepper
1/2 medium-sized onion, cut into eighths and separated
8 cherry tomatoes
Cooking spray

Preheat the broiler. Combine soy sauce, lime juice, garlic, and pepper; whisk together until well blended. Add tuna to soy mixture, toss well to coat, and marinate for 1/2 hour, turning frequently.

Alternating vegetables and tuna, thread 8 12-inch skewers, reserving the marinade. Coat a broiler rack with cooking spray. Place skewers on rack and place on broiler pan. Broil no less than 5 inches from heat source for 4 minutes. Baste with marinade, turn, baste, and broil for 3 minutes longer or until opaque in center. Serve immediately.

Serves 4

Fireside White Bean and Sausage Soup

3/4 pound turkey sausage links, cut into 1/8-inch rounds
2 cups of chopped yellow onion
1 16-ounce can of chicken broth
1/4 cup water
2 bay leaves
1 teaspoon of dried thyme leaves
1/4 teaspoon of black pepper
1/4 teaspoon cayenne pepper
2 16-ounce cans butter beans, well rinsed and drained

Place a Dutch oven, preferably cast iron, over medium heat, add sausage, and cook until just beginning to brown. Add onion and cook for 6-8 minutes or until transparent. Add broth, water, bay leaves, thyme, black pepper, and cayenne, scraping bottom and sides. Bring to a boil, reduce heat, cover tightly, and simmer for 5 minutes. Add beans, reduce heat to a very low simmer, and cook for 4 minutes longer, uncovered. Remove from heat and let stand for 20 minutes. Remove bay leaves and serve.

Serves 4

Firecracker Salad

1 tablespoon sesame seeds, toasted
2 tablespoons distilled white vinegar
2 teaspoons of sugar substitute
1 teaspoon of minced fresh ginger root
4 teaspoons Kikkoman soy sauce
1 cup julienne-stripped radishes
1 cup julienne-stripped cucumber
4 cups finely shredded iceberg lettuce
1 ½ teaspoons minced fresh cilantro or parsley

Measure sesame seeds, vinegar, sugar substitute, ginger and soy sauce into a jar with a screw-top lid; cover and shake well until sugar dissolves. Combine radishes, cucumber, and 3 tablespoons dressing; cover and refrigerate 30 minutes, stirring occasionally. Toss lettuce with cilantro in large bowl. Pour radish mixture and remaining dressing over lettuce. Toss lightly to combine.

Serves 6

Hot Oriental Salad

1 small head of Napa cabbage
¾ pound fresh spinach
1 tablespoon of oil
2 cloves garlic, minced
½ teaspoon of ground ginger
2 stalks celery, cut into julienne strips
½ pound of fresh mushrooms, sliced
2 tablespoons of Kikkoman soy sauce

Separate and rinse Napa cabbage; pat dry. Slice enough leaves crosswise into 1-inch pieces to measure 8 cups. Wash and drain spinach; tear into pieces. Heat oil in Dutch oven over medium-high heat. Add garlic and ginger. Stir-fry until garlic is lightly browned. Add celery; stir-fry 2 minutes. Add cabbage and mushrooms; stir-fry 2 minutes. Add spinach; stir-fry 2 minutes longer. Stir in soy sauce; serve immediately.

Serves 6-8

Oriental Toss

Boiling water

1/4 pound fresh snow peas, trimmed

1/4 pound fresh bean sprouts

1 head curly leaf lettuce, washed and drained

1/4 pound fresh mushrooms, sliced

1/4 cup distilled white vinegar

2 tablespoons of sugar substitute

2 tablespoons of Kikkoman soy sauce

2 tablespoons of water

1/2 teaspoon of ground ginger

Pour enough boiling water over snow peas in small bowl to cover; let stand 10 minutes. Drain; cool under cold water and drain thoroughly. Pour boiling water over bean sprouts in colander; cool immediately under cold water and drain thoroughly. Tear lettuce into bite-size pieces; combine with snow peas, bean sprouts, and mushrooms in a large serving bowl. Cover and refrigerate until chilled. Meanwhile, combine vinegar, sugar substitute, soy sauce, water, and ginger until sugar dissolves. Pour desired amount of dressing over salad mixture; toss well to coat all ingredients.

Serves 6

Cucumber Fan Salad

2 large cucumbers

1 teaspoon salt

1 teaspoon sesame seed

2 tablespoons oil

1/8 teaspoon ground red pepper (cayenne)

1/4 cup distilled white vinegar

2 tablespoons sugar substitute

1 tablespoon Kikkoman soy sauce

Trim off and discard ends of cucumbers, then peel lengthwise with vegetable peeler to form stripes. Cut each cucumber in half lengthwise; remove seeds. Slice each half crosswise, making cuts close together to within 1/4 inch of edges. Place cucumbers in large bowl and sprinkle evenly with salt; let stand 30 minutes, tossing occasionally. Meanwhile, toast sesame seed in small dry skillet over medium-high heat. Remove from heat and stir in oil and red pepper; cool. Blend vinegar, sugar substitute, and soy sauce; stir into sesame seed mixture. Rinse cucumbers. Drain and pat dry. Return to bowl. Pour dressing over cucumbers and toss to coat well. Cover and refrigerate 1 hour, stirring occasionally. Remove cucumbers from dressing. Gently spread each piece to form fan and arrange on dish.

Serves 6

Bean Sprout and Spinach Salad

Boiling water

1 pound fresh spinach, washed

½ pound fresh bean sprouts

1 tablespoon sugar substitute

4 teaspoons of distilled white vinegar

1 tablespoon of Kikkoman soy sauce

1 teaspoon of toasted sesame seed

Pour boiling water over spinach in colander; rinse immediately with cold water. Drain thoroughly and place in medium-sized serving bowl. Repeat procedure with bean sprouts and place in same bowl. Combine sugar substitute, vinegar, soy sauce, and sesame seed; pour over vegetables and toss to combine. Cover and refrigerate for at least an hour before serving.

Serves 4

Grilled Oriental Fish Steaks

4 fish steaks (halibut, salmon, or swordfish), about 3/4 inch thick

1/4 cup Kikkoman soy sauce

3 tablespoons minced onion

1 tablespoon chopped fresh ginger root

1 tablespoon sesame seed, toasted

½ teaspoon sugar substitute

Place fish in a single layer in a shallow baking pan. Measure soy sauce, onion, ginger, sesame seed and sugar into blender container; process on low speed 30 seconds, scraping sides down once. Pour sauce over fish; turn over to coat both sides.

Marinate 30 minutes, turning fish over occasionally. Remove fish and broil or grill 4 inches from heat 5 minutes each side, or until fish flakes easily when tested with a fork.

Serves 4

Cantonese Chicken Salad

3 chicken breast halves
2 cups water
5 tablespoons of Kikkoman soy sauce, divided
4 cups shredded iceberg lettuce
½ cup finely chopped green onions and tops
1/3 cup distilled white vinegar
2 tablespoons sesame seed, toasted
2 teaspoons sugar substitute
½ teaspoon of ground ginger
2 tablespoons of minced fresh cilantro

Simmer chicken in mixture of water and 1 tablespoon of soy sauce in covered saucepan 15 minutes, or until chicken is tender. Remove chicken and cool. Shred chicken into a large mixing bowl. Add lettuce and green onions. Combine vinegar, remaining 4 tablespoons soy sauce, sesame seed, sugar substitute, and ginger; stir until sugar dissolves. Pour over chicken and veggies, toss to coat. Cover and refrigerate for an hour before serving. Just before serving- add cilantro and toss to combine.

Serves 6

Yangtze Stir-Fry

½ pound of boneless tender beef steak (sirloin or top loin)
4 tablespoons Kikkoman Stir-fry sauce, divided
1 pound Swiss chard or romaine lettuce
2 tablespoons oil, divided
1 medium onion, cut into ½-inch strips
1/8 to 1/4 teaspoon crushed red pepper flakes
1/8 teaspoon salt
½ cup unsalted roasted peanuts

Cut beef across grain into thin slices. Coat with 1 tablespoon stir-fry sauce; let stand 10 minutes. Separate and rinse chard; pat dry. Cut leaves crosswise into 1-inch strips, separating stems from leaves. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add beef and stir-fry 1 minute; remove. Heat remaining 1 tablespoon oil in same pan. Add chard stems, onions, and red pepper. Sprinkle with salt and stir-fry 4 minutes. Add chard leaves; stir-fry 2 minutes. Add beef and remaining 3 tablespoons of stir-fry sauce; cook and stir until veggies are coated with sauce. Remove from heat, stir in peanuts.

Serves 2-3

Celery Sauté

2 tablespoons Smart spread or I Can't Believe It's Not Butter
Spray

2 cups diagonally sliced celery

½ cup diagonally sliced green onions, including tops

1 can (4 ounces) sliced mushrooms, drained

1 can (5 ounces) water chestnuts, drained and sliced

1 ½ teaspoon salt

½ teaspoon pepper

In a large skillet or wok, melt butter. Add remaining ingredients and sauté 2 minutes or until crisp-tender, stirring constantly. Serve with any chicken or fish entrée.

Serves 4

Simply Green Beans

1 pound fresh green beans, ends removed and cut in half
crosswise

1 tablespoon Smart spread or I Can't Believe It's Not Butter

3 tablespoons coarsely grated Romano cheese

1/4 to ½ teaspoon pepper

1/4 teaspoon of garlic powder

1/4 teaspoon parsley

In a large saucepan, bring 2 quarts of water to a boil; add beans. After water has returned to a boil, cook beans 4 minutes. Drain; rinse under cold water. In medium skillet, melt butter; sauté green beans 3 minutes or until tender. Add remaining ingredients; toss well. Serve hot.

This is a great side dish for chicken or fish.

Serves 4

Ceviche

½ pound of sea scallops, halved
½ pound firm white fish, cubed
¼ cup lime juice
¼ cup lemon juice
1 large tomato, seeded and chopped
2 tablespoons chopped red onion
2 tablespoons of olive oil
1 tablespoon diced green chilies
1 tablespoon chopped fresh cilantro
1 teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon parsley
¼ teaspoon oregano

In a large glass bowl, combine scallops and fish with lime and lemon juice. Cover and refrigerate 4 hours or overnight, stirring occasionally. Drain; stir in remaining ingredients.

Serve on lettuce leaves with lemon or lime wedges.

Serves 4 main dishes or 8 appetizers

Jade Salad with Sesame Vinaigrette

5 cups fresh spinach or romaine lettuce
1 can (9 ounces) tuna, drained and broken into chunks
1 cup frozen cooked bay shrimp, thawed
¾ cup shredded cucumber
½ cup shredded red radishes

Sesame Vinaigrette Ingredients:

3 tablespoons rice vinegar or cider vinegar
2 tablespoons of sesame oil
2 tablespoons of olive oil
2 teaspoons of soy sauce
2 teaspoons sesame seed
1 teaspoon sugar substitute
Salt and pepper to taste

In a large bowl toss together spinach, tuna, shrimp, cucumber, and radishes. For dressing, in a shaker jar combine sesame vinaigrette ingredients. Cover and shake well until blended. Drizzle over salad; toss well.

Serves 4

"Grilled" Tuna with Vegetables in Herb Butter

4 pieces heavy-duty aluminum foil, each 12x18 inches
1 can (12 ounces) tuna, drained and broken into chunks
1 cup slivered red or green bell pepper
1 cup slivered zucchini
1 cup pea pods, cut crosswise into halves
4 green onions, cut into 2-inch slices
1/4 cup Smart spread or I Can't Believe It's Not Butter, melted
1 tablespoon lemon or lime juice
1 clove garlic, minced
2 teaspoons dried tarragon, crushed
1 teaspoon dill weed
Salt and pepper to taste

On each piece of foil mound tuna, bell pepper, zucchini, pea pods, and onions. For herb butter, in a small bowl stir together butter, lemon juice, garlic, tarragon, and dill weed. Drizzle over tuna and vegetables. Sprinkle with salt and pepper. Fold edges of each foil square together to make packets.

To Grill: Place foil packets about 4 inches above hot coals. Grill for 10 to 12 minutes, or until heated through, turning packet over halfway through cooking.

To Bake: Place foil packets on a baking sheet. Bake in preheated 450 F. oven for 15 to 20 minutes or until heated through.

Tuna and Vegetables a la Grecque

1 ½ cups French-cut green beans, cooked
1 cup cherry tomatoes, cut into halves or wedges
1 cup sliced zucchini
½ cup slivered green bell pepper
1 can (12 ounces) tuna, drained and broken into chunks

Red Vinaigrette:

1/3 cup red wine vinegar
1/4 cup olive oil
2 tablespoons parsley
1 teaspoon sugar substitute
1 teaspoon dried rosemary, crushed
1 clove garlic, crushed
Salt and pepper to taste

In a large nonmetallic bowl stir together beans, tomatoes, zucchini, bell pepper and tuna. For Red Vinaigrette dressing, in a large shaker jar combine ingredients. Cover and shake until well blended. Pour over salad. Toss with salad to coat. Cover and chill 2 to 24 hours before serving. Serve salad with a slotted spoon.

Serves 4-5

Gazpacho Tuna Salad

1 cup shredded lettuce
1 can (3 1/4 ounces) tuna, drained and flaked
1/3 cup chopped celery
1/3 cup chopped cucumber or zucchini
1/3 cup tomato-vegetable juice
1 tablespoon oil
Bottled hot pepper sauce to taste

Line a dinner plate with shredded lettuce. In a large shaker jar, combine tuna, chopped veggies, veggie juice, oil and hot pepper sauce to taste. Cover and shake well until blended. Use a slotted spoon to arrange mixture over lettuce.

Serves 1

Tuna-Lettuce Bundles

2 large lettuce leaves
1 can (3 1/4 ounces) tuna, drained and broken into small chunks
1/2 cup shredded red cabbage
1/4 cup shredded zucchini
1/4 cup alfalfa sprouts
1 tablespoon low-sugar Thousand Island or Blue Cheese salad dressing
Pepper to taste
2 red or green bell pepper rings

Trim stalks from lettuce leaves. In a small bowl, toss together tuna, cabbage, zucchini, and sprouts. Stir in dressing; season to taste with pepper. Spoon 1/2 of the mixture in the center of each leaf. Roll up leaves, enclosing filling. Secure lettuce bundles by slipping a bell pepper ring over each. Place bundles seam side down on plate.

Serves 1

Spicy Pork Strips

1 pound boneless pork chops, ½ inch thick
1/3 cup Kikkoman soy sauce
1/4 cup minced green onions and tops
1 tablespoon sugar substitute
1 tablespoon sesame seed, toasted
3 tablespoons water
1 ½ teaspoons minced fresh ginger root
1 teaspoon Tabasco pepper sauce
1 clove garlic, minced

Slice pork into 1/4-inch thick strips, about 4 inches long. Thread onto metal or bamboo skewers, keeping meat as flat as possible. Arrange skewers in large shallow pan. Blend soy sauce, green onions, sugar, sesame seed, water, ginger, pepper sauce, and garlic stirring until sugar dissolves. Pour mixture evenly over skewers; turn to coat all sides. Let stand 30 minutes, turning skewers over occasionally. Reserving marinade, remove skewers and place on rack of broiler pan; brush with reserved marinade. Broil 3 minutes or until pork is tender, turning once and basting with additional marinade.

Serves 6 to 8 for appetizers

Marinated Mushrooms

1/4 cup distilled white vinegar
1 tablespoon sugar substitute
2 teaspoons Kikkoman soy sauce
1 tablespoon water
1 can (4 oz) whole mushrooms, drained
Toasted sesame seed (optional)

Thoroughly combine vinegar, sugar, soy sauce, and water in a small bowl. Add mushrooms and toss to coat; sprinkle with sesame seed. Marinate 45 to 60 minutes; stirring occasionally. Drain off marinade; serve mushrooms with wooden toothpicks.

Serves 4 for appetizers

Oriental Tea Eggs

8 tea bags or 3 tablespoons loose black tea leaves
3 cups of water
½ cup low-sugar teriyaki sauce
8 eggs, room temperature

Combine tea bags, water, and teriyaki sauce in medium saucepan; add eggs. Bring to a full boil over high heat. Remove from heat; cover tightly and let stand 10 minutes. Remove eggs; reserve liquid. Place eggs under cold running water until cool enough to handle. Gently tap each eggshell with back of a metal spoon until eggs are covered with fine cracks (do not peel eggs). Return eggs to reserved liquid. Bring to a boil; reduce heat, cover and simmer 25 minutes. Drain off liquid and refrigerate eggs until chilled, about 1 hour. Peel carefully before serving.

Serves 8 if 1 egg each

Smoked Chicken and Black Bean Soup

2 cups dried black turtle beans, soaked
1 strip of turkey bacon, diced
1 cup diced onion
½ cup diced celery
1 tablespoon minced jalapeno chili pepper
Black pepper
1 clove garlic, minced
1 bay leaf
2 tablespoons finely chopped cilantro stems
6 cups of low-sodium canned chicken broth
2 whole boneless, skinless chicken breasts, cooked
1 tablespoon chopped cilantro leaves

Drain the beans and set aside. Cook the bacon in a 4-qt pot over medium-low heat for 2-3 minutes. Add onion, celery, and jalapeno pepper. Season lightly with black pepper and cook until the veggies begin to soften about 5 minutes. Add the garlic and cook for 1 more minute. Add the bay leaf, cilantro stems, beans, and broth and bring to a boil quickly over high heat. Lower the heat and simmer until the beans are completely tender, about 30 minutes to 40 minutes. Cut the chicken into ½" cubes. Divide the chicken among the soup bowls, mounting it in the center, and ladle the soup around it.

Serving is 1 cup
Serves 8

Asparagus with Prosciutto-Bacon and Eggs

2 teaspoons extra-virgin olive oil
3 ounces thinly sliced prosciutto
1 pound thin asparagus
2 large hard-boiled eggs, coarsely chopped

Preheat oven to 400 F. Lightly brush 1 teaspoon olive oil on a large baking sheet. Arrange the prosciutto in a single layer on the prepared baking sheet. Bake at 400 for 10 minutes or until crisp. Cool the prosciutto and crumble into large pieces.

Snap off the ends of the asparagus. Fill a large nonstick skillet with 2 inches of water and bring to a boil. Add 1 teaspoon of salt and asparagus. Cook the asparagus for 3 minutes or until crisp-tender and drain.

Arrange the asparagus on a serving platter. Drizzle with the remaining 1 teaspoon of olive oil. Sprinkle with salt and pepper to taste. Top the asparagus with the eggs and prosciutto.

Serves 4

Garlic-Stuffed Chicken

2 cups of water
8 cloves of garlic, unpeeled
6 tablespoons chopped fresh parsley, divided
1/4 teaspoon salt
4 boneless skinless chicken breasts
1/4 cup chicken broth
2 tablespoons lemon juice

In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic; peel and cut into thin slices. In a small bowl, combine garlic, 1/4 cup of chopped parsley, lemon peel, and salt. Mix well.

Cut chicken breasts in half, but not all the way. You want to create a "pocket" in them. Place about 1 teaspoon of garlic mixture between each chicken breast.

Heat a large skillet over medium-high heat. Add chicken; cook until golden brown, about 4 minutes. Turn chicken; reduce heat to medium.

Cover and cook until no longer pink in the center, about 10 to 12 minutes. Transfer chicken to a plate. Using paper towels, wipe any fat from skillet.

Add remaining chopped parsley, broth, and lemon juice to the pan. Bring to a boil; cook for 1 minute. Spoon mixture over chicken.

Last Minute Chicken

4 Skinless boneless chicken breasts

For the marinade:

1/4 cup mayo

1 tablespoon Dijon-style mustard

1/8 teaspoon salt

1/8 teaspoon black pepper

To prepare marinade, in a shallow glass dish, combine mayo, mustard, salt, and pepper. Mix well.

Place chicken in a dish, turning to coat. Cover dish with plastic wrap; refrigerate for 30 minutes. Preheat broiler. Line a broiler pan with foil. Spray foil with cooking spray and set aside. Remove chicken from marinade. Place chicken in prepared pan. Discard marinade. Broil 4 inches from heat, turning once, until chicken is cooked through and no longer pink, about 14 to 16 minutes. Place chicken on a serving platter immediately.

Serves 4

Mexicana Chicken

1 teaspoon sesame seed

1/2 teaspoon whole cloves

1 tablespoon chili powder

1 tablespoon olive oil

2 cloves garlic, minced

1 medium yellow onion (about 1 cup)

3/4 cup chicken broth

1/4 cup no-salt added tomato sauce

1 tomatillo, peeled and chopped

1 large tomato, chopped

4 skinless boneless chicken breasts

1 teaspoon ground cinnamon

In a small skillet, combine sesame seed and cloves. Cook over low heat stirring until fragrant, about 3 minutes. Stir in chili powder.

In a blender or food processor fitted with a metal blade, process spice mixture until ground. Set aside. In a small saucepan, heat oil over medium heat. Add garlic and onion. Cook, stirring, until softened, about 3 minutes. Add broth, tomato sauce, tomatillo, tomato, and reserved spice mixture. Cook until thickened, about 15 minutes.

Meanwhile, preheat broiler. Sprinkle chicken with ground cinnamon. Broil, turning once, until no longer pink, about 10 minutes. Place on serving plates. Spoon sauce over the top. Serve immediately.

Serves 4

Peppery Chicken Skillet

4 skinless boneless chicken
1/4 teaspoon salt
1/4 teaspoon black pepper
2 cups thinly sliced mushrooms
3/4 cup chicken broth
2 tablespoons chopped parsley, divided
1/4 crushed red pepper flakes

Season chicken with salt and black pepper. In a large skillet over medium heat, combine chicken, mushrooms, broth, 1 tablespoon of parsley, and red pepper flakes. Bring to a boil; reduce heat to low. Cover, and simmer until chicken is cooked through and no longer pink, about 15 minutes.

Spoon chicken mixture on serving plates. Sprinkle with remaining parsley. Serve immediately.

Serves 4

Jalapeno Chicken

4 chicken breasts
1 clove garlic, halved
1/2 teaspoon freshly ground black pepper

For the marinade:

1/4 cup lime juice
2 jalapeno peppers
1 tablespoon of olive oil

Rub chicken with cut sides of garlic halves and sprinkle with black pepper. To prepare marinade, in a blender or food processor fitted with a metal blade, combine lime juice, jalapeno peppers, and oil and process until smooth.

Place chicken in a shallow glass baking dish. Brush chicken with marinade. Cover dish with plastic wrap and refrigerate for 30 minutes.

Preheat oven to 375 F. Line a baking sheet with foil. Place chicken on prepared baking sheet. Bake chicken until cooked through and no longer pink, about 35 minutes to 40 minutes. Place chicken on a serving platter. Serve immediately.

Serves 4

Sicilian Chicken

4 teaspoons olive oil, divided
6 chicken breasts
1 medium yellow onion, chopped, about 1 cup
5 cloves of garlic, minced
3 cups canned, peeled plum tomatoes
½ cup chicken broth
1 tablespoon red-wine vinegar
2 teaspoons dried basil
1 teaspoon dried oregano
½ teaspoon black pepper
¼ cup chopped parsley

In a large skillet, heat 1 tablespoon of oil over medium heat until hot but not smoking. Add chicken in batches; cook until browned, about 10 minutes. Place chicken on a serving platter.

In the same skillet, heat remaining oil over medium heat. Add onion; cook, stirring frequently, until softened, about 5 minutes. Add garlic to skillet; cook for 1 minute longer. Return chicken pieces to skillet. Add tomatoes, broth, vinegar, basil, oregano, and pepper. Partially cover skillet; cook until chicken is no longer pink, about 30 minutes. Serve immediately.

Serves 6

Greek Goddess Salad

1 head romaine lettuce, torn to bite-size pieces
1 medium green bell pepper, thinly sliced (about 1 cup)
2 medium tomatoes, cut into 8 wedges
¼ cup black olives
¼ crumbled feta cheese, lite, of course!

For the dressing:

2-1½ tablespoons lemon juice
2 teaspoons olive oil
1 teaspoon chopped oregano or ¼ teaspoon dried oregano
¼ teaspoon black pepper

To prepare the dressing, in a small bowl, combine lemon juice, oil, oregano, and pepper. Mix well and set aside.

Dry lettuce thoroughly in a salad spinner or with a double layer of paper towels. Place in a large salad bowl. Add bell pepper, tomatoes, olives, and feta. Pour the dressing over the salad. Toss gently to coat. Divide the salad among serving plates and serve immediately.

Serves 4

Seattle Steak Salad

12 ounces of beef top round steak, trimmed and cut into 1/4-inch thick strips

2 cups snow peas, trimmed

8 cups of bite-size pieces of mixed salad greens

1 cup sliced white mushrooms

For the marinade:

1/2 cup chicken broth

1/3 cup soy sauce

1/4 cup fresh cilantro

1/4 cup lime juice

1/4 cup sliced green onion

To prepare the marinade, in a shallow glass dish, combine broth, soy sauce, cilantro, lime juice, and green onion. Mix well.

Reserve 1/2 cup of marinade. Add beef to remaining marinade in dish; toss to coat. Cover dish with plastic wrap and chill for 30 minutes.

Remove beef from marinade; discard marinade in dish. In a nonstick skillet, cook beef over medium-high heat, stirring frequently, until browned, about 4 minutes. Add snow peas; cook, stirring constantly, until just tender, about 1 minute.

Meanwhile, in a small saucepan, heat, reserved marinade over low heat, until heated through, about 2 minutes. Divide the greens among 4 serving plates. Spoon beef mixture and mushrooms evenly over greens. Drizzle warm dressing over salads.

Serves 4

DEVEILED EGGS

• 6 eggs

• Dash of salt

• Dash of pepper

• 1/4 tsp. mustard

• Celery seeds

• 1 1/2 to 2 1/2 T. mayonnaise

• Paprika

• Green olives, sliced

Hard boil eggs. Cool 10 minutes and remove shells. Cut into halves lengthwise and remove yolk. Cream yolk, salt, pepper, mustard and mayonnaise. Put 1/2 teaspoonful into egg whites and garnish with olive slices and paprika. Makes 12.

Sautéed Steak Diane

4 thin sirloin tip steaks
1 tablespoon minced yellow onion
1/4 cup water
3 tablespoons Worcestershire sauce
2 tablespoons beef broth
1 teaspoon lemon juice
3 tablespoons sliced green onions
1 tablespoon Smart spread or I Can't Believe It's Not Butter
1 tablespoon chopped fresh parsley

Spray a large skillet with cooking spray. Heat over medium-high heat. Add steaks, two at a time, and cook for 1 minute per side for medium-rare. Place steaks on a plate and cover to keep warm. Repeat with the remaining steaks.

Add the yellow onion, water, and Worcestershire sauce to skillet. Cook over medium-high heat, scraping up brown bits, until slightly reduced, about 2 minutes. Stir in broth, lemon juice, green onion, butter, and any accumulated juices from the plate. Cook for 1 minute. Stir in parsley. Place steaks on serving plates. Top with pan juices.

Serves 4

CUBAN EGGS

8 hard cooked eggs
1 cup (4 oz.) shredded sharp Cheddar cheese, divided
3 tablespoons non dairy/fat free half and half
1/2 teaspoon salt, optional
Dash pepper
1/2 cup chopped onion
1/2 cup chopped sweet green pepper
1 tablespoon butter
2 cans (8 oz. each) no-salt-added tomato sauce
Hot cooked brown rice, optional (good for phase 2)
Parsley sprigs, optional

Preheat oven to 350°F. Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in 1/2 cup of cheese, milk, salt, and pepper until well blended. Fill each white with one heaping tablespoon yolk mixture. Place in 8x8x2?inch baking dish.

In medium saucepan over medium heat, cook onion and pepper in butter until crisp tender, about 3 minutes. Stir in tomato sauce and bring to boiling. Pour over eggs. Sprinkle with remaining cheese. Bake until hot and bubbly and cheese is melted, about 15 minutes. Serve over rice and garnish with parsley, if desired.

Chili-Spiced Chicken

1 medium yellow onion, quartered
2 cloves of garlic
2 tablespoons chili powder
2 teaspoons ground cumin
2 teaspoons lime juice
4 chicken breasts

For the salsa:

2 cups canned black beans, rinsed and drained
½ cup diced red bell pepper
¼ cup chopped red onion
¼ cup diced cucumber
2 tablespoons lime juice
2 tablespoons red-wine vinegar
½ teaspoon ground cumin

To prepare salsa, in a medium bowl combine beans, pepper, onion, cucumber, lime juice, vinegar, and cumin. Mix well. Cover tightly with plastic wrap and set aside.

In a blender or food processor fitted with a metal blade, process yellow onion and garlic until smooth. Add chili powder, cumin, and lime juice; process until a paste forms. Spread the chili paste over both sides of the chicken. Place chicken in a shallow dish. Cover with plastic wrap and marinate for 10-20 minutes. Preheat the broiler. Line broiler pan with foil. Broil chicken 4 inches from the heat, turning once, until cooked through and no longer pink in the center, about 12 minutes. Cut chicken on a diagonal into thin slices. Spoon salsa evenly onto plates. Fan chicken over the salsa. Serve immediately.

Serves 4

FRITTATA

- 1 (6 oz.) jar marinated artichoke hearts
- 2 T. butter
- 1 C. Fresh Mushrooms, sliced
- ¼ C. chopped scallions
- 6 eggs
- 1 ½ tsp. garlic salt
- 2 T. white wine
- 2 T. grated Parmesan cheese

Drain artichoke marinade into a 10?inch ovenproof skillet. Add butter and melt. Sauté mushrooms until golden. Add artichoke hearts and scallion, tossing until heated through. Turn heat to medium. Beat eggs with garlic salt and wine until blended. Pour over mushroom mixture. DO NOT STIR. Cook slowly until sides are bubbly. Sprinkle with cheese and place under broiler until cheese is browned and eggs are set. Serve directly from skillet. Makes 4 servings.

MEXICAN OMELET

- 3/4 C. chopped avocado
- 1/3 C. sour cream
- 2 T. chopped green chile
- 1 T. chopped scallion
- 1 tsp. lemon juice
- 1/4 tsp. salt
- Dash of Tabasco sauce
- 2 T. butter or margarine
- 6 beaten eggs
- 1 C. shredded Monterey Jack cheese

In a small bowl, combine the first 7 ingredients. In a 10?inch ovenproof skillet, melt the butter over medium heat pour eggs into the skillet and cook 3 to 5 minutes, lifting eggs to allow the uncooked portion to flow underneath. Remove from heat; sprinkle egg evenly with cheese and place skillet in a 325°F oven for 3 to 4 minutes or until the cheese melts. Spread avocado mixture on top ½ omelet and return it to the oven for 5 to 7 minutes. Fold the omelet in half to serve.

SCRAMBLED MOZZARELLA EGGS

- 6 extra large eggs
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/4 lb low fat mozzarella cheese, coarsely shredded

Preheat oven to 350°F. Put butter in a 9?inch round metal cake pan in the oven just long enough to melt but not brown; remove and swirl butter to coat bottom and sides of pan. Beat eggs, milk, salt and pepper to blend. Pour into prepared pan and place in oven. When mixture begins to set, in about 5 minutes, draw a large spoon or spatula around sides and bottom of the pan to form large curds. Repeat process at 1 minute intervals for 2 or 3 times, depending on how set you want eggs. Remove from pan with sweeping motions of the spoon or spatula, and fold in mozzarella. Serve at once!

SOUTHERN STUFFED EGGS

- 12 hard-boiled eggs
- ½ tsp. salt
- 1 tsp. dry mustard
- 1/5 tsp. pepper
- 5 slices bacon, crisply fried and finely crumbled
- ½ C. mayonnaise or salad dressing
- ½ to 1 tsp. white vinegar
- Paprika

Cut peeled eggs in half lengthwise. Take out yolks and mash with fork. Mix in salt, mustard, pepper, bacon, mayonnaise and vinegar. Fill egg whites with yolk mixture. Sprinkle with paprika. Keep covered in refrigerator. 1/4 cup finely chopped sweet pickles may be substituted for bacon for a different flavor.

TRATTORIA FRITTATA

- 8 ounces bulk Italian sausage
- 1 cup chopped green pepper
- 1 teaspoon fennel seed
- 8 eggs
- ½ cup (4 oz.) part-skim ricotta cheese
- 1 teaspoon garlic powder
- 1 small tomato, thinly sliced
- ¼ cup (1 oz.) shredded part-skim mozzarella cheese

In 10?inch omelet pan or skillet with ovenproof handle+ over medium heat, cook sausage, green pepper and fennel seed, stirring to break sausage apart, until sausage is browned, about 3 to 5 minutes. Drain well. Return to pan.

In medium bowl, beat together eggs, ricotta cheese and garlic powder until blended. Pour into pan over sausage mixture. Cover. Cook over medium heat until eggs are almost set, about 8 to 10 minutes. Top with tomato slices. Sprinkle with mozzarella cheese. Broil about 6 inches from heat until cheese is melted, about 1 to 2 minutes. Cut into wedges and serve from pan or slide from pan onto serving platter.

Egg Tomato Cheese Melt

Boil 4 eggs (adjust recipe as needed)

Spray microwave dish with "I Can't Believe Its Not Butter"

Layer microwave dish with slice tomatoes (onion and peppers if desired).

Slice eggs, layer on top of tomatoes, season, and

top with cheese. Microwave on high for 2-3 minutes until cheese melts.

Egg White Omelette With Herbs And Mushrooms

4 eggs whites

1 tablespoon chopped fresh herbs (a combination of any or all of the following fresh herbs maybe used: basil, tarragon, thyme, parsley and chives) or

1 ½ teaspoon dried herbs

sliced mushrooms

1 tablespoon low-fat Parmesan cheese

Place egg whites in mixing bowl. Whisk eggs slightly Add 1 tablespoon of herbs to egg mixture and mix well . Coat a small skillet with non-stick cooking spray and set it over low heat. Pour egg in mixture and slices mushrooms.

When eggs begin to set, left edges with spatula and tilt skillet to let uncooked egg run to the bottom; sprinkle Parmesan cheese over omelet. Continue cooking omelet over low heat; when cooked to an even consistency, fold the omelet over into a half circle and cook until fluffy.

Spaghetti Squash Parmesan

6 Servings

1 spaghetti squash, quartered

1 cup water

1 ½ cup shredded zucchini

½ cup diced tomato

1/3 cup sliced green onions

4 tbsp. grated Parmesan cheese

1 tbsp. lemon juice

1 tsp. basil

1/4 tsp. dill

1/4 tsp. ground black pepper

Place the squash, cut side up, in a Dutch oven. Add the water. Cover and bring to a boil. Reduce the heat and simmer for 13 to 17 minutes, or until squash fibers pull apart easily with a fork. Remove the squash from the pan and drain well. Scoop out and discard the seeds. Using 2 forks, fluff the flesh into strands.

In a steamer basket over simmering water, steam the zucchini, covered, for 3 minutes; remove from the heat. Discard the cooking liquid from the Dutch oven and dry the pan well. Add the squash, zucchini, tomatoes, and green onions to the pan. Stir in the Parmesan, lemon juice, basil, fill, and pepper. Toss well to coat with sauce. Cook 1 minute over medium high heat to heat through.

Roasted Cauliflower With Garlic

6 Pound cauliflower (3 heads), cut into 2-inch-wide florets

½ cup olive oil

4 garlic cloves, minced

½ teaspoon salt

1/4 teaspoon black pepper

Preheat oven to 425F. Toss cauliflower with oil, garlic, salt, and pepper in a large bowl. Spread evenly in 2 shallow baking pans and roast in upper and lower thirds of oven, stirring occasionally, until golden, 25 to 30 minutes.

Zucchini Hash Browns

1 cup grated zucchini

1 Tbsp. grated onion

2 eggs, beaten slightly

Salt, pepper, onion powder, (garlic powder for those who use it)

I heat oil in my big cast iron skillet. Mix all ingredients together in medium sized bowl and drop by heaping tablespoons in hot oil. When brown on one side, turn and cook the other side. Stack on a plate and keep in warm oven 'till whole batch is done. You can top these with sour cream, or butter, or smother in gravy. Very low in carbs. I store in the fridge and heat and serve whenever I'm in the mood. This absolutely satisfied my craving for potatoes.

Green Beans Almondine

1/4 cup slivered blanched almonds

1/4 cup butter

1/4 tsp. salt

1 - 2 tsp. lemon juice

2 cups cooked green beans

Cook slivered almonds in butter over low heat until golden, stirring occasionally. Remove from heat; add salt and lemon juice. Pour over hot, cooked green beans.

Total recipe: 600 calories, 24 grams of carbohydrate Per serving: 150 calories, 6 grams of carbohydrate

Ratatouille

3 T olive oil

2 cloves garlic, minced

1 red onion, chopped

1 eggplant, cut into 1 inch cubes

2 red peppers, chopped

2 c sliced zucchini

2 c diced tomatoes

1 t oregano

2 t basil

In a large skillet, sauté garlic and onion in olive oil until slightly tender.

Add eggplant and red peppers and sauté for a few more minutes.

Add remaining ingredients and cook over low heat, covered, about 10 minutes or until vegetables are tender.

Broccoli Rabe with Shiitake Mushrooms

1 teaspoon olive oil

1 large onion, diced

1/4 pound shiitake mushrooms, halved
(about 1 cup)

5 cups broccoli rabe, chopped
(about 2 bunches)

4 cups red cabbage, chopped
(about one medium head)

4 garlic cloves, minced

3/4 teaspoon sea salt

Heat large skillet on medium to medium-high heat and add oil. Sauté onion for a few minutes, then add the mushrooms. Cook for about 5 minutes. Add chopped broccoli rabe and cook a few more minutes.

Add chopped cabbage, and cook for about 10 minutes. Lastly, add garlic, and cook another few minutes. Season with sea salt at end, and cook one minute.

Roasted Green Beans

2 pounds green beans

5 garlic cloves, crushed

1 teaspoon olive oil

½ teaspoon sea salt

3 tablespoons balsamic vinegar

Toss green beans, garlic, olive oil, and salt in baking dish, and roast in a 350 degree F (175 degree C) oven (no need to preheat oven) for 40 minutes. Before serving, toss with balsamic vinegar.

VARIATIONS: - "Roasted Asparagus" - use asparagus spears in place of green beans.

Cannellini Bean Salad

Dressing:

1 cup olive oil

2 1/3 cup red wine vinegar

Salt & pepper to taste

Pinch of oregano

1 clove garlic, slightly broken

Salad:

2 cans cannellini beans

2 red onions, chopped

1 bell pepper

Minced parsley

Dressing: Mix all ingredients together and let set at room temperature to blend flavors.

Salad: Drain 2 cans of cannellini beans and rinse under cold water. Place in bowl and add 2 red onion chopped, 1 bell pepper cut in small pieces and some minced parsley. Add the dressing and adjust the salt and pepper. Add a little more oregano, if desired.

Guacamole Dip or Salad Dressing

3 ripe avocados

3 Tbsp. lemon juice

1 small onion very fine chopped

1 tsp. garlic powder

2 Tbsp. mayonnaise

Salt and pepper to taste

Dash of Tabasco sauce

Dash of Worcestershire sauce

Very finely chopped jalapenos peppers to taste

1 chopped ripe tomato

Placed peeled and cut avocados in a medium bowl and on low speed blend with mixer. Add remaining ingredients, adding jalapenos to suit your taste and blend until mixture is thoroughly blended together but not soupy. Chill and serve on lettuce as salad or with chips as dip. Place avocado pits in mixture while being stored in refrigerator to keep mixture

Lentil Soup

2 tablespoons olive oil
2 large onions, cubed
1 teaspoon minced garlic
3 carrots, diced
2 stalks celery, diced
3 ½ cups crushed tomatoes
1 ½ cups lentils ? soaked, rinsed and drained
½ teaspoon salt
½ teaspoon ground black pepper
¾ cup white wine
2 bay leaves
7 cups chicken stock
1 sprig fresh parsley, chopped
½ teaspoon paprika
½ cup grated Parmesan cheese

In a large stockpot, saute the onions in oil until they are glossy. Stir in garlic, paprika, celery, carrots, and saute for 10 minutes. Once the vegetables have sauteed for 10 minutes stir in tomatoes, chicken stock, lentils, bay leaves, salt, and pepper. Stir well, then add the wine and bring the mixture to a boil. Slowly reduce the heat and cook for 1 hour on low to medium heat; or until the lentils are tender. Sprinkle the soup with parsley and Parmesan before serving.

Arugula Salad with Balsamic Vinegar Dressing

3 garlic cloves, chopped
1 ½ lbs. arugula
1 pint cherry tomatoes, halved
3 tbsp. balsamic vinegar
½ cup olive oil
2 shallots, minced
¼ tsp. salt
1. In small bowl or blender mix together garlic, balsamic vinegar, olive oil, shallots and salt.
2. In large bowl add in arugula and tomatoes. Pour over dressing and serve.

Rare Roast Beef Salad with Mustard Mayonnaise from Amy Kanarios

Serves 6

Dressing:

1/3 cup (3 ½ fl oz/100 ml) olive oil

1/4 cup (2 fl oz/60 ml) lemon juice

2 tablespoons finely chopped chives

1 tablespoon drained tiny capers

1 tablespoon finely chopped sun-dried bell pepper (capsicum)

Salt and freshly ground black pepper

Combine all of the dressing ingredients in a small bowl. Whisk together until well blended.

Mustard Mayonnaise:

1/4 cup (2 fl oz/60 ml) mayonnaise

1 tablespoon Dijon mustard

2 teaspoons Worcestershire sauce

A few drops of Tabasco sauce

Combine all the mayonnaise ingredients in a small bowl. Stir until well blended.

Salad:

3 lbs (1.5 kg) rare roast beef, sliced - allow 2 large slices per person

6 oz (185 g) cherry tomatoes, halved

1 head (3 ½ oz/100 g) radicchio, washed and torn

1 bunch (3 ½ oz/100g) lamb's lettuce, washed and torn

1 jar (8 oz/250 g) artichoke hearts, halved

1/3 cup (2 ½ oz/75 g) tiny cornichons (tiny gherkins or dill pickles) Divide the remaining ingredients among 6 serving plates. Spoon the dressing over and place a tablespoon of mayonnaise in the center of each salad.

Jumbo Garlic Shrimp

48 jumbo shrimps, cleaned and deveined

4 tbsp. cayenne pepper

6 tbsp. garlic powder

2 cups olive oil

In large bowl combine oil, cayenne pepper and garlic powder. Blend well and add in the shrimp. Coat the shrimp well.

Heat skillet and saute shrimp half at a time.

When done place in large bowl and use toothpicks or serve 6 on a plate as first course.

Caribbean Chicken Salad

4 boneless, skinless chicken breast halves

½ cup teriyaki marinade (store bought)

4 cups chopped iceberg lettuce

4 cups chopped green leaf lettuce

1 cup chopped red cabbage

PICO DE GALLO:

2 medium tomatoes, diced

½ cup diced Spanish onion

2 tsp. chopped fresh jalapeno pepper, seeded and de-ribbed

2 tsp. finely minced fresh cilantro pinch of salt Combine all ingredients in a small bowl. Cover and chill.

LIME DRESSING:

1/4 cup Grey Poupon Dijon mustard

1/4 cup honey

1 ½ Tbsp. brown sugar

1 Tbsp. sesame oil

1 ½ Tbsp. apple cider vinegar

1 ½ tsp. lime juice

Blend all the ingredients in a small bowl with an electric mixer, Cover and chill.

Marinate the chicken in the teriyaki for at least two hours. Use a resealable plastic bag. Put in fridge. Preheat outdoor or indoor grill. Grill the chicken for 45 mins. per side or until done. Toss the lettuces and cabbage together and divide into 2 large serving size salad bowls. Divide the pico de gallo and pour in equal portions over the two bowls of greens. Slice the grilled chicken into thin strips and divide among bowls. Pour the dressing into two small bowls and serve with the salads.

Hummus

16 oz. can garbanzo beans, do not drain

3 tablespoons cold pressed olive oil

1 clove garlic or more, finely mashed

1 teaspoon parsley

3 tablespoons lemon juice

dash of cayenne pepper

Add garbanzo beans with the water that is in the can, sesame oil, garlic, lemon juice, cayenne, and 1/4 cup of the cooking water to a food processor. Process until smooth. Add more water if mixture is too thick. Allow to chill in the refrigerator for at least one hour. Spread on a flat platter and garnish with parley. Serve with vegetables.

Thai Tom Yum Goong

1 pound Uncooked king prawns
1 lemon or lime's worth of juice
1 stalk fresh lemon grass
2 cm piece of fresh ginger don't use powder
1 can Chinese straw mushrooms
1 sprig fresh coriander leaves
1 Roma tomato chopped
4 cloves garlic chopped
½ onion sliced
15 fresh red chillies
3 tbsp Vietnamese or Thai fish sauce

Directions

Shell and devein prawns. In a big pot of water boil up the prawn heads with lemon grass, galangal, tomato, garlic, onion and chillies for one hour.

Just before serving, add straw mushrooms, prawns, lemon juice and fish sauce. Garnish with coriander leaves, serve immediately.

Beef Kushisashi

½ cup soy sauce
1/4 cup chopped green onions and tops
2 tablespoons sugar substitute
1 tablespoon canola oil
1-1/2 teaspoons cornstarch
1 clove garlic, pressed
1 teaspoon grated fresh ginger root
2-1/2 pounds boneless beef sirloin steak

Blend soy sauce, green onions, sugar, oil, cornstarch, garlic, and ginger in small saucepan. Simmer, stirring constantly, until thickened, about 1 minute; cool. Cover and set aside. Slice beef into 1/8-inch-thick strips about 4 inches long and 1-inch wide. Thread onto bamboo or metal skewers keeping meat as flat as possible; brush both sides of beef with sauce. Place skewers on rack of broiler pan; broil to desired degree of doneness.

Serves 10-12 for appetizers

The Best Turkey Chili Ever

2 lb. Ground Turkey

1 Onion, chopped

1 Clove Garlic, chopped

3 Tbl. Chili Powder

1 small can Crushed Tomatoes (or Equiv. Fresh)

1 can Beef Broth

1 - 2 cans Cannelini Beans (or Kidney, etc.)

Salt to taste

Cayenne Pepper or Crushed Red Pepper to taste

Brown Meat. Add Onion & Garlic. When transparent, add Chili Powder.

Cook about 5 minutes over medium heat. Add remaining ingredients.

Simmer, uncovered approx 2 hours, stirring occasionally. Top with

Cheddar or Jack Cheese

Crab-Cheese Dip

2 cans (6 ½ oz. each) crabmeat

1 container (8 oz.) creamed cottage cheese

2 tbsp. mayonnaise

1 tbsp. prepared mustard

1 tbsp. lemon juice

½ tsp. salt

Parsley

Twisted lemon slices

Drain crabmeat thoroughly. Reserve reddest pieces for garnish. Put remaining half in container of electric blender with cheese, mayonnaise, mustard, lemon juice and salt.

Whirl until blended. Place in bowl and garnish with remaining crabmeat, parsley, lemon slices.

Toasted Seasoned Nuts

2 tablespoons butter

1 teaspoon seasoned salt

1 teaspoon seasoned pepper

½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon cayenne pepper

1 cup whole almonds

1 cup pecan halves

1 cup walnut halves

Preheat oven to 300. Melt butter in large skillet. Stir in spices. Stir in nuts to coat. Pour in a rimmed baking sheet and spread in a single layer. Bake for 10 minutes. Stir and bake 10 minutes longer or until lightly toasted. Cool and store in an airtight container.

Hot Artichoke and Spinach Dip

1 pkg. Cream Cheese
1 can 14 oz. Artichoke Hearts, drained, coarsely chopped
½ cup Spinach, frozen chopped, or steamed
1/4 cup Mayonnaise (do not use Miracle Whip)
1/4 cup Parmesan Cheese
1/4 cup Romano Cheese (You can use all Parmesan)
1 clove garlic, finely minced
½ tsp. fresh basil (dry 1 tbsp. Basil)
1/4 cup Mozzarella Cheese grated
1/4 tsp. Garlic Salt

Salt and Pepper to taste

Allow cream cheese to come to room temperature. Cream together mayonnaise, Parmesan, Romano cheese, garlic, basil, and garlic salt. Mix well. Add the artichoke hearts and spinach (careful to drain this well), and mix until blended. Store in a container until you are ready to use. Spray pie pan with Pam, pour in dip, and top with cheese. Bake at 350degrees for 25 minutes or until the top is browned. Serve with cucumber slices, pork rinds or sliced celery).

Guacamole

1 med. tomato, peeled
2 ripe avocados, black or green
3 Tbsp. finely chopped, canned green chilies (I use mild, but you can use whatever you want
½ cup finely chopped onion
1-1/2 Tbsp. white vinegar
1/8 tsp. pepper

In a medium bowl, crush tomato with potato masher

Peel avocados, halve crosswise, and remove pits. Slice avocados into crushed tomato.
Crush with tomato until well blended

Add chile peppers, onion, vinegar, and pepper. Mix well

Refrigerate, covered, until well chilled-at least 1 hour

Hope you like it. Holds for about a week. Try it with Grilled chicken slices on top of onions, mushrooms, and green peppers. Add a dollop of sour cream. Also great with pork rinds.

Chicken Marsala

1 skinless, boneless chicken breast

1 teaspoon shallot, diced fine

½ teaspoon garlic, crushed

4 whole mushrooms, sliced

salt and pepper, to taste

½ cup Marsala wine

½ cup beef demi-glace

In a hot pan, saute the sliced chicken breast in a small spoon of butter or olive oil. When the chicken is cooked, add the chopped shallots, garlic and sliced mushrooms. Stir in about ½ cup Marsala wine and ½ cup demi-glace. Let the sauce reduce until it's nice and creamy by stirring the mixture. Taste it, add salt or pepper, and serve.

Lettuce Wraps

2 breasts of chicken, boneless and skinless, sliced into fajita strips

1 Portobelo mushroom cap, stem removed and diced finely (1/4" dice)

½ onion, finely diced

3 green onion tops, sliced

½ cup diced water chestnuts

½ cup bean sprouts

1 clove elephant garlic, minced (or 1/4 tsp. minced regular garlic)

Olive oil

Sesame oil

Chili oil

Soy sauce

Salt

A head green leaf or some romaine hearts

Sauce:

1 cup chicken broth

1 tsp. HOT Chinese mustard

2 tsp. regular yellow mustard

red pepper flakes

Chili oil

1 packet Equal

Sprinkle the chicken with just a tad of salt; Heat 2 Tbsp. olive oil, 1 tsp. sesame oil, and a sprinkle of chili oil in a big skillet. Sear the chicken in the hot oil, then turn down heat and cook until done; set aside to cool, then dice. In the same oil, sauté the onions until tender. Add the mushrooms and a little water, then cook until they are soft. Add

the garlic and green onion tops, stirring constantly so that the garlic doesn't burn.

Throw in the water chestnuts and the sprouts, mix well, and add 2 Tbsp. soy and a little more chili oil. Add back in the diced chicken, and Voila! There's your filling. Adjust the seasonings to your taste. Heat the chicken broth till piping hot, then whisk in the mustards, Equal, red pepper, and chili oil. Add enough soy sauce to make it taste the way you like. Using a lettuce leaf, fill it with filling and top with a spoon or two of sauce.

Pork Tenderloin with Roasted Garlic Mayonnaise

1 12 oz. Pork Tenderlointlets

5 tbsp. olive oil

½ tsp. salt

½ tsp. pepper

¼ cup Romano or Parmesan cheese

1 cup parsley

1 Whole Garlic, Medium Head

½ cup mayonnaise

Preheat oven to 325°. In long mixing dish or pan combine parsley, salt, pepper and cheese. Coat pork tenderloin with oil on all sides and cover with the parsley mixture.

Place in baking dish with 4 tbsp. of oil and bake uncovered for about 45 minutes to an hour. Also, take the first layer of skin off the garlic bulb and cut off the pointed top. Place in small baking dish with 2 tsp. of olive oil and bake for 45 minutes.

After 45 minutes let garlic cool and squeeze out the garlic like toothpaste. With the fork tines, press the garlic down. Mix with the mayonnaise well.

Remove pork from oven and let cool for 10 minutes. Cut into slices and serve two to each plate with a teaspoon of garlic mayonnaise on the side or on top of them. Garnish with some parsley.

Scallops Provencal

2 teaspoons olive oil

1 pound sea scallops

½ cup thinly sliced onion, separated into rings

1 garlic clove, minced

1 cup diced regular or plum tomatoes

¼ cup chopped ripe olives

1 tablespoon dried basil

¼ teaspoon dried thyme

1/8 teaspoon salt

1/8 teaspoon freshly ground pepper

Heat olive oil in a large nonstick skillet over medium-high heat. Add scallops, and saute 4 minutes or until done. Remove scallops from skillet with a slotted spoon; set aside, and keep warm. Add onion rings and garlic to skillet, and saute for 1½ minutes. Add tomato and remaining ingredients and saute 2 minutes or until tender. Spoon sauce over scallops.

Chicken With Crunchy Vegetables

Yield: 4 servings

3/4 pound skinned, boned chicken breast, cut into 1-inch pieces

1/4 cup low-sodium teriyaki sauce, divided

1 teaspoon dark sesame oil

1 cup diagonally sliced celery

3/4 cup thinly sliced carrot

1 clove garlic, crushed

1 cup coarsely shredded red cabbage

1 (8-ounce) can sliced water chestnuts, drained

Preparation time: 10 minutes

Combine chicken and 1 tablespoon teriyaki sauce in a bowl; stir well. Let stand 10 minutes. Heat oil in a nonstick skillet over medium-high heat. Add celery, carrot, and garlic; stir-fry 1 minute. Stir in cabbage and water chestnuts; remove from skillet. Add chicken; stir-fry 3 minutes. Add remaining teriyaki sauce; stir-fry 1 minute. Return cabbage mixture to skillet; stir-fry 1 minute or until done. Yield: 4 servings (serving size: 1 cup).

Cioppino

3 cloves garlic, minced

1/4 cup onion, finely chopped

2 tablespoons parsley, chopped

1 cup olive oil

2 cups tomato sauce

1 (28 oz.) can tomatoes

1/2 teaspoon dried oregano

1/2 teaspoon dried marjoram leaves

Salt and pepper to taste

1/2 cup dry sherry

2 rock lobster tails with shells, uncooked, cut into serving pieces

2/3 pound raw shrimp, peeled and deveined

1 1/2 pounds whitefish (haddock, halibut or cod), cut into serving pieces

24 clams in shell, or 3 (7 1/2 oz.) cans minced clams, drained

Cook garlic, onion and parsley in hot olive oil until onion is tender. Add tomato sauce, tomatoes, oregano and marjoram. Add 1 1/2 cups water, salt and pepper. Stir. cover tightly. Bring to a boil. Reduce heat and simmer, uncovered, 20 minutes. Add sherry and simmer another 10 minutes. Stir in remaining ingredients, adding clams last. Cover. Bring to a boil. Reduce heat and simmer 15 minutes.

Pollo Alla Cacciatora

2 lbs. chicken parts

6 Tbs. olive oil

1 small carrot

1 stalk celery

1 lb. tomatoes, peeled, seeded, and chopped

salt, pepper

bay leaf

juniper berries

1 glass dry white wine

1 oz. dried mushrooms

1 clove garlic

½ cup chicken broth

1 Tbs. chopped parsley

Wash the chicken parts and pat-dry. Saute the carrot, celery, onion, and garlic in olive oil. When tender, but not crisp, add the chicken parts, salt and pepper, bay leaf, juniper berry and let brown over high flame. Add the wine and, when it has evaporated, add a few mushrooms, which have been previously reconstituted in warm water, the tomatoes and ½ cup broth.

Cook for about 1 hour over medium heat. When ready remove from heat, add the chopped parsley and arrange in a pre-heated serving platter. Serve.

“Club Sandwich”

2 large chicken breast halves, cooked, bones and skin removed - dice into cubes

½ lb turkey bacon, fried very crisp, drained - crumble into largish pieces

2 tomatoes - cut into small cubes

Generous amount of mayonnaise to bind

Salt & pepper to taste

Optional pinch of celery seeds

8 large leaves of Romaine lettuce left whole, washed, dried, and crisped in fridge

Mix first group to make chicken salad, and use the Romaine leaves like taco shells to eat it with. Serves two for a light supper.

Balsamic Chicken

1 Lb. boneless skinless chicken breast

1 green pepper

2-3 whole garlic cloves

Salt and pepper to taste

Dark balsamic vinegar

Olive oil

Mushrooms

Onion

Italian seasoning

In a baking pan pour olive oil then place breasts inside. Then cut pepper into strips, slice onion, toss in garlic cloves and mushrooms. Pour in balsamic vinegar. Let marinate in refrigerator for at least an hour. Then pre heat oven @400. Season to taste salt/black pepper, Italian seasoning. Cook until chicken is done.(30 min. or so)

Chicken Rollups - from Debby Keen

2 boneless chicken breasts

2 slices Swiss cheese

1 cup mushrooms, sliced

2 tablespoons onion, chopped

Some broccoli spears

½ cup chicken broth

1 tablespoon butter

Oregano to taste

Pound the chicken breasts out 1/4 inch thick. If this makes them too big to handle easily, slice lengthways to manageable size. Put a slice of the cheese on each breast, top with some of the broccoli spears. Roll up jellyroll style, fasten with toothpicks.

Heat the butter in a heavy skillet, preferably with a lid. Put the chicken rolls in the butter on low to medium heat and cook for at least 15 minutes, turning frequently to brown on all sides. Chicken should have clear juices. Scrape bottom of pan frequently to loosen up the good stuff:) Broccoli will still be a little crunchy. Pour in the chicken broth, use as much as you would like to have gravy, allowing for a bit of reduction as it cooks. Add mushrooms and onions, and oregano. Increase heat a little and stir from time to time to reduce the sauce. Serve and enjoy

GRILLED SWORDFISH

The marinade in this recipe can be used for most fish.

4 large swordfish steaks, cut in half

1/4 C. fresh lemon juice

2 tsp. Dijon mustard

1/3 C. soy sauce

1 tsp. lemon peel, grated

1 clove garlic, crushed

1/2 C. vegetable oil

Lemon wedges

Prick swordfish all over and place in shallow, glass dish. Combine all remaining ingredients, except lemon wedges, which are used for garnish. Pour over the swordfish. Marinate for 1 to 3 hours (or longer, if desired). Broil or grill fish using moderate heat for 5 to 6 minutes per side, basting with remaining marinade.

Garlic Lime Chicken

4 Boneless, Skinless Chicken Breasts

1/2 cup low sodium soy sauce

1/4 cup fresh lime juice

1 tablespoon Worcestershire sauce

2 cloves garlic, minced

1/2 teaspoon dry mustard

1/2 teaspoon coarsely ground pepper

Marinating Time 30 Minutes

Cooking Time 15 Minutes

Rinse chicken with cold water and pat dry with paper towels. Place in recloseable plastic bag. Mix together soy sauce, lime juice, Worcestershire sauce, garlic and mustard. Pour over chicken in bag. Close bag and toss to coat well. Marinate in refrigerator 30 minutes. Drain chicken; discard leftover marinade. Sprinkle chicken with pepper. Spray non-stick fry pan with butter-flavored cooking spray and heat over medium heat. Add chicken and cook about 6 minutes on each side or until done. Refrigerate leftovers. Note: Chicken may be grilled. It is also delicious served cold.

Savory Kale Stuffed Chicken

4 whole broiler-fryer chicken breasts, halved, boned
½ medium onion
1 tablespoon extra virgin olive oil
2 medium garlic cloves, minced
4 cups firmly packed kale leaves, ribs removed
1 pound ricotta cheese
1 egg, beaten
¼ cup chopped parsley
1 teaspoon salt
1 tablespoon fresh chopped basil
¼ teaspoon freshly ground pepper

In food processor, place onion and process with on-and-off control until onion is chopped. Add oil to medium frying pan and heat to medium temperature. Add garlic and onion; sauté about 5 minutes or until lightly browned and set aside. In large sauce pan, place 2 cups water and a steamer basket. Cover and bring water to a boil; add kale and steam over high heat about 6 minutes or until kale is cooked through. Remove kale and place in food processor. Process with on and off control until finely chopped. Gather into a ball and gently press out excess water. In large bowl, mix together onion and garlic mixture, kale, ricotta, egg, parsley, salt, basil and pepper. Gently loosen skin from one side of breast to form a pocket. Stuff ⅓ cup of kale mixture into pocket of each breast. Tuck skin and meat under breast to form dome shape. Place chicken in buttered glass baking dish. Bake in 350 degrees F, oven about 30 minutes or until fork can be inserted in chicken with ease. Remove from oven and let rest about 10 minutes before slicing and serving. Makes 8 servings.

MIDDLE EASTERN GRILLED CHICKEN

4 chicken breast halves,
skinned and browned
¼ C. lemon juice
2 T. oil
2 T. hot mustard
½ tsp. oregano
¼ tsp. salt
4 medium-size onions, cut in half
1 green bell pepper, cut into
1 inch squares

Cut chicken into 1 inch pieces. Combine lemon juice, oil, mustard, oregano and salt. Add chicken, stirring until well coated. Cover and refrigerate at least 2 hours. Arrange on skewers, alternating with onions and green pepper. Grill over hot coals or broil for 10 to 15 minutes, turning occasionally, and brushing with marinade.

SIRLOIN SHISH KEBAB

2 C. port or Burgundy
4 tsp. Worcestershire sauce
4 cloves garlic
2 C. vegetable oil
8 T. catsup
4 T. vinegar
2 tsp. marjoram
4 tsp. sugar
2 tsp. salt
2 tsp. Accent®
2 tsp. rosemary
3 lb. sirloin tip, cut in 2-inch squares
12 fresh mushrooms
3 tomatoes, quartered
3 onions, quartered
3 green bell peppers, quartered

Mix all ingredients except tomatoes, onions and green peppers. Marinate for at least 4 hours (overnight is better) in a non-reactive dish. Alternate steak and vegetables on 6 skewers. Broil over charcoal fire, turning frequently, and basting with marinade.

Blackened Tuna

2 tuna filets or steaks
3 tablespoons cold pressed olive oil
1 onion or 3 cloves garlic, chopped
1 teaspoon or more black pepper
1/4 teaspoon sea salt
1 teaspoon parsley
3 oz. baby spinach

Place the olive oil in a large sauté' pan at medium-high heat. Add the onions and cook until slightly brown. Push the onions to the edge around the pan. Add black pepper to both sides of the tuna. Place the tuna in the center of the pan. Add the other spices to everything in the pan. Cook the tuna until it is browned. Turn over and brown the other side. The tuna is done when the center is cooked. Serve over a bed of spinach. Serves two.

SUGARLESS BARBECUE SAUCE

2 medium onions, minced
1 can tomato soup, undiluted
3/4 C. water
3 T. vinegar or lemon juice
3 T. Worcestershire sauce
1 tsp. salt
1/4 tsp. cinnamon
1 tsp. paprika
1/4 tsp. black pepper
1 tsp. chili powder
1/8 tsp. cloves

Combine all ingredients. Heat and use to baste meats or fish. Yields 2 cups.

Cajun Seasoning

Use as a coating for pork chops, ribs, tenderloin or kabobs.

2 T. paprika
2 tsp. salt
2 tsp. onion powder
2 tsp. garlic powder
2 tsp. cayenne
1 1/2 tsp. ground white pepper
1/2 tsp. ground black pepper
1 tsp. dry thyme leaves
1 tsp. oregano leaves

In jar with tight-fitting lid, shake together all ingredients. Store tightly covered at room temperature. Makes about 1/2 cup.

CARIBBEAN JERK RUB

2 T. dried minced onion
1 T. garlic powder
4 tsp. dry thyme leaves, crushed
2 tsp. salt
2 tsp. ground allspice
½ tsp. ground nutmeg
½ tsp. ground cinnamon
1 T. sugar
2 tsp. black pepper
1 tsp. cayenne pepper

In jar with tightfitting lid, shake together all ingredients. Store tightly covered at room temperature. Makes about ½ cup.

MEDITERRANEAN RUB

Use as a coating for pork chops, ribs, tenderloin or kabobs.

Zest of 2 lemons
1/3 C. thinly sliced garlic cloves
1/3 C. fresh rosemary leaves
1/4 C. fresh sage leaves
1/4 C. coarsely ground black pepper
2 T. salt

Combine ingredients in the bowl of a food processor. Process until garlic, herbs and lemon zest are chopped finely and ingredients are thoroughly combined. Store tightly covered in the refrigerator. Makes about 1 cup.

SESAME LIME MARINADE

This tangy sauce is delicious with chicken or beef kabobs. It keeps the meat moist and flavors the vegetables.

1 T. finely shredded lime peel
1/3 C. lime juice 3 T. vegetable oil
1 T. sesame oil
1/4 tsp. salt
2 T. Brown Sugar Twin (sugar substitute)
1 tsp. sesame seeds

Combine lime peel, juice, oils and salt. Pour over chicken or beef and marinate for 1 to 4 hours. Prepare meat for grill, reserving marinade. Combine 1/4 cup marinade, honey and sesame seeds. Baste meat while cooking and again before serving.

