

Franfoods two

A Dexter eBook



Braciolo Italian Beef Roll with spinach, egg sausage

This recipe is a revised version of that below.

Recipe By :

Serving Size : 0 Preparation Time : 0:00

Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|--|
| 2 | pounds | Braciolo beef cut -- pounded thin |
| 2 | | eggs, hard-boiled -- diced |
| 1/2 | pound | spinach leaves -- chopped washed and dried |
| 2 | | sausage link -- casing removed |
| 5 | | kalamata olives -- chopped |
| 3 | ounces | mozzarella cheese -- chopped |
| 3 | ounces | Parmesan cheese -- grated |
| | | salt peper |
| 10 | ounces | marinara sauce |

pound with mallet the braciolo beef steak until thin

add on top of beef the combination of spinach, sausage, eggs, olives,cheese salt pepper

roll beef around stuffing and tie with string the roll.

cover with tomatoe sauce and add more Parm Romano on top

cook 350 deg 40 min in oven

add pasta and salad to plate

Per serving: 1294 Calories (kcal); 91g Total Fat; (63% calories from fat); 81g Protein; 37g Carbohydrate; 605mg Cholesterol; 4029mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 10 Lean Meat; 1 Vegetable; 0 Fruit; 11 1/2 Fat; 0 Other Carbohydrates

Flank Steak Rolls with Bitter Broccoli (Bracirole Ripieni di Rape)

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3 cups Basic Tomato Sauce, recipe follows

1 cup green Italian olives

2 tablespoons plus 1 tablespoon fresh chopped oregano leaves

1/2 cup grated Pecorino cheese

4 bunches Italian parsley, finely chopped to yield 1 cup

1/4 teaspoon freshly grated nutmeg

1 pound beef flank steak, sliced into 8 thin scallops

Salt and pepper

1 bunch broccoli rabe, blanched in boiling water and refreshed

Flour for dusting

1/4 cup extra-virgin olive oil

1/2 cup dry red wine

In a medium saucepan, combine the tomato sauce, green olives and 2 tablespoons oregano and bring to a boil. Reduce to a simmer and continue cooking while assembling the rest of the dish.

In a mixing bowl, combine the Pecorino, chopped parsley and nutmeg and mix until well blended. Lay 8 pieces of steak out on board. Season with salt and pepper. Divide the Pecorino mixture evenly over the beef, spreading it to form a thin layer on top of each piece of steak. Roughly chop the broccoli rabe and divide it among the pieces of beef. Roll up each piece like a jelly roll and tie securely with a piece of butcher's twine. Dredge each roll in the flour.

In a 12- to 14-inch skillet, heat 1/4 cup oil until smoking. Place 4 rolled steak pieces at a time in the skillet and brown evenly, rolling with tongs or a wooden spoon. Remove first 4 pieces and repeat with remaining four. Remove second group and pour off the cooking oil to discard.

Put the skillet back on the heat and add the red wine, scraping the bottom of the skillet with a wooden spoon to loosen browned bits. Add the simmering tomato sauce and bring to a boil. Add all 8 beef rolls and simmer, uncovered, for 10 to 15 minutes, until all of the meat is cooked through. Remove the meat to heated platter, pour the sauce over the meat and garnish with the remaining oregano.

BASIC TOMATO SAUCE

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1/4 cup extra virgin olive oil

1 Spanish onion, chopped in 1/4- inch dice

4 garlic cloves, peeled and thinly sliced

3 tablespoons chopped fresh thyme leaves, or 1 tablespoon dried

1/2 medium carrot, finely shredded

2 28 ounce cans peeled whole tomatoes, crushed by hand and juices reserved

Salt to taste

In a 3 quart saucepan, heat the olive oil over medium heat. Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes. Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft. Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds one week in the refrigerator or up to six months in the freezer. Yield: 4 cups

Yield: 4 main course servings

Prep Time: 1 hour 15 minutes

Cook Time: 30 minutes

Medallions of Beef Tenderloin Chasseur

Recipe By :
Serving Size : 6 Preparation Time : 0:00
Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 2 | pounds | beef tenderloin cut into 2 ounce medallions |
| 1 | teaspoon | garlic -- chopped |
| 1 | teaspoon | shallots -- chopped |
| 1 | pound | fresh mushroom -- sliced |
| 1 | pound | fresh tomatoes -- peeled, seeded, chopped |
| 1 | teaspoon | tarragon |
| 1/2 | cup | burgundy |
| 2 | tablespoons | parsley -- chopped |
| 1 | quart | Maderia sauce |
| | | salt |
| | | pepper |
| | | flour |
| | | butter |
| | | oil |
| | | Maderia Sauce 1 qt |
| 3 | tablespoons | butter -- 3/8 stick |
| 1 1/2 | teaspoons | garlic -- minced |
| 1/2 | teaspoon | shallots -- minced |
| 1/2 | teaspoon | pepper -- cracked |
| 1/2 | cup | Maderia |
| 1/4 | cup | Burgundy |
| 4 | cups | brown sauce -- beef gravy |
| 1/4 | cup | tomato puree |
| 2 | tablespoons | Worchester sauce |
| | | salt |

Season medallions with salt and pepper to taste. Dredge in flour. Shake off excess. In large heated skillet, saute medallions in equal amounts of butter and oil until medium rare, in about 2-3 minutes per side. Transfer to large heated platter.

In same skillet, lightly saute garlic and shallots. Add mushrooms, tomatoes and tarragon and saute until mushrooms are tender. Add wine and parsley and cook 2-3 minutes more.

Add Maderia Sauce and heat thoroughly. Pour over meat and serve.

Maderia sauce preparation:

In medium saucepan, combine butter, garlic, shallots and pepper and cook until shallots and garlic are lightly browned.

Add wines and cook over medium-high heat stirring frequently, until sauce is reduced by 1/3.

Add brown sauce, tomato puree and Worcestershire sauce. Cook over medium heat for 1/2 hour, stirring occasionally. Season with salt to taste. Strain.

Description:

"Yacht Harbor Restaurant Honolulu Hawaii"

Ortega Tamale Pie (Ortega.com) we found this very good!!

This should be served with a salad to compliment the Pie (Ranch dressing, lettuce, tomato, etc).

Filling

1 lb ground beef
1 small onion chopped
1 jar (16oz) Ortega Salsa (any flavor)
1/3 cup water
1 pkg (1.25 oz) Ortega Taco Seasoning Mix
1 cup frozen corn kernels
1 can (2.25 oz) sliced ripe olives drained

Crust

1 cup yellow or white corn meal
1 can (12oz) evaporated milk (or just milk)
1 can (4oz) Ortega Diced Green Chilies
1 cup shredded cheddar cheese, divided
1 teaspoon salt
Ortega Pickled Jalapeno Slices (optional)

For filling: Cook beef and onion in large skillet until beef is browned; drain. Stir in salsa, water, and seasoning mix: bring to boil. Reduce heat to low; cook stirring occasionally, for 3 to 4 minutes.
Add cor and olives.

For crust: Preheat oven to 425 deg. Combine cornmeal, evaporated milk, chilies, 1/2 cup cheese, and salt in medium saucepan.

Cook over medium-high heat, stirring frequently for 5 to 7 minutes or until thickened.

Spoon filling into 12 x 8 inch un-greased baking dish. Spread cornmeal mixture on top.

Bake for 25 minutes; sprinkle with remaining cheese. Bake for additional 5 to 10 minutes or until cheese is melted.

Garnish with Jalapenos.

Anthony's Key Lime Pie

Recipe By :Anthony's Restuarant/Houston Chronicle

Serving Size : 12 Preparation Time :0:00

Categories : Pies

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|--|
| 3/4 | pound | graham cracker crumbs |
| 1/2 | cup | brown sugar -- packed |
| 1/4 | cup | plus 1 Tablespoon butter, melted |
| 3 | cans | (14 ounce) sweetened condensed milk |
| 5 | each | egg yolks |
| 2 | cups | Key lime juice -- canned or fresh |
| | | Sweetened whipped cream |
| | | Lime slices and mint sprigs -- for garnish |

Per serving: 168 Calories (kcal); 5g Total Fat; (26% calories from fat); 3g Protein; 28g Carbohydrate; 89mg Cholesterol; 177mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : In large bowl, combine crumbs, brown sugar and melted butter.. Press mixture 1/4-1/2" thick on bottom and sides of a 10" x 2" deep fluted pie pan.

In antoher bowl, mix condensed milk, egg yolks and lime juice on low speed of mixer until well-blended (it shoud be a creamy color and slightly thickened), about 2 minutes.

Pour into prepared pie shell and bake in preheated 350 degree oven 18-24 minutes (pressing surface lightly with finger should leave a mark). Remove from oven and let cool. Refrigerate 6-8 hours before serving.

Garnish with sweetened whipped cream, fresh lime slices and mint sprigs.

Baine's Guacamole

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Appetizers Salads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|-------------------------------------|
| 4 | each | avocados, ripe -- peeled and halved |
| 1/4 | cup | cilantro, fresh -- chopped |
| 1 | each | serrano pepper -- seeded and diced |
| 2 | tablespoons | lemon juice |
| 1 | each | tomato, medium -- diced |

Combine first 5 ingredients in a bowl. Coarsely mash with a fork. Stir in tomato. Chill 30 minutes. Garnish with serrano chile slices if desired.

Yield:
"4 cups"

Per serving: 10 Calories (kcal); trace Total Fat; (1% calories from fat); trace Protein; 3g Carbohydrate; 0mg Cholesterol; 1mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : May substitute 1 small jalapenpo pepper, seeded and diced in place of the serrano chile pepper.

BASIC QUESADILLAS (Makes 4)

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Sandwiches

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|---|
| 4 | tsp. | vegetable oil (or slightly more if using corn tortillas) |
| 8 | each | flour or corn tortillas (6-8 " each) |
| 2 | cups | grated cheese |
| 1 | cup | filling -- room temperature Sour cream (optional) salsa or guacamole (optional) |

Heat a skillet over medium heat; add ½ tsp. oil.

When hot, place 1 tortilla in pan; sprinkle with ¼ cup grated cheese, ¼ cup filling if using, and another ¼ cup grated cheese. Top with second tortilla; cook until cheese is melting and bottom tortilla is golden brown.

Flip; cook until golden on both sides, cheese is melted, and filling is hot.

Cut in wedges; garnish with topping. Repeat with remaining ingredients; serve.

Per serving: 913 Calories (kcal); 75g Total Fat; (74% calories from fat); 56g Protein; 3g Carbohydrate; 238mg Cholesterol; 1407mg Sodium
Food Exchanges: 0 Grain(Starch); 8 Lean Meat; 0 Vegetable; 0 Fruit; 10 Fat; 0 Other Carbohydrates

NOTES : Quesadilla filling recipes separate -- Chilces include chicken chipolte, sauteed mushroom with epazote, grilled ancho shrimp, chorizo with carmelized onions, tomato salsa.

Basil Buttered Beans

Recipe By :Tast of Home

Serving Size : 2 Preparation Time :0:00

Categories : Vegetables

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 2 | cups | fresh green beans -- cut into 2" pieces |
| 2 | tablespoons | onion -- chilled |
| 2 | tablespoons | celery -- chopped |
| 1/4 | cup | water |
| 2 | tablespoons | butter or margarine -- melted |
| 1 1/2 | teaspoons | fresh basil (or 1/2 tsp. dried) -- minced |
| 1/4 | teaspoon | salad herbs |
| 1/8 | teaspoon | pepper |

Per serving: 107 Calories (kcal); 12g Total Fat; (94% calories from fat); trace Protein; 1g Carbohydrate; 31mg Cholesterol; 125mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : In saucepan, combine beans, onion, celery and water. Cover and cook for 5 minutes or until beans are tender. Drain. Add the butter, basil, salt and pepper; stir to coat. Serve immediately.

Basil Grilled Chicken

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Poultry

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 3/4 | teaspoon | pepper -- coarsely ground |
| 4 | each | chicken breast halves -- skinned |
| 1/3 | cup | butter or margarine -- melted |
| 1/4 | cup | fresh basil -- chopped |
| 1/2 | cup | butter or margarine -- softened |
| 2 | tablespoons | fresh basil -- minced |
| 1 | tablespoon | Parmesan cheese -- grated |
| 1/4 | teaspoon | garlic powder |
| 1/8 | teaspoon | salt |
| 1/8 | teaspoon | pepper |
| | | Fresh basil sprigs -- option |

Per serving: 597 Calories (kcal); 52g Total Fat; (78% calories from fat); 31g Protein; 1g Carbohydrate; 197mg Cholesterol; 572mg Sodium
Food Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 7 1/2 Fat; 0 Other Carbohydrates

NOTES : Press 3/4 teaspoon pepper into meaty sides of chicken breast halves. Combine 1/3 cup melted butter and 1/4 cup chopped basil; stir well. Brush chicken lightly with melted butter mixture.

Combine 1/2 cup softened butter, 2 tablespoons basil, Parmesan cheese, garlic powder, salt, and pepper in a small bowl. Beat at low speed of an electric mixer until mixture is well blended and smooth. Transfer to a small serving bowl; set aside.

Grill chicken over medium coals 8-10 minutes on each side, basting frequently with remaining melted butter mixture.

Serve grilled chicken with basil butter mixture. Garnish with fresh basil sprigs, if desired.

Beef Tenderloin Mexicana

Recipe By :Houston Chronckle
Serving Size : 4 Preparation Time :0:00
Categories : Meats

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 4 | each | 5 ounce beef tenderloin steaks |
| 2 | tas | lime juice, fresh |
| 2 | tablespoons | chili powder |
| 2 | tablespoons | vegetable oil -- divided |
| 2 | teaspoons | garlic -- minced |
| 1/4 | teaspoon | cumin, gourd |
| 1/4 | teaspoon | red pepper flakes -- crushed |
| | | Creamy Cilantro Sauce -- Recipe below |
| | | Cilantro sprigs and red bell pepper rings |

Per serving: 74 Calories (kcal); 7g Total Fat; (84% calories from fat); 1g Protein; 3g Carbohydrate; 0mg Cholesterol; 38mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Place steaks in wide shallow dish. Combine lime juice, chili powder, 1 tablespoon oil, garlic, cumin and red pepper flakes in small bowl. Pour over steaks and rub to coat.

Place remaining oil in large, heavy nonstick skillet over medium-high heat until hot. Add steaks and cook 4 minutes on each side for medium-rare. Transfer to serving platter and keep warm. Spoon Creamy Cilantro Sauce over steaks. Garnish with cilantro sprigs and red bell pepper rings.

Serves 4

Creamy Cilantro Sauce

1 4 oz. can mild chopped green chilies, undrained
1/2 cup each, whipping cream and sour cream
1 tablespoon chopped cilantro

Place chilies in blender container and puree until smooth. Combine with whipping cream in small sauce pan over medium-low heat and bring to a gentle boil. Whisk in sour cream and cilantro. Cook until just heated through.

Beefsteak Tomato and Onion Salad

Recipe By :Pappas Steakhouse Restuarants

Serving Size : 2 Preparation Time :0:00

Categories : Salads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|-------------------------------------|
| 2 | each | beefsteak tomato, ripe |
| | Pinch | Kosher salt |
| 2 | tablespoons | Roquefort cheese -- crumbled |
| 4 | tablespoons | red wine vinaigrette -- divided |
| 2 | each | 1/4" think slice sweet yellow onion |
| | pinch | black pepper -- coarsely ground |

Per serving: 26 Calories (kcal); 2g Total Fat; (74% calories from fat); 2g Protein; trace Carbohydrate; 6mg Cholesterol; 127mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Arrange tomato slices in a salad bowl. Sprinkle with salt. Mix Roquefort with 2 Tablespoons vinaigrette and spread on top of tomatoes. Top with onion slice. Cover with remiajing vinaigrette and sprinkle with pepper.

To serve, arrange slices of tomat on bed romaine or bosten leaf lettuce leaves. Top with onion slice and vinaigrette.

Note: Vinaigrette can be purchased already made or made from the following to taste:

Chopped onion, chopped green onion, black and white pepper, a mixture of salad and olive oils, red wine vinegar, sherry, honey and garlic.

Beer Cheese

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Appetizers

| Amount | Measure | Ingredient -- Preparation Method |
|--------|------------|---|
| 1 | package | cream cheese, 3 oz., softened |
| 1 | package | sharp /cheddar cheese, (8 oz.) shredded |
| 1 | clove | garlic -- minced |
| 1 | tablespoon | Worcestershire sauce |
| 1/2 | teaspoon | dry mustard |
| 1/4 | teaspoon | ground red pepper |
| 1/4 | cup | beer |

Beat cheese at medium speed with an electric mixer until smooth.

Add garlic and next 3 ingredients; beat well.

Gradually add beer, beating until blended.

Chill 1 hour.

Serve with crusty bread or crackers.

Yield:

"2 1/2 cups"

Per serving: 44 Calories (kcal); trace Total Fat; (6% calories from fat); 1g Protein;
6g Carbohydrate; 0mg Cholesterol; 151mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates

Benny Sauce Marinated Turkey

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Poultry

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 1/2 | cup | lemon juice |
| 1/2 | cup | red wine vinegar |
| 1/2 | cup | vegetable oil |
| 2 | each | garlic clove, large |
| 2 | teaspoons | salt |
| 2 | teaspoons | onion powder |
| 1 1/2 | teaspoons | ground marjoram |
| 1 1/2 | teaspoons | dried thyme |
| 1 1/2 | teaspoons | basil, dried |
| 1 1/2 | teaspoons | Oregano, dried |
| 1 | teaspoon | celery salt |
| 1 | teaspoon | garlic powder |
| 2 | teaspoons | pepper |
| 4 | teaspoons | soy sauce, low sodium |
| 4 | teaspoons | Worcestershire sauce |
| 1/8 | teaspoon | hot sauce |
| 1 | each | 9 pound turkey breast |

Bring first 16 ingredients to a boil in a small sauce pan, stirring constantly; reduce heat, and simmer, stirring often, 1 to 2 minutes. Remove from heat, cool.

Place turkey in a large shallow dish; pour marinade over turkey. Cover and chill 8 hours, turning occasionally.

Remove turkey from marinade, reserving marinade. Place turkey on a rack in a roasting pan. Set aside.

Bring reserved marinade to a boil in a small saucepan; boil 1 minute. Remove from heat.

Bake turkey at 325 degrees for 3 hours or until a meat thermometer inserted into turkey breast registers 170 degrees, basting occasionally with marinade.

Per serving: 90 Calories (kcal); 9g Total Fat; (87% calories from fat); trace Protein; 3g Carbohydrate; 0mg Cholesterol; 572mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Bluebarb Pie

Recipe By : Saveur Magazine
Serving Size : 8 Preparation Time : 0:00
Categories : Pies

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--------------------------------------|
| ----- | | |
| | | Pastry dough for 9" pie |
| 2 | tablespoons | cornstarch |
| 1 1/4 | pounds | rhubarb -- cut into 1" pieces |
| 3/4 | cup | sugar |
| 1/2 | teaspoon | lemon zest |
| 1/2 | teaspoon | cinnamon |
| 1/8 | teaspoon | salt |
| 1 | cup | blueberries -- thaw, drain if frozen |
| 2 | tablespoons | butter |
| 1 | each | egg -- lightly beaten |

Per serving: 136 Calories (kcal); 4g Total Fat; (23% calories from fat); 1g Protein; 26g Carbohydrate; 31mg Cholesterol; 73mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : Dissolve cornstarch in 1/3 cup water in a medium saucepan. Add rhubarb, sugar, lemon zest, cinnamon, and salt, and cook, stirring, over medium heat for 2 minutes. Remove from heat, cool slightly, and add blueberries.

Preheat oven to 425 degrees. Line a 9" pie plate with pastry, add filling, and dot with butter. Cut remaining pastry round into 6 strips for lattice top and weave top crust. Brush crust with beaten egg.

Bake 10 minutes at 425 degrees; reduce heat to 350 degrees and bake until crust is brown, about 40 minutes.

Blueberry Citrus Cake

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : cakes

| Amount | Measure | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1 | package | 2 layer size leon cake mix |
| 1/2 | cup | orange juice |
| 1/2 | water | -- 1/3 cup |
| 3 | eggs | |
| 1 1/2 | cups | fresh or fozen blueberries |
| 1 | tablespoon | orange peel -- finely shredded |
| 1 | tablespoon | lemon peel -- finely shredded |
| 1 | recipe | Citrus Frosting |
| | | Orange peel curls (optinal) |

Preheat oven to 350. Grease and lightly flour two 8 x 1-1/2" or 9 x 1-1/2" round cake pans; set aside.

In large mixing bowl combine cake mix, orange juice, water, oil, and eggs. Beat with an electric mixer on low speed for 30 seconds. Increase speed to medium; beat fol 2 minutes. With a wooden spoon gently fold in blueberries, orange peel, and lemon peel. Pour batter into prepared pans.

Bake for 35-40 minutes or until a wooden toothpick inserted near center comes out clean. Cool layers in pans on wire racks for 10 minutes. Remove cakes from pans. Cool thoroughly on racks.

Frost with Citrus Frosting. Garnish with orange peel curls if desired. Store frosted cake in the refrigerator.

Citrus Frosting: In medium bowl, beat together one 3-oz. package softened cream cheese and 1/4 cup butter until fluffy. Add 3 cups sifted powdered sugar and 2 tablespoons orange juice. Beat until combined. In small bowl beat 1 cup whipping cream to soft peaks; add to cream cheese mixture. Add 2 tablespoons finely shredded orange peel and 1 tablespoon finely shredded lemon peel. Beat on low speed until combined.

Per serving: 5 Calories (kcal); trace Total Fat; (3% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Bread with Prosciutto and Olives

Recipe By : Saveur
Serving Size : 12 Preparation Time : 0:00
Categories : breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 3 3/4 | cups | flour -- Sift with |
| 1 1/2 | tablespoons | baking powder |
| 3/4 | cup | olive oil |
| 1 1/4 | cups | dry white wine |
| 1/2 | cup | water |
| 6 | each | eggs |
| 1/4 | pound | prosciutto, 1/8" slice |
| 1/4 | pound | Mortadella, 1/8" slice |
| 1 | cup | ripe olives -- pitted |
| 1/2 | cup | parmesan cheese -- grated |
| | | Black pepper -- freshly ground |

Per serving: 340 Calories (kcal); 18g Total Fat; (50% calories from fat); 8g Protein; 31g Carbohydrate; 96mg Cholesterol; 373mg Sodium
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : Grease and flour 8 1/2" x 11" baking pan. Sift flour and baking powder together into a large mixing bowl. Make well in center and add olive oil, dry white wine and water. Stir with fork until well blended. Beat eggs in another mixing bowl and stir into flour mixture. Slice prosciutto and mortadella into short strips and add to batter with pitted olives and grated parmesan cheese. Season with freshly ground black pepper.

Pour into pan and bake until golden, about 1 hour. Cool slightly, then turn out onto a wire rack to cool completely.

Bruschetta Roma

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Appetizers breads

| Amount | Measure | Ingredient | Preparation Method |
|--------|-------------|--|--------------------|
| 1 | each | loaf French bread | |
| 1/4 | cup | olive oil | |
| 4 | each | Roma tomatoes (3/4 pound) -- diced | |
| 1/2 | cup | fresh parsley -- minced | |
| 1 | each | green onion -- thinly sliced, include green part | |
| 2 | cloves | garlic -- minced | |
| 1/2 | cup | grated Asiago cheese | |
| 2 | Tablespoons | olive oil | |
| 1 | Tablespoon | fresh lemon juice | |
| 1 | teaspoon | sugar | |
| 1/2 | teaspoon | salt | |
| 1/4 | teaspoon | ground black pepper | |

Assemble tomato mixture by combining all ingredients; mix well. Refrigerate until ready to use

Slice French bread on the diagonal. Brush lightly with olive oil. Place on baking sheet and toast at 350 degrees for 12-15 minutes turning halfway through baking time.

Description:

"Jen Hawe's recipe"

Per serving: 2005 Calories (kcal); 95g Total Fat; (42% calories from fat); 42g Protein; 246g Carbohydrate; 0mg Cholesterol; 3849mg Sodium
Food Exchanges: 16 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 18 Fat; 1/2 Other Carbohydrates

Cavanaugh's Cream of Poblano Soup

Recipe By :Houston Chronicle
Serving Size : 8 Preparation Time :0:00
Categories : Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 3 | each | 6" corn tortillas -- plus more to garnish |
| 2 | tablespoons | flour |
| 1/2 | teaspoon | chili powder |
| 1 | teaspoon | cumin |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | pepper |
| 2 | tablespoons | canola oil |
| 1/2 | cup | onion -- finely diced |
| 1/2 | cup | poblano pepper plus more for garnish -- finely diced |
| 1/2 | teaspoon | garlic -- chopped |
| 2 | tablespoons | butter |
| 3 | cups | chicken stock |
| 1/2 | cup | half and half |
| 1/8 | cup | roasted chicken (about 1 oz.) -- chopped |
| 1/2 | cup | Monterey jack cheese -- xhred |

Per serving: 123 Calories (kcal); 10g Total Fat; (77% calories from fat); 3g Protein; 4g Carbohydrate; 20mg Cholesterol; 1014mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Cut 3 tortillas into ninths, place in food processor and chop until fine. Add flour, chili powder, cumin, salt and pepper. Blend to a consistency of cornmeal.

Place oil in stockpot over medium high heat. Add onion, 1/2 cup poblano pepper and garlic. Saute until onion is clear. Add butter and let melt. Add tortilla/flour mixture to the pan and mix to form a roux. Cook 4-5 minutes, stirring with a wire whip; do not let mixture burn.

While stirring, slowly add stock, scraping down sides and bottom often. Add half and half. Bring to a slow simmer and cook 7-10 minutes. Do not let soup come to a hard boil. Turn off heat and let cool. Add chicken before serving. Top each serving with shredded cheese, diced poblano pepper and tortilla strips.

Makes 8 servings

CHICKEN MARSALA WITH PANCETTA AND CREAM

Recipe By :

Serving Size : 0 Preparation Time : 0:00

Categories : Poultry

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| | | Olive Oil |
| 2 | oz. | pancetta (about a ¼" thick slice) -- cut into a ¼" dice |
| | | Flour for dredging (about ½ cup) |
| 4 | each | thin chicken breast cutlets -- about ½# total |
| | | Coarse salt |
| | | Freshly ground black pepper -- coarse grind |
| 1/2 | cup | dry Marsala wine |
| 2 | Tablespoons | Heavy cream -- (2 to 4) |
| | | Minced fresh flat-leaf parsley |

Coat a large skillet lightly with olive oil and set it over medium-high heat. Add the pancetta and cook until just crisp and lightly browned. Remove with a slotted spoon - leave the fat in the pan - and set aside.

Put the flour on a plate; pat the cutlets dry. Season them on both sides lightly with salt and amply with pepper. Heat the skillet with the pancetta fat over medium-high heat. Add more olive oil, if needed, to get about 2 Tbs. fat in the pan.

When the fat is hot, dredge a cutlet through the flour on both sides. Shake off the excess flour and immediately put the cutlet in the pan. Do the same with as many cutlets as will fit in the pan without touching. Sauté the cutlets, turning once, until browned on both sides; if thin, they should cook through in just a few minutes total. Transfer the cooked cutlets to a plate and continue sautéing the rest, adding more oil if necessary. Transfer these to the plate as well.

Pour off the excess fat. With the pan over medium-high heat, add the Marsala and scrape up any browned bits from the bottom of the pan. Cook until the Marsala is reduced by about a quarter.

Stir in the cream and boil until you get a nicely thickened sauce.

Return the chicken and pancetta to the pan and turn the cutlets over to coat. Let them reheat for 30 seconds to one minute.

Serve with the sauce and sprinkling of parsley, if you like.

Per serving: 103 Calories (kcal); 11g Total Fat; (94% calories from fat); 1g Protein; 1g Carbohydrate; 41mg Cholesterol; 11mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Serves 2

Chipotle BBQ Sauce

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Sauces/Salsas

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|------------------------------------|
| 1 | Tablespoon | olive oil |
| 1/2 | cup | onion -- chopped |
| 2 | Tablespoons | garlic -- minced |
| 1 | cup | ketchup |
| 1/4 | cup | malt vinegar |
| 1/4 | cup | brown sugar -- packed |
| 1/4 | cup | string brewed coffee |
| 3 | Tablespoons | stout beer -- such as Guinness |
| 2 | Tablespoons | unsulfured molasses(LIGHT) |
| 2 | tablespoons | tomato paste |
| 2 | teaspoons | Dijon mustard |
| 2 | teaspoons | Worcestershire sauce |
| 1 1/4 | teaspoons | canned chipolte chilies -- chopped |
| 1/4 | teaspoon | ground black pepper |

Heat oil in heavy large saucepan over medium-high heat.

Add onion and garlic and saute until tender, about 5 minutes.

Add all remaining ingredients. Cover and simmer until slightly thickened, stirring occasionally, about 25 minutes.

Season with salt.

Yield:

"1 3/4 cups"

Per serving: 604 Calories (kcal); 15g Total Fat; (20% calories from fat); 7g Protein; 122g Carbohydrate; 0mg Cholesterol; 3348mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 7 Other Carbohydrates

NOTES : Sauce can be made 1 week ahead. Cover and refrigerate.

CHIPOTLE CHICKEN Quesadilla FILLING

Recipe By :
Serving Size : 0 Preparation Time : 0:00
Categories : Sandwiches

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 1 | Tbs. | Olive oil |
| 1/2 | cup | onion -- diced |
| 1 | large clove | garlic -- smashed |
| 1/2 | teaspoon | dried oregano |
| 1/8 | tsp. | fresh ground black pepper |
| 1 | can | low sodium chicken stock -- (14 1/2 oz.) or homemade |
| 1 | whole | boneless skinless chicken breast (12 oz.) |
| 2 | each | chipotle peppers (canned) -- seeded; finely chopped |
| 1 | cup | canned plum tomatoes (About 6 tomatoes) -- roughly chopped |
| 1 | whole | star anise (optional) |
| 1 | each | cinnamon stick |

Heat saucepan over medium heat; add olive oil. When hot, add onion, garlic, oregano, and pepper; cook until onion is translucent, 3-5 minutes.

Add the stock and the chicken, bring to a simmer, cover, and cook 10 minutes, until chicken is cooked through. Remove chicken from pan, and set aside.

Add chipotles, tomatoes, star anise, and cinnamon, and simmer until liquid is reduced by half, about 15 minutes.

Shred chicken, and return to sauce. Simmer gently until most of the liquid has been absorbed, 10 minutes.

Remove cinnamon and star anise before using.

Yield "2 1/2 cups"

Per serving: 1984 Calories (kcal); 217g Total Fat; (95% calories from fat); 2g Protein; 20g Carbohydrate; 0mg Cholesterol; 7mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 43 1/2 Fat; 0 Other Carbohydrates

Chocolate Chip Peanut Butter Cookies

Recipe By :Hershey's

Serving Size : 1 Preparation Time :0:00

Categories : Cookies

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|---|
| 1/2 | cup | butter or margarine -- softened |
| 1/2 | cup | shortening |
| 1 | cup | creamy peanut butter |
| 1 | cup | granulated sugar |
| 1 | cup | light brown sugar |
| 2 | each | eggs |
| 2 1/2 | cups | all-purpose flour |
| 1 1/2 | teaspoons | baking soda |
| 1 | teaspoon | baking powder |
| 1/2 | teaspoon | salt |
| 2 | cups | chocolate chips, semi-sweet or milk choc. |

Per serving: 3403 Calories (kcal); 104g Total Fat; (27% calories from fat); 44g Protein; 582g Carbohydrate; 622mg Cholesterol; 4554mg Sodium
Food Exchanges: 15 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 19 1/2 Fat; 23 Other Carbohydrates

NOTES : Heat oven to 375 degrees. In large mixing bowl, beat butter, shortening, peanut butter, granulated sugar, brown sugar and eggs on medium speed of electric mixer until well-blended.

Stir together flour, baking soda, baking powder and salt; add to butter mixture, beating until well-blended. Stir in chocolate chips. Drop by rounded teaspoons onto ungreased cookie sheet.

Bake 8-10 minutes or until set. Cool slightly, remove from cookie sheet to wire rack.

About 6 dozen cookies

CHORIZO QUESADILLA FILLING WITH CARMELIZED ONIONS

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Sandwiches

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|-----------------------------------|
| 2 | tsp. | vegetable oil |
| 8 | oz. | Chorizo -- cut in 1/8" rounds |
| 1 | large | white onion -- cut in 1/4" rounds |

Place a medium sauté pan over medium heat, and add oil. When hot, add chorizo and cook until nicely browned on both sides, about 5 minutes.

Transfer chorizo to a plate lined with paper towels to drain.

Add onion to pan, and cook until beginning to brown, about 5 minutes.

Add 1/4 cup water, and simmer until tender, about 10 minutes.

Yield:
"3 cups"

Per serving: 6080 Calories (kcal); 620g Total Fat; (91% calories from fat); 117g Protein; 18g Carbohydrate; 422mg Cholesterol; 5931mg Sodium
Food Exchanges: 0 Grain(Starch); 16 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 114 Fat; 0 Other Carbohydrates

NOTES : Manchego cheese and salsa go well with this heavy filling

Christmas Morning Strata

Recipe By :Southern Living
Serving Size : 6 Preparation Time :0:00
Categories : Breakfast Foods

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|--------------------------------------|
| 1 | pound | pork sausage, ground |
| 2 | teaspoons | prepared mustard |
| 6 | slices | white sandwich bread, crusts removed |
| 2 | cups | shredded Swiss cheese -- (8 ounces) |
| 1 1/2 | cups | milk |
| 3 | each | eggs -- large |
| 1/2 | teaspoon | Worcestershire sauce |
| 1/8 | teaspoon | salt |
| 1/8 | teaspoon | ground nutmeg |
| 1/8 | teaspoon | pepper |

Per serving: 214 Calories (kcal); 15g Total Fat; (62% calories from fat); 16g Protein; 5g Carbohydrate; 136mg Cholesterol; 225mg Sodium
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Brown sausage in skillet over medium heat, stirring until it crumbles; drain well. Stir in mustard.

Fit bread into greased 11 x 7 x 1-1/2" baking dish; top with sausage mixture and cheese.

Combine milk and next 5 ingredients; pour over bread mixture. Cover and refrigerate 8 hours.

Bake, uncovered, at 350 degree for 50 minutes or until set.

Coconut Layer Cake

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : cakes

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|----------------------------------|
| 1/2 | cup | butter or margarine -- softened |
| 1/2 | cup | shortening |
| 2 | cups | sugar |
| 5 | each | eggs -- seaparated |
| 2 | cups | all-purpose flour |
| 1 | teaspoon | baking soda |
| 1 | cup | buttermilk |
| 1 | teaspoon | vanilla extract |
| 2 | cups | flaked coconut |
| 1/2 | cup | pecans |

FROSTING:

| | | |
|-----|-----------------|---------------------------------|
| 1 | package (8 oz.) | cream cheese -- softened |
| 4 | cups (1 lb.) | confectioner's sugar |
| 1/4 | cup | butter or margarine -- softened |
| 1 | teaspoon | vanilla extract |
| 1/4 | cup | flaked coconut -- toasted |

In a large mixing bowl, cream the butter, shortening and sugar until light and fluffy. Add egg yolks and beat well.

Combine flour and baking soda; add to creamed mixture alternately with buttermilk.

Stir in vanilla.

Add coconut and pecans.

In a small mixing bowl, beat egg whites until stiff; gently fold into batter.

Pour into two greased and floured 9-inch round cake pans.

Bake at 350 degrees for 40 minutes or until a wooden pick inserted near the center comes out clean.

Cool 10 minutes in pans before removing to wire racks; cool completely.

FOR FROSTING: Beat cream cheese, sugar, butter and vanilla until smooth and creamy.

Spread between layers and over top and sides of cake.

Sprinkle with toasted coconut.

Per serving: 450 Calories (kcal); 25g Total Fat; (49% calories from fat); 6g Protein; 51g Carbohydrate; 110mg Cholesterol; 267mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 2 Other Carbohydrates

Country Fried Steak

Recipe By :Randall's, Houston, TX
Serving Size : 4 Preparation Time :0:00
Categories : Meats

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 4 | 4 oz. | tenderized round steaks |
| 3 | cups | milk |
| 2 | cups | flour |
| 1/2 | teaspoon | garlic powder |
| 2 | tablespoons | vegetable oil |
| | To taste | Salt and Pepper |

Per serving: 401 Calories (kcal); 14g Total Fat; (30% calories from fat); 13g Protein; 56g Carbohydrate; 25mg Cholesterol; 91mg Sodium
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Pour 1 cup milk into a medium-sized bowl. Add meat and coat each piece. Combine 1 3/4 cups flour, garlic powder, salt and pepper in a plastic bag. Take meat out of milk and shake removing excess liquid. Place meat in plastic bag and shake to coat with flour. Heat oil in skillet with non-stick surface. Place steak in skillet over medium-high heat. Brown on one side, turn and brown on other side. Remove from skillet.

Cream Gravy: Combine 1/4 cup flour and 2 cups milk in a container with a lid; shake to blend flour. Pour into skillet in which meat was cooked. Stir to loosen bits of flour stuck to the pan. Cook over low heat until gravy is thickened. Season with salt and pepper to taste.

Creamy Cauliflower Lettuce Salad

Recipe By :Miracle Whip

Serving Size : 8 Preparation Time :0:00

Categories : Salads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|-------------------------------------|
| 3/4 | cup | Miracle Whip® light or Miracle Whip |
| 1/2 | cup | Ranch salad dressing |
| 1/4 | cup | Parmesan cheese -- grated |
| 1/4 | cup | sugar |
| 1/2 | cup | red onion -- finely chopped |
| 8 | oz. | bacon -- crisp cooked,crumble |
| 1 | each | head cauliflower |
| 6 | cups | romaine lettuce -- bite-size pieces |

Per serving: 159 Calories (kcal); 12g Total Fat; (66% calories from fat); 4g Protein; 9g Carbohydrate; 10mg Cholesterol; 319mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates

NOTES : Mix dressings, cheese and sugar in large bowl. Add remaining ingredients; mix lightly.

Damian's Caponata

Recipe By :Damian's Restuarant, Houston, TX

Serving Size : 8 Preparation Time :0:00

Categories : Appetizers

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 1/2 | cup | olive oil -- 1 inch thick |
| 1 | each | medium-size eggplant, with skin -- cut into 1/4" cubes |
| 1 | each | large onion -- cut into 1/4" cubes |
| 2 | cups | celery -- finely diced |
| 2 | tablespoons | tomato paste |
| 2 | each | large tomatoes -- peel, seed, dice |
| 1/3 | cup | red wine vinegar |
| 1 1/2 | teaspoons | sugar |
| 1 | cup | water |
| | | to taste Salt and freshly ground pepper |
| 1 | tablespoon | capers -- drained |
| 1/4 | cup | green olives -- pitted |
| 1/4 | cup | black olives (kalamata) -- pitted |
| 2 | tablespoons | pine nuts (pignolia) |

Per serving: 166 Calories (kcal); 15g Total Fat; (79% calories from fat); 2g Protein; 8g Carbohydrate; 0mg Cholesterol; 111mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : Heat oil in skillet over medium-high heat until very hot. Saute eggplant in hot oil. When tender, remove from pan and set aside to drain on paper towels. Add onion and celery to pan with a little more oil, if necessary. Saute until tender, about 5 minutes. Retrun eggplant to pan. Add tomato paste, tomatoes, vinegar, sugar, water, salt and black pepper. Cook over medium heat 5 minutes.

Remove from heat and add capers, olives and pine nuts. Chill until ready to serve.

Dave's Rich and Meaty Chili from Wendy's

Recipe By :Houston Chronicle
Serving Size : 16 Preparation Time :0:00
Categories : Casseroles Meats
Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|------------------------------------|
| 2 | pounds | ground beef |
| 1 | quart | tomato juice |
| 1 | can | tomato puree, 29 ounce |
| 1 | can | red beans, 15 ounce -- drained |
| 1 1/2 | cups | medium sized onion -- chopped |
| 1/2 | cup | celery -- diced |
| 1/4 | cup | green bell pepper -- diced |
| 1/4 | cup | chili powder |
| 2 | teaspoons | cumin |
| 1 1/2 | teaspoons | garlic powder |
| 1 | teaspoon | salt |
| 1/2 | teaspoon | black pepper |
| 1/2 | teaspoon | oregano |
| 1/2 | teaspoon | sugar |
| 1/8 | teaspoon | cayenne pepper -- or more to taste |

Brown beef in large skillet; drain. In 6-quart pot, combine beef, juice, puree, beans, onion, celery, bell pepper, chili powder, cumin, garlic powder, salt, pepper, oregano, sugar and cayenne; cover pot. Simmer 1 to 1 1/2 hours, stirring every 15 minutes.

Per serving: 196 Calories (kcal); 15g Total Fat; (70% calories from fat); 10g Protein; 4g Carbohydrate; 48mg Cholesterol; 415mg Sodium
Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Each serving: 220 calories, 6 grams fiber

ENCHILADAS CANCUN

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Casseroles

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|--|
| 2 | Cups | shredded mexican cheese blend (recipe based on Sargento 6 Cheese Zesty Mexican Recipe Blend) |
| 8 | ounces | cooked shrimp -- chopped, or salad shrimp whole |
| 1/2 | cup | cilantro -- chopped |
| 1/2 | cup | green onions -- chopped |
| 1 | can | mild enchilada sauce (10 oz. can) |
| 1 | can | tomato sauce, (8 oz. can) |
| 8 | each | flour tortillas -- 6 to 7 inch |
| | | Sour cream (Optional) |
| | | Deced Avocado (Optional) |

In medium bowl, combine 1 1/2 cups cheese, shrimp, cilantro and green onions.

In a small bowl, combine enchilada and tomato sauces.

Add 1/2 cup sauce mixture to cheese mixture; blend well. Pour half of remaining sauce in bottom of a 2-quart rectangular glass dish.

Place tortillas in dampened paper towel sandwiched between two microwavable salad plates, Microwave 1 minute on high to soften tortillas for easy assembly. Spoon heaping 1/3 cup of cheese mixture down center of each tortilla; rill up and place seam-side down over sauce in baking dish.

Pour remaining sauce on top of enchiladas; cover dish with vented plastic wrap. Rotating dish midway through cooking, microwave on high 8 minutes. Sprinkle remaining 1/2 cup cheese over top of tortillas; re-cover and microwave on medium-high (70 percent) 1 minute.

Serve with sour cream and avocado if desired.

Per serving: 538 Calories (kcal); 11g Total Fat; (18% calories from fat); 25g Protein; 83g Carbohydrate; 111mg Cholesterol; 825mg Sodium

Food Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : For spicier version, use 2 10 oz. cans enchilada sauce.

May want to plan on 2 cans sauce depending on how wet you prefer the enchiladas

OVEN PREPERATION: Bake casserole at 350 degrees until heated through, approximately 25-30 minutes. Sprinkle with remaining shredded cheese during last 5 minutes of baking.

Fajitas

Recipe By :
Serving Size : 3 Preparation Time :0:00
Categories : Meats

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|-------------------------------------|
| 4 | cups | light soy sauce |
| 1 | cup | packed brown sugar |
| 1 | teaspoon | garlic powder |
| 1 | teaspoon | onion powder |
| 1/2 | cup | fresh lemon juice |
| 4 | teaspoons | ground ginger |
| 1 | pound | beef skirt stea (about 3/4" thjick) |
| | | Warm flour toritllas |
| | | Pice de Gailo |
| | | Picante Sauce |
| | | Guacamole -- (optional) |

Per serving: 513 Calories (kcal); trace Total Fat; (0% calories from fat); 22g Protein; 99g Carbohydrate; 0mg Cholesterol; 12937mg Sodium
Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 4 Vegetable; 0 Fruit; 0 Fat; 5 Other Carbohydrates

NOTES : In 2-quart jar, combine soy sauce, brown sugar, garlic and onion powders, lemon juice and ginger. Tighten lid on jar and shake to mix well and dissolve sugar. Let marinade stand in sealed jar refrigerated, overnight.

Place beef in a glass baking dish and pour as much marinade as needed over beef; marinate 2 hours or overnight in refrigerator ns sealed container. Refrigerate remaining marinade for another use.

Remove beef from marinade and grill over very hot coals for a short time; it should take only about 10 minutes per steak if meat is 3/4" thick or less. Brush meat with marinade 2-3 times while cooking.

To serve, chop meat with a cleaver into bite-size pieces. Fold into warm flour tortillas and serve with Pico de Gallo, picante sauce and/or guacamole.

Flank Steak in Mexican Marinade

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Meats

| Amount | Measure | Ingredient -- Preparation Method |
|--------|------------|--|
| 1 | each | 6 oz. can pineapple juice |
| 1/2 | cup | soy sauce, low sodium |
| 1/4 | cup | lime juice, fresh |
| 1 | tablespoon | cumin, ground |
| 1 | teaspoon | garlic salt |
| 1 | each | flank steak -- approximately 1 3/4 pound |

Combine first 5 ingredients, stirring well; reserve 1/4 cup pineapple mixture, and chill.

Place streak in a large shallow dish or zip-lock plastic bag; pour remaining pineapple mixture over steak. Cover or seal, and chill 3 to 4 hours, turning steak occasionally.

Remove steak from marinade, discarding marinade.

Grill, covered with grill lid, over medium-high heat (350 to 400 degrees) 15 minutes or until a meat thermometer inserted into thickest portion registers 145 degrees (medium-rare), turning occasionally and basting with reserved 1/4 cup pineapple mixture.

Slice steak; serve with tortillas, tomato, lettuce, guacamole, shredded cheese, and sour cream.

Per serving: 43 Calories (kcal); 2g Total Fat; (37% calories from fat); 4g Protein; 2g Carbohydrate; 9mg Cholesterol; 1153mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Works just as well with boneless chicken breasts.

Focaccia and Pizza Basic Dough

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|----------------------------------|
| 3/4 | cup | water (110 degrees) |
| 1 | envelope | active dry yeast |
| 2 | cups | all-purpose flour |
| 1 | teaspoon | salt |
| | | Yellow cornmeal |

Place water in large bowl and sprinkle yeast over water; stir to dissolve. Let stand about 5 minutes. Stir in flour and salt to make a soft dough. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 minutes, adding more flour if necessary.

Shape into a ball. Place in greased bowl; turn to coat. Cover and let rise in warm, draft-free place until doubled in bulk, about 1 hour.

Preheat oven to 425 degrees. Sprinkle two large baking sheets or jellyroll pans with cornmeal. Punch down dough. Divide dough in half; roll or pat each dough piece into a 13 by 9 inch rectangle. Top dough as desired.

Bake on lowest rack 20 minutes or until crust is golden brown.

Per serving: 155 Calories (kcal); trace Total Fat; (2% calories from fat); 5g Protein; 32g Carbohydrate; 0mg Cholesterol; 357mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

FRESH TUNA PATE SCENTED WITH ROSEMARY

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Appetizers

| Amount | Measure | Ingredient -- Preparation Method |
|--------|--------------|--|
| 6 | large sprigs | fresh rosemary |
| 2 | tsp. | olive oil |
| 8 | oz. | fresh tuna |
| 6 | oz. | unsalted butter -- (12 Tbs.) at room temperature |
| 2 | Tbs. | Fresh lemon juice |
| | | Salt and freshly ground black pepper to taste |

Arrange rosemary in an even layer in a nonstick skillet, add the oil, and heat over medium until the herbs are fragrant.

Place the tuna on the rosemary branches and cook until the cooked white of the flesh has traveled about 1/3 of the way up the side of the tuna steak, about 5 min. Turn the tuna over and cook until cooked but still quite pink inside, another 5 minutes. (The tuna will continue to cook as it cools.)

Remove the tuna from the pan and allow it to cool (pull off any clinging herbs).

In a food processor, combine the cooled tuna, the butter, lemon juice, salt and pepper and process until smooth

Put the spread into a ramekin or small bowl, lightly cover the top with plastic wrap, and refrigerate until set.

Grind more pepper over the top before serving with croutons or crackers.

Per serving: 8833 Calories (kcal); 984g Total Fat; (97% calories from fat); 8g Protein; 45g Carbohydrate; 1489mg Cholesterol; 83mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fruit; 196 1/2 Fat; 0 Other Carbohydrates

NOTES : Serves 6-8

Georgia Peach and Praline pie

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Pies

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1 | each | 9" pie shell |
| 1 | teaspoon | all-purpose flour |
| 1/3 | cup | all-purpose flour, divided |
| 1/4 | cup | sugar |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | nutmeg |
| 1/2 | cup | light corn syrup |
| 3 | each | large eggs |
| 3 | cups | peaches, fresh -- chopped |
| 1/4 | cup | butter or margarine -- melted |
| 1/4 | cup | brown sugar -- firmly packed |
| 2 | tablespoons | butter or margarine -- softened |
| 1/2 | cup | pecans -- finely chopped |

Fit pastry into 9" pie plate. Fold edges under and crimp. Sprinkle with 1 teaspoon flour.

Beat 3 tablespoons flour, sugar and next 4 ingredients at medium speed with electric mixer 1 minute. Stir in peaches and 1/4 cup butter; pour into pie crust.

Combine remaining flour and brown sugar in a small bowl; cut in 2 tablespoonfuls butter with a pastry lender until mixture is crumbly.

Sprinkle in chopped pecans, and sprinkle evenly over peach mixture.

Bake at 375 degrees for 45-50 minutes or until center is set, shielding with aluminum foil after 35 minutes to prevent excessive browning.

Yield:
"1 9" pie"

Per serving: 1998 Calories (kcal); 121g Total Fat; (52% calories from fat); 24g Protein; 225g Carbohydrate; 833mg Cholesterol; 1638mg Sodium
Food Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 22 1/2 Fat; 14 Other Carbohydrates

German Pfeffernusse

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Cookies

| Amount | Measure | Ingredient | Preparation Method |
|--------|-------------|----------------------------------|--------------------|
| 3/4 | cup | butter or margarine | -- softened |
| 1 | cup | sugar | |
| 1 | cup | dark corn syrup | |
| 3 | tablespoons | hot water | |
| 2 | teaspoons | anise seeds | |
| 1 | teaspoon | pepper | |
| 1 | teaspoon | baking soda | |
| 1/4 | teaspoon | ground allspice | |
| 1/4 | teaspoon | ground allspice | |
| 1/4 | teaspoon | ground cardamom | |
| 1/4 | teaspoon | ground clove | |
| 1/4 | teaspoon | salt | |
| 4 | cups | to 4 1/2 cups all-purpose flour, | divided |
| | | Sifted powdered sugar | |

Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.

Add syrup, hot water, and next 7 ingredients; beat at low speed until blended.

Gradually add 4 cups flour to butter mixture, beating at low speed until blended after each addition.

Stir in enough remaining flour to form a stiff dough.

Cover and chill 3 to 4 hours.

Divide dough into 8 portions; roll each portion into a 1/2 to 3/4 inch thick rope.

Cut ropes into 1 inch lengths, and place 2 inches apart onto ungreased baking sheets.

Bake at 350 degrees for 10-15 minutes or until golden brown.

Remove to wire racks to cool.

Roll in powdered sugar.

Yield: "13 dozen"

Per serving: 2930 Calories (kcal); 138g Total Fat; (40% calories from fat); 2g Protein; 454g Carbohydrate; 373mg Cholesterol; 3711mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 27 1/2 Fat; 30 Other Carbohydrates

Grandma's Molasses BBQ Sauce

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Meats Poultry
Sauces/Salsas

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|-----------------------------------|
| 3 | pounds | chicken or ribs |
| 1 | cup | ketchup |
| 1/2 | cup | Grandma's molasses -- unsulphured |
| 1/4 | cup | vinegar |
| 1/4 | cup | Dijon mustard |
| 2 | Tablespoons | Worcestershire sauce |
| 1 | teaspoon | garlic powder |
| 1/4 | teaspoon | cayenne pepper |
| 1/4 | teaspoon | Hot pepper sauce |

In small bowl, combine all sauce ingredients; set aside.

Prepare barbeque grill, setting temperature for medium heat.

Place meat on grill; brush with sauce.

Cook 20-25 minutes or until cooked, turning once and brushing frequently with sauce.

Description:

"Great on chicken and ribs"

Yield:

"2 cups"

Per serving: 338 Calories (kcal); 4g Total Fat; (8% calories from fat); 7g Protein;
81g Carbohydrate; 0mg Cholesterol; 3924mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 5
Other Carbohydrates

Green Chili Sundried Tomato Pesto

Recipe By :R. LoFurno, Exec. Chef, Franklin Mint

Serving Size : 24 Preparation Time :0:00

Categories : Pasta Sauces

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|--|
| 4 | cups | toasted walnuts |
| 4 | cups | Parmesan cheese -- grated |
| 8 | cups | Basil -- trimmed |
| 1 | cup | garlic cloves -- peeled |
| 2 | cups | Red onion -- chopped |
| 2 | cups | green chiles -- deseeded,diced |
| 2 | cups | Sun-dried tomatoes -- reconstitute in wate |
| 4 | cups | olive oil |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | black pepper |

Process nuts, cheese, basil, garlic, onions, chilies and tomatoes until smooth; in a slow steady stream, add oil. Process until emulsified.

Blend in salt and pepper; refrigerate until use. Bring to room temperature or heat gently before tossing with hot pasta.

Per serving: 469 Calories (kcal); 41g Total Fat; (74% calories from fat); 10g Protein; 22g Carbohydrate; 10mg Cholesterol; 390mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 7 1/2 Fat; 0 Other Carbohydrates

NOTES : Food Management Magazine, January 1995

GRILLED ANCHO SHRIMP QUESADILLA FILLING

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Sandwiches

| Amount | Measure | Ingredient | Preparation Method |
|--------|----------|--------------------|--------------------|
| 3/4 | pound | medium shrimp | |
| 1 | Tbs. | Ancho chile-powder | |
| 1/2 | teaspoon | cayenne pepper | |
| 2 | tsp. | canola oil | |
| 2 | tsp. | salt | |

Peel and devein shrimp. Place in a small bowl with ancho-chile powder, cayenne and oil and stir until well coated.

Cover and chill 30 minutes.

Heat a grill or broiler. Salt shrimp, and cook 2-3 minutes on each side, until cooked through.

Yield:
"3 Cups"

Per serving: 4218 Calories (kcal); 442g Total Fat; (93% calories from fat); 69g Protein; 3g Carbohydrate; 518mg Cholesterol; 4768mg Sodium
Food Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 87 Fat; 0 Other Carbohydrates

NOTES : Use with mild Monterey Jack and Mango and Roasted Pepper Salsa

Guacamole

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Appetizers Salads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|-----------------------------------|
| 4 | each | ripe avocados |
| 3 | Tablespoons | lemon juice |
| 8 | dashes | Tabasco sauce |
| 1/2 | cup | red onion -- diced |
| 1 | each | garlic clove, large -- minced |
| 1 | Teaspoon | kosher salt |
| 1 | Teaspoon | ground pepper |
| 1 | each | medium tomato -- seeded and diced |

Combine all ingredients in a small bowl. Mix and chop avocados with 2 knives until ingredients are blended and avocado are chopped.

Description:

"Jen Hawe's recipe"

Yield:

"3 cups"

Per serving: 48 Calories (kcal); trace Total Fat; (3% calories from fat); 1g Protein; 12g Carbohydrate; 0mg Cholesterol; 1906mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Store with saran wrap on surface of guacomole to prevent browning of avodacos.

Hard Noodle Soup

Recipe By :Houston Chronicle
Serving Size : 1 Preparation Time :0:00
Categories : Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 2 | cans | or 4 (14 1/2 oz.) chicken broth (see note) |
| 2 | cups | all-purpose flour |
| 4 | | eggs |
| 2 | tablespoons | milk |
| | | Salt and freshly ground pepper to taste |

Heat broth in 3 quart pot to just below the boiling point. Meanwhile, mix flour, eggs, milk, salt and pepper in a medium sized bowl. Drop teaspoonfuls of dough into hot broth; hard dumplinglike noodles will form. Heat on low 10 minutes.

Per serving: 1191 Calories (kcal); 21g Total Fat; (16% calories from fat); 49g Protein; 194g Carbohydrate; 752mg Cholesterol; 242mg Sodium
Food Exchanges: 12 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Adjust the consistency of this soup to your taste with the disired amount of broth. Mix half chicken broth, half vegetable broth if desired.

Hellman's Creamy Grilling Sauce

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Sauces/Salsas

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 1 | cup | Hellman's Mayonnaise |
| 2 | Tablespoons | oil-paacked sundried tomatoes -- drained, snipped |
| 2 | cloves | garlic -- chopped |
| 1 | teaspoon | dried basil |

In small bowl, combine all ingredients.

Brush half of sauce onto meat being grilled covering all sides.

Grill or broil 7 to 10 minutes or until cooked through.

Serve with additional sauce on side.

Description:

"Good for grilling chicken breasts, burgers or steaks."

Yield:

"1 cup"

Per serving: 13 Calories (kcal); trace Total Fat; (4% calories from fat); 1g Protein;
3g Carbohydrate; 0mg Cholesterol; 2mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0
Other Carbohydrates

NOTES : Can store in refrigerator for up to one week.

Herbed Pork Roast

Recipe By :Taste of Home
Serving Size : 6 Preparation Time :0:00
Categories : Meats

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 3 | tablespoons | fresh parl -- finely chopped |
| 2 | teaspoons | paprika |
| 2 | teaspoons | dried basil |
| 2 | teaspoons | salt -- optional |
| 1 | teaspoon | pepper |
| 1 | teaspoon | garlic powder |
| 1 | teaspoon | dried oregano |
| 1/2 | teaspoon | fennel seed -- crushed |
| 1/2 | teaspoon | dried thyme |
| 1 | 2 pound | boneless extra-lean pork roast |

Per serving: 8 Calories (kcal); trace Total Fat; (17% calories from fat); trace Protein; 2g Carbohydrate; 0mg Cholesterol; 712mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Combine half of the parsley with the herbs and seasoning. Rub over roast. Place in a shallow pan; cover with remaining parsley. Roast, uncovered, at 325 degrees for 35 minutes per pound or until the internal temperature reaches 160-170 degrees.
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0

Hill Country Peach Cobbler

Recipe By :Houston Chronicle
Serving Size : 12 Preparation Time :0:00
Categories : Desserts

Amount Measure Ingredient -- Preparation Method

Filling -- Recipe below
1 cup all-purpose flour
2 tablespoons sugar
pinch salt
1/2 cup solid all vegetable shortening
4 tablespoons ice water (4-5 as needed)
1/2 cup butter -- melted
1/4 cup sugar

FILLING
2 cups sugar (can use up to 2-1/2 cups)
1/3 cup cornstarch
8 cups sliced peaches -- fresh or frozen
1/2 teaspoon almond extract
1/4 cup melted butter

Prepare filling, then set aside. In large bowl, combine sugar and cornstarch. Add peaches and toss to coat. Stir in extract and butter; set aside.

For pastry, combine flour, sugar and salt in a mixing bowl. Cut shortening into flour mixture until it is the consistency of cornmeal.

Gradually add ice water until dough holds its shape. Roll out dough 1/4" thick on floured board; cut into 1" wide strips.

Pour filling into a buttered 13x9x2" baking dish. Crisscross dough strips over filling. Brush pastry with melted butter and sprinkle with sugar.

Bake in 400 degree oven 30 minutes, or until crust is golden brown.

Per serving: 226 Calories (kcal); 12g Total Fat; (45% calories from fat); 2g Protein; 30g Carbohydrate; 31mg Cholesterol; 118mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates

Holiday Beef Rib Eye Roast

Recipe By :Beef Industry Council
Serving Size : 10 Preparation Time :1:50
Categories : Meats

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|---------------------------------------|
| 4 | pounds | beef rib eye roast -- well trimmed |
| 2 | cloves | garlic -- crushed |
| 1 | teaspoon | salt |
| 1 | teaspoon | black pepper -- cracked |
| 1 | teaspoon | rosemary leaves, dried -- crushed |
| SAUCE: | | |
| 1 | JAR | 12 oz. brown beef gravy |
| 1/4 | cup | currant jelly |
| 1 1/2 | teaspoons | dry mustard dissolved in 1 tsp. water |

Per serving: 22 Calories (kcal); trace Total Fat; (0% calories from fat); trace Protein; 6g Carbohydrate; 0mg Cholesterol; 216mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Heat oven to 350 degrees. Combine garlic, salt, pepper and rosemary; press evenly onto roast. Place on rack in shallow roasting pan. Insert meat thermometer so bulb is centered in thickest part, not resting in fat. Do not add water or cover. Roast approximately 18-22 minutes per pound for medium-rare to medium doneness.

Remove roast when thermometer registers 140 degrees for medium rare, 155 degrees for medium. Let stand 15 minutes. (Temperature will continue to rise to 145 degrees for medium-rare, 160 degrees for medium.)

Meanwhile in small saucepan, combine sauce ingredients; cook over medium heat 5 minutes or until bubbly, stirring occasionally.

Carve roast into slices; Serve with sauce.

Italian Herb Salad Dressing

Recipe By :Tast of Home

Serving Size : 1 Preparation Time :0:00

Categories : Salad dressings

| Amount | Measure | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 3/4 | cup | olive oil |
| 1/2 | cup | red wine vinegar |
| 1 | tablespoon | parmesan cheese -- grated |
| 1 | clove | garlic -- minced |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | sugar |
| 1/2 | teaspoon | dried oregano |
| | pinch | pepper |

Per serving: 1486 Calories (kcal); 164g Total Fat; (96% calories from fat); 2g Protein; 11g Carbohydrate; 4mg Cholesterol; 1161mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 32 1/2 Fat; 1/2 Other Carbohydrates

NOTES : In jar with tight-fitting lid, combine all ingredients; shake well.
Refrigerate. Shake well again before serving over greens.

Yield: 1-1/4 cups

Nutr. Assoc. : 0 0 0 0 0 0 0 0

Jack Rabbit Baked Beans

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Vegetables

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|-----------------------------------|
| 1 | pound | dry navy beans |
| 1/2 | cup | chili sauce or ketchup |
| 1 | teaspoon | vinegar |
| 2 | cups | hot bean water |
| 1/4 | pound | bacon or ham bone |
| 1/2 | teaspoon | dry mustard |
| 1/2 | cup | molasses |
| 1 | each | medium onion -- sliced or chopped |

The night before, sort beans, wash, put in pan and cover by 2 inches of water. In the morning, bring beans to boil and boil slowly for 10 minutes. Turn off heat, cover pan and let sit for 1 hour.

Drain, reserving 2 cups bean water. Into this water, put the chili sauce or ketchup, sliced onions, vinegar, dry mustard and molasses. Stir and put into a slow cooker or in a bean pot in the oven. Add beans. Bury the bacon or ham bone in the beans.

Bake at 300 degrees for about 6 hours, adding water if needed. Or cook in slow cooker on high for 6-8 hours.

Per serving: 46 Calories (kcal); trace Total Fat; (7% calories from fat); 1g Protein; 10g Carbohydrate; 0mg Cholesterol; 3mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Kentucky Derby Pie

Recipe By :
Serving Size : 10 Preparation Time : 0:00
Categories : Pies

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1 | each | pastry for single crust |
| 3 | each | eggs -- slightly beaten |
| 3/4 | cup | light corn syrup |
| 3 | tablespoons | granulated sugar |
| 3 | tablespoons | brown sugar |
| 3 | tablespoons | butter -- softened |
| 1 | teaspoon | vanilla |
| 1/8 | teaspoon | salt |
| 1/2 | cup | pecans -- finely chopped |
| 1/3 | cup | bourbon |
| 1 | package | semisweet chocolate chips, 6 oz. |
| 1 1/2 | cups | pecan halves |

Prepare pastry for single crust pie. On lightly floured surface roll dough to a 12" circle. Line 9" pie plate with pastry. Trim to 1/2" beyond edge; fold under extra pastry and flute edge. Do not prick pastry.

For filling, in a large mixing bowl, combine eggs, corn syrup, granulated sugar, brown sugar, butter, vanilla, and salt; mix well. Stir in chopped pecans and bourbon.

Pat chocolate pieces lightly onto bottom of pastry shell, Pour filling atop chocolate pieces. Arrange pecan halves atop filling.

Bake in a 350 degree oven about 1 hour or until knife inserted near the center comes out clean.)Cover edges of pie loosely with foil the last 30 minutes to prevent overbrowning.

Per serving: 308 Calories (kcal); 19g Total Fat; (57% calories from fat); 3g Protein; 29g Carbohydrate; 65mg Cholesterol; 110mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 1 1/2 Other Carbohydrates

King Arthur Flour Whole Wheat Bread

Recipe By : King Arthur Flour Mill
Serving Size : 1 Preparation Time : 0:00
Categories : breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 2 | cups | milk |
| 1/4 | cup | margarine |
| 1 | each | egg |
| 1/2 | cup | molasses |
| 1 1/2 | teaspoons | salt |
| 2 | packages | active dry yeast |
| 3 1/2 | cups | unbleached all-purpose flour |
| 3 | cups | Stone Ground whole wheat flour |

Combine milk and butter in saucepan; heat until lukewarm. Pour into mixing bowl; add egg, molasses, salt, yeast and 2 cups unbleached all-purpose flour. Beat for 2 minutes with electric beater. Add 3 cups whole wheat flour, stirring by hand. Gradually add the balance of the flour, stirring by hand until the dough no longer sticks to the sides of the bowl. Place dough on lightly floured board; knead for about 8 minutes, adding only enough flour to the board to keep the dough from sticking. On bowl, place dough in it; turn upside down to oil top. Cover, let rise in a warm place until double in bulk.

Punch dough down, place on board and divide into two pieces. Shape for two loaves of bread or one loaf and a dozen rolls. Put into greased pan and let rise until double in bulk.

Bake in preheated 375 degree F oven for about 35 minutes for bread and 15 minutes for rolls.

Per serving: 1249 Calories (kcal); 67g Total Fat; (47% calories from fat); 27g Protein; 142g Carbohydrate; 253mg Cholesterol; 4093mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 12 1/2 Fat; 7 1/2 Other Carbohydrates

NOTES : Yield: 2 loaves

All purpose flour can be 3 1/2 to 4 cups

La Madeleine's Tomato Basil Soup

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|--|
| 8 | each | to 10 tomatoes, peeled, cored -- chopped or 4 cups canned whole tomatoes -- crushed |
| 4 | cups | tomato juice or part tomato juice and part vegetable or chicken stock |
| 12 | each | to 14 basil leaves, fresh |
| 1 | cup | heavy whipping cream |
| 1 | stick | unsalted butter -- softened Salt to taste |
| 1/4 | teaspoon | cracked black pepper Additional basil leaves for garnish |

Combine tomatoes and juice in large saucepan over medium heat. Simmer 30 minutes. In blender or food processor, combine tomato mixture and 12-14 basil leaves; will need to be done in small batches. Process to puree, then return mixture to suacepan placed over low heat.

Stir in cream and buter, then season with salt and pepper. Continue stirring over low heat until heated through. Divide soup among 8 bowls and garnish with basil leaves.

Per serving: 204 Calories (kcal); 23g Total Fat; (96% calories from fat); 1g Protein; 1g Carbohydrate; 72mg Cholesterol; 13mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with favorite bread

Lemon Butter Potatoes

Recipe By :Houston Chronicle

Serving Size : 6 Preparation Time :0:00

Categories : Vegetables

| Amount | Measure | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 3 | pounds | small red potatoes |
| 1 | medium | onion -- sliced |
| 3 | slices | lemon |
| 1 | teaspoon | salt |
| | | boiling water |
| 1/4 | cup | margarine -- melted |
| 1 | tablespoon | fresh lemon juice |

Per serving: 81 Calories (kcal); 8g Total Fat; (75% calories from fat); 1g Protein; 5g Carbohydrate; 0mg Cholesterol; 446mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Wash unpeeled potatoes. Put in 3-quart saucepan with onion, lemon and salt. Cover with boiling water and cook over medium-high heat until tender; drain. In a small saucepan over medium-low heat, whisk together margarine and lemon juice. When ready to serve; remove lemon slices from potatoes and pour hot lemon butter sauce over potatoes.

Lemon Sour Cream Cake

Recipe By :Luby's Cafeterias
Serving Size : 12 Preparation Time :0:00
Categories : cakes

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|-------------------------------------|
| 1/2 | pound | butter -- softened |
| 1/2 | cup | all-vegetable solid shortening |
| 3 | cups | sugar |
| 5 | each | eggs, extra-large |
| 1 | cup | sour cream |
| 1/4 | cup | whole milk |
| 3 | cups | all-purpose flour -- sifted with |
| 1/2 | teaspoon | baking powder |
| 2 | teaspoons | lemon extract |
| 1 | teaspoon | vanilla extract |
| | | Lemon Suace -- recipe in directions |

Per serving: 489 Calories (kcal); 20g Total Fat; (36% calories from fat); 4g Protein; 75g Carbohydrate; 51mg Cholesterol; 190mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 3 1/2 Other Carbohydrates

Serving Ideas : 4 tablespoons melted butter

NOTES : Preheat oven to 325 degrees. In large bowl, cream butter, shortening and sugar until smooth and fluffy. Add eggs, one at a time, then add sour cream and milk; mix until smooth.

Blend flour mixture into batter; remove beaters and stir in the extracts. Pour into a greased, floured 10-inch tube pan and bake 1 hour 30 minutes, or until a wooden pick inserted in center comes out clean. Cool cake in the pan 10 minutes. Remove cake from pan and cool on a rack. Drizzle with Lemon Sauce to serve.

Lemon Sauce

2 cups powdered sugar, sifted
4 tablespoons butter, melted
1/2 cup fresh lemon juice

Like Popeye's Red Beans and Rice

Recipe By :Popeye's Restuarant Chain
Serving Size : 4 Preparation Time :0:00
Categories : Side Dishes

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 2 | each | 15 oz. cans red kidney beans |
| 1 1/2 | teaspoons | white pepper |
| 1/4 | teaspoon | paprika |
| 4 | tablespoons | butter -- cut into pieces |
| 1/4 | teaspoon | garlic powder |
| | | Rice -- recipe in directions |

Per serving: 105 Calories (kcal); 12g Total Fat; (95% calories from fat); trace Protein; 1g Carbohydrate; 31mg Cholesterol; 117mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Pour beans with liquid into large saucepan; place over medium heat. Add pepper, paprika, butter and garlic powder. When beans come to a boil, use a fork to mash some of them against the side of the pan. Stir mixture constantly. In about 20 minutes, the beans will reach the consistency of refried beans, (they will be smooth and creamy, with some whole beans intact).

To serve, pour 1/2 cup beans into a bowl and top with 1/2 cup rice.

Rice

1 1/2 cups quick cooking rice

1 1/2 cups water

2 Tbsp. butter

1/2 teaspoon garlic salt

Prepare rice according to package directions, using 2 Tbsp. butter and 1/2 tsp. garlic salt instead of the amounts of butter and salt specified on the package for 4 servings.

LINZER COOKIES (DEB ENDRESS)

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|--|
| 2 1/2 | Cups | flour |
| 1/2 | cup | pecan -- finely chopped |
| 2 | Teaspoons | lemon peel -- finely chopped |
| 1 | cup | margarine |
| 1 | cup | granulated sugar |
| 1 | each | egg |
| 1/2 | cup | preserves, strawberry or raspberry confectioner's sugar |

Combine flour, pecans, lemon peel; set aside.

In large bowl, mix margarine and sugar until creamy. Blend in egg.

Slowly add flour mixture until blended. Cover and chill for 2 hours.

Divide dough in half. Roll out to 1/8 inch thickness on floured surface.

Cut out cookies, with half of cookies solid and other half with hole in center of cutout.

Bake at 325 degrees for 10-12 minutes. Cool.

Spread 1 tsp. preserves on bottom cookie; top with a cookie with hole in center. Sprinkle with confectioners sugar.

Yield:
"30 Cookies"

Per serving: 3964 Calories (kcal); 226g Total Fat; (50% calories from fat); 44g Protein; 451g Carbohydrate; 187mg Cholesterol; 2197mg Sodium
Food Exchanges: 16 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 43 1/2 Fat; 13 1/2 Other Carbohydrates

Mama's Minestrone

Recipe By :Houston Chronicle
Serving Size : 12 Preparation Time :0:00
Categories : Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|------------|--|
| 1 | pound | navy beans, dry -- Do not soak |
| 2 | teaspoons | salt |
| 1/2 | cup | olive oil |
| 1 1/2 | each | yellow onions, large -- chopped |
| 2 | each | garlic cloves |
| 1 | 28 oz. can | whole tomatoes with juice -- chopped |
| 1/2 | cup | Italian parsley -- chopped |
| 3 | each | medium carrots -- peeled and sliced |
| 3 | each | celery ribs -- peeled and sliced |
| 1/2 | head | green cabbage, cored -- cut into 1" chunks |
| 2 | cups | elbow macaroni, dry |

Per serving: 83 Calories (kcal); 9g Total Fat; (95% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 365mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Combine beans and 1 gallon water in large stock pot; bring to a boil. Cover and boil 10 minutes, reduce heat to a simmer. Let beans simmer, covered, 2 hours. When almost cooked, add salt.

While beans cook, heat oil until hot in a large skillet. Add onion and garlic and cook until brown, stirring frequently. Add tomatoes with juice, parsley, salt and pepper to skillet. Bring to a boil, reduce heat and simmer 20 minutes.

When beans are done, drain in a colander, reserving the stock; return stock to pot. Reserve 2 cups whole beans and set aside. Mash remaining beans and return to pot with stock. Add whole beans and 2 quarts of water. Bring to a boil. Add tomato mixture, carrots, celery and cabbage. Reduce heat and simmer, covered until vegetables are tender, about 20 minutes.

Add macaroni and adjust seasoning. Cover and simmer until pasta is almost done.

Serve with lots of crusty French bread. Makes 8-10 generous servings.

Meal in a Bowl Chicken Soup

Recipe By :Houston Chronicle

Serving Size : 6 Preparation Time :0:00

Categories : Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 6 | cups | chicken broth -- canned or homemade |
| 1 | cup | carrots -- diagonally sliced |
| 1 | cup | celery -- diagonally sliced |
| 1 | cup | green peas -- frozen |
| 1 | cup | whole kernel corn, frozen -- frozen |
| 2 | cups | chicken -- cooked, shredded |
| 1 | cup | macaroni twists, shells or elbows -- cooked, drained |
| | to taste | black pepper -- freshly ground |
| 2 | tablespoons | parsley -- minced (optional) |

Per serving: 218 Calories (kcal); 11g Total Fat; (44% calories from fat); 17g Protein; 13g Carbohydrate; 52mg Cholesterol; 831mg Sodium
Food Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Bring broth to a boil in a 4-quart saucepan over high heat. Add carrots and celery. Reduce heat; cover and simmer 8 minutes or until vegetables are crisp tender.

Stir in peas, corn and chicken; cover and simmer about 4 minutes longer or until vegetables are tender. Stir in macaroni, pepper and parsley; heat through.

Makes 2 quarts.

Mediterranean Shrimp and Pasta

Recipe By :Southern Living
Serving Size : 4 Preparation Time :0:00
Categories : Pasta

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 1 | pound | medium sized shrimp -- peeled and deveined |
| 8 | ounces | linguine -- uncooked |
| 5 | each | green onions -- sliced |
| 3 | cloves | garlic -- minced |
| 2 | tablespoons | olive oil |
| 1 | each | 12 oz. jar marinated artichoke hearts -- undrained |
| 6 | each | Roma tomato -- chopped |
| 1 | cup | mushroom -- sliced |
| 1/4 | cup | dry white wine |
| 2 | teaspoons | Italian Seasoning -- dried |
| 1/4 | teaspoon | rosemary, dried -- crushed |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | pepper |
| | | Freshly ground Parmesan Cheese |

Per serving: 334 Calories (kcal); 8g Total Fat; (22% calories from fat); 10g Protein; 54g Carbohydrate; 0mg Cholesterol; 159mg Sodium
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Cook linguine according to package directions; drain and keep warm.

Cook sliced green onions and garlic in olive oil in large skillet over medium-high heat, stirring constantly, until tender. Stir in artichoke hearts and next 7 ingredients.

Bring to a boil; reduce heat, and simmer 5 minutes. Add shrimp; cook, stirring occasionally, 3 minutes or until shrimp turn pink. Serve over pasta, and sprinkle with cheese.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Mexican Chicken Salad

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Salads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|-----------------------------------|
| 2 | cups | cooked chicken -- cut up |
| 1/4 | cup | sour cream |
| 1/4 | cup | mayonnaise |
| 1/4 | cup | carrot -- finely chopped |
| 2 | tbsp. | cilantro -- fresh |
| 2 | tablespoons | capers -- drained |
| 2 | tablespoons | red bell pepper -- finely chopped |
| 2 | tablespoons | lemon juice |
| 1/2 | teaspoon | ground cumin |
| 1/4 | cup | onion -- finely chopped |
| 1/4 | cup | TABASCO brand jalopeno sauce |
| 1 | each | avocado -- pelled, cut in wedge |
| | | lettuce leaves |
| | | papridaq |

Per serving: 346 Calories (kcal); 26g Total Fat; (64% calories from fat); 24g Protein; 8g Carbohydrate; 71mg Cholesterol; 189mg Sodium
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : Toss all ingredients except avocado, lettuce and paprika. Serve on lettuce leaves with avocado wedges. Sprinkle with paprika.

Mexican Spoon Bread

Recipe By :Houston Chronicle
Serving Size : 24 Preparation Time :0:00
Categories : breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|--------------|---|
| 1 | package each | 8 and 5 count Pillsbury Grands biscuits -- Buttermilk style |
| 16 | oz. jar | Pace medium hot chunky salsa |
| 1 | each | bell pepper, small -- chopped |
| 1/2 | cup | green onions -- chopped |
| 2 1/4 | oz. can | black olives, sliced -- drained |
| 2 | cups | Monterey jack cheese -- shredded |

Per serving: 36 Calories (kcal); 3g Total Fat; (71% calories from fat); 2g Protein; trace Carbohydrate; 8mg Cholesterol; 51mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Separate biscuits and cut each into eighths. Toss with salsa in mixing bowl to coat. Add bell peppers, onions and olives, blend.

Pour mixture into a lightly greased 13 x 9 x 2 inch baking dish and sprinkle cheese over top. Bake 30 minutes in 350 degree oven. Make sure the middle sets. Let stand 15 minutes before cutting and serving.

Makes approximately 24 squares.

Dave's Rich and Meaty Chili from Wendy's

Recipe By :Houston Chronicle

Serving Size : 16 Preparation Time :0:00

Categories : Casseroles Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|------------------------------------|
| 2 | pounds | ground beef |
| 1 | quart | tomato juice |
| 1 | can | tomato puree, 29 ounce |
| 1 | can | red beans, 15 ounce -- drained |
| 1 1/2 | cups | medium sized onion -- chopped |
| 1/2 | cup | celery -- diced |
| 1/4 | cup | green bell pepper -- diced |
| 1/4 | cup | chili powder |
| 2 | teaspoons | cumin |
| 1 1/2 | teaspoons | garlic powder |
| 1 | teaspoon | salt |
| 1/2 | teaspoon | black pepper |
| 1/2 | teaspoon | oregano |
| 1/2 | teaspoon | sugar |
| 1/8 | teaspoon | cayenne pepper -- or more to taste |

Brown beef in large skillet; drain. In 6-quart pot, combine beef, juice, puree, beans, onion, celery, bell pepper, chili powder, cumin, garlic powder, salt, pepper, oregano, sugar and cayenne; cover pot. Simmer 1 to 1 1/2 hours, stirring every 15 minutes.

Per serving: 196 Calories (kcal); 15g Total Fat; (70% calories from fat); 10g Protein; 4g Carbohydrate; 48mg Cholesterol; 415mg Sodium
Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Each serving: 220 calories, 6 grams fiber

Focaccia and Pizza Basic Dough

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|----------------------------------|
| 3/4 | cup | water (110 degrees) |
| 1 | envelope | active dry yeast |
| 2 | cups | all-purpose flour |
| 1 | teaspoon | salt |
| | | Yellow cornmeal |

Place water in large bowl and sprinkle yeast over water; stir to dissolve. Let stand about 5 minutes. Stir in flour and salt to make a soft dough. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 minutes, adding more flour if necessary.

Shape into a ball. Place in greased bowl; turn to coat. Cover and let rise in warm, draft-free place until doubled in bulk, about 1 hour.

Preheat oven to 425 degrees. Sprinkel two large baking sheets or jellyroll pans with cornmeal. Punch down dough. Divide dough in half; roll or pat each dough piece into a 13 by 9 inch rectangle. Top dough as desired.

Bake on lowest rack 20 minutes or until crust is golden brown.

Per serving: 155 Calories (kcal); trace Total Fat; (2% calories from fat); 5g Protein; 32g Carbohydrate; 0mg Cholesterol; 357mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Green Chili Sundried Tomato Pesto

Recipe By :R. LoFurno, Exec. Chef, Franklin Mint

Serving Size : 24 Preparation Time :0:00

Categories : Pasta Sauces

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|--|
| 4 | cups | toasted walnuts |
| 4 | cups | Parmesan cheese -- grated |
| 8 | cups | Basil -- trimmed |
| 1 | cup | garlic cloves -- peeled |
| 2 | cups | Red onion -- chopped |
| 2 | cups | green chiles -- deseeded,diced |
| 2 | cups | Sun-dried tomatoes -- reconstitute in wate |
| 4 | cups | olive oil |
| 1/2 | teaspoon | salt |
| 1/2 | teaspoon | black pepper |

Process nuts, cheese, basil, garlic, onions, chilies and tomatoes until smooth; in a slow steady stream, add oil. Process until emulsified.

Blend in salt and pepper; refrigerate until use. Bring to room temperature or heat gently before tossing with hot pasta.

Per serving: 469 Calories (kcal); 41g Total Fat; (74% calories from fat); 10g Protein; 22g Carbohydrate; 10mg Cholesterol; 390mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 7 1/2 Fat; 0 Other Carbohydrates

NOTES : Food Management Magazine, January 1995

Hard Noodle Soup

Recipe By :Houston Chronicle
Serving Size : 1 Preparation Time :0:00
Categories : Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 2 | cans | or 4 (14 1/2 oz.) chicken broth (see note) |
| 2 | cups | all-purpose flour |
| 4 | | eggs |
| 2 | tablespoons | milk |
| | | Salt and freshly ground pepper to taste |

Heat broth in 3 quart pot to just below the boiling point. Meanwhile, mix flour, eggs, milk, salt and pepper in a medium sized bowl. Drop teaspoonfuls of dough into hot broth; hard dumplinglike noodles will form. Heat on low 10 minutes.

Per serving: 1191 Calories (kcal); 21g Total Fat; (16% calories from fat); 49g Protein; 194g Carbohydrate; 752mg Cholesterol; 242mg Sodium
Food Exchanges: 12 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Adjust the consistency of this soup to your taste with the disired amount of broth. Mix half chicken broth, half vegetable broth if desired.

La Madeleine's Tomato Basil Soup

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Soups

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|--|
| 8 | each | to 10 tomatoes, peeled, cored -- chopped or 4 cups canned whole tomatoes -- crushed |
| 4 | cups | tomato juice or part tomato juice and part vegetable or chicken stock |
| 12 | each | to 14 basil leaves, fresh |
| 1 | cup | heavy whipping cream |
| 1 | stick | unsalted butter -- softened |
| | | Salt to taste |
| 1/4 | teaspoon | cracked black pepper |
| | | Additional basil leaves for garnish |

Combine tomatoes and juice in large saucepan over medium heat. Simmer 30 minutes. In blender or food processor, combine tomato mixture and 12-14 basil leaves; will need to be done in small batches. Process to puree, then return mixture to suacepan placed over low heat.

Stir in cream and buter, then season with salt and pepper. Continue stirring over low heat until heated through. Divide soup among 8 bowls and garnish with basil leaves.

Per serving: 204 Calories (kcal); 23g Total Fat; (96% calories from fat); 1g Protein; 1g Carbohydrate; 72mg Cholesterol; 13mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with favorite bread

Mexican Pizza

Recipe By :Houston Chronicle
Serving Size : 1 Preparation Time :0:00
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 1 | recipe | basic pizza dough |
| 8 | ounces | Monterey jack cheese -- shredded, divided |
| 1 | cup | chorizo sausage -- sliced |
| 1 | | plum tomato -- sliced |
| 3 | tablespoons | green chiles -- chopped |
| 2 | | green onions -- sliced |
| 1/2 | cup | black olives -- sliced |
| 1 | teaspoon | hot red pepper sauce |

Prepare dough as directed for pizza. Sprinkle unbaked crust with half the cheese and all of the sausage, tomato, chilies, green onions, olives and pepper sauce; top with remaining cheese. Bake as directed for pizza dough.

Per serving: 958 Calories (kcal); 76g Total Fat; (70% calories from fat); 58g Protein; 13g Carbohydrate; 202mg Cholesterol; 1819mg Sodium
Food Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 10 1/2 Fat; 0 Other Carbohydrates

Pan Pizza Crust

Recipe By :Pizza Hut Ex-employee via Houston Chronicle

Serving Size : 2 Preparation Time :0:00

Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 1 | package | active dry yeast |
| 1 | cup | warm water, 110 degrees |
| 2 | teaspoons | sugar |
| 1 | teaspoon | salt |
| 4 | tablespoons | oil (may use 5 if needed) |
| 2 | tablespoons | canned evaporated milk (may use 3 if needed) |
| 2 1/2 | cups | flour or as needed |

In large bowl, combine yeast, water, sugar, salt, oil, milk, and 1 cup flour; mix until smooth. Stir in remaining flour.

Place dough on lightly floured surface and knead until smooth. Grease 2 (8 or 9 inch) pans or skillets with oil. Divide dough in half. Roll out each portion to 6 inches in diameter and place in pans.

Cover with clean towel and let rise in warm, draft-free place until doubled. Punch center down, leaving a 1-inch puffy rim around edge. Sprinkle on sauce, cheese, desired toppings, then more cheese. Bake at 375 or 400 degrees, 15 to 20 minutes, or until golden.

Per serving: 26 Calories (kcal); trace Total Fat; (5% calories from fat); 1g Protein; 5g Carbohydrate; 0mg Cholesterol; 1068mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

Penne Romano with Chicken Speidini

Recipe By :Pasta House Co., St. Louis
Serving Size : 4 Preparation Time :0:00
Categories : Pasta

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-----------|---|
| 1 | pound | chicken breasts without skin, bnls. -- Cut in 1" pieces |
| 4 | ounces | Vinaigrette |
| | As needed | Seasoned bread crumbs |
| 3 | ounces | Butter |
| 1/2 | teaspoon | crushed red pepper |
| 1 | teaspoon | Salt |
| 1 | teaspoon | Garlic, minced |
| 8 | ounces | Chicken Stock |
| 3 | ounces | olive oil |
| 4 | ounces | Marinara sauce |
| 1/2 | cup | Pesto di pomodori -- Separate Recipe |
| 1 | pound | Penne rigate (rigatoni) -- Cooked al dente |
| | As needed | Parmesan cheese -- Grated |
| | As needed | Parsley -- Chopped |

Cut chicken into 1" pieces; toss in vinaigrette. Divided evenly among 4 skewers. Roll in seasoned bread crumbs; grill over charcoal.

Prepare Pesto di pomodori.

Combine in sauce pan butter, seasonings, stock, oil, marinara and pesto; heat, stirring until mixture is smooth. Toss cooked pasta with sauce; divide among 4 plates. Top with chicken; garnish with grated Parmesan cheese and chopped parsley.

Per serving: 489 Calories (kcal); 53g Total Fat; (96% calories from fat); 1g Protein; 3g Carbohydrate; 47mg Cholesterol; 1324mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 10 1/2 Fat; 0 Other Carbohydrates

NOTES : From R&I Magazine January 1, 1995

Pesto di Pomodori

Recipe By :The Pasta House Co., St. Louis

Serving Size : 4 Preparation Time :0:00

Categories : Pasta Sauces

| Amount | Measure | Ingredient -- | Preparation Method |
|--------|-------------|---------------------|--------------------|
| 1/2 | cup | sun-dried tomatoes, | oil-packed |
| 2 | cloves | garlic clove -- | peeled |
| 1 | teaspoon | Rosemary | |
| 1 | tablespoon | Basil | |
| 1 | tablespoon | parsley | |
| 2 | tablespoons | Parmesan cheese | |
| 1/4 | cup | olive oil | |

Mix all ingredients together in food processor. Blend until smooth.

Per serving: 166 Calories (kcal); 16g Total Fat; (84% calories from fat); 2g Protein; 5g Carbohydrate; 2mg Cholesterol; 84mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Sierra's Herb Garden Vegetable Pasta

Recipe By :Houston Chronicle -- Sierra Grill, Houston TX

Serving Size : 4 Preparation Time :0:00

Categories : Pasta

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 1 | pound | angel hair pasta |
| 1/2 | cup | tomatoes -- coarsely chopped |
| 1/2 | cup | sun-dried tomatoes -- coarsely chopped |
| 1/2 | cup | broccoli flowerets -- coarsely chopped |
| 1/2 | cup | red onion -- coarsely chopped |
| 1/2 | cup | red bell pepper -- coarsely chopped |
| 1/2 | cup | carrots -- sliced |
| 1/2 | cup | zucchini -- sliced |
| 1/2 | cup | yellow corn kernels |
| 1/2 | cup | kalamata olives, pitted |
| 2 | tablespoons | basil, fresh -- chopped |
| 2 | tablespoons | green onion -- chopped |
| 2 | tablespoons | garlic -- chopped |
| 4 | tablespoons | fresh lemon thyme -- chopped |
| 1/2 | cup | extra-virgin olive oil |
| | | Salt and freshly ground pepper to taste |
| 2 | each | tomatoes for garnish -- quartered |
| 8 | sprigs | fresh lemon thyme for garnish |

Drop pasta into large pot of boiling salted water and cook until al dente; drain, then rinse under cold water until no longer sticky. Set aside.

Combine chopped fresh and sun-dried tomatoes, broccoli, red onion, bell pepper, carrots, zucchini, corn, olives, basil, green onion, garlic and 4 tablespoons lemon thyme.

Heat oil in large skillet and add vegetable-herb mixture. Saute over medium heat 2-4 minutes. Add pasta, toss well and cook 2 more minutes; season with salt and pepper. Divide among 4 to 6 plates. Garnish with quartered tomatoes and lemon thyme sprigs.

Per serving: 713 Calories (kcal); 29g Total Fat; (36% calories from fat); 17g Protein; 96g Carbohydrate; 0mg Cholesterol; 152mg Sodium
Food Exchanges: 6 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates

Teala's Margarita Lime Pie

Recipe By :Houston Chronicle
Serving Size : 6 Preparation Time :0:00
Categories : Desserts Pies

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 1 | envelope | unflavored gelatin |
| 3/4 | cup | hot water |
| 1 | cup | heavy whipping cream |
| 7 | tablespoons | powdered sugar |
| 11 | ounces | to 12 ounces cream cheese, softened |
| 1 | tablespoon | pure orange extract |
| 2 | tablespoons | Tequila |
| 4 | ounces | lime juice fresh |
| | dash | Green food coloring |
| 1 | 9-inch | graham cracker crust |
| | | Lime twists and whipped cream for garnish |

In small bowl, soften gelatin in a little cold water, then dissolve in hot water. Place in freezer until frozen. Heat whipping cream to near boiling, remove from heat and pour into a blender with frozen gelatin; blend 1 minute.

Add sugar, cream cheese, orange extract tequila, lime juice and food coloring; blend 3 minutes. Pour mixture into prepared crust and chill 4 to 5 hours.

Cut and serve. Garnish with lime twists and whipped cream if desired.

Per serving: 235 Calories (kcal); 15g Total Fat; (57% calories from fat); 2g Protein; 23g Carbohydrate; 54mg Cholesterol; 52mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates

The Eating Well Portobello, Basil and Tomato Sandwich

Recipe By :Houston Chronicle Eating Well Column

Serving Size : 4 Preparation Time :0:00

Categories : Sandwiches

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 2 | tablespoons | reduced fat mayonnaise |
| 2 | tablespoons | nonfat sour cream or plain nonfat yogurt |
| 1 | teaspoon | lemon juice, fresh |
| 1 | tablespoon | olive oil |
| 2 | each | 4 ounce portobello mushrooms -- stemmed, sliced 3/8" |
| | | Salt and freshlyu ground pepper to taste |
| 8 | slices | sourdough bread |
| 1 | clove | garlic -- halved |
| 1 | cup | basil leaves, fresh, loosely packed -- torn into shreds |
| 2 | each | tomatoes, vine ripened -- cored, sliced |

Prepare grill or preheat broiler. In small bowl, stir together mayonnaise, sour cream and lemon juice. Brush oil over cut sides of mushrooms. Grill or broil mushroom slices untel tender and golden, 2 to 3 minutes per side. Season with salt and pepper.

Meanwhile, toast bread on the grill or under broiler. Rub both sides of cut bread with garlic clove.

Spread half the mayonnaise mixture over 4 toasted bread slices; arrange basil on top. Top with grilled mushroom slices followed by tomato slices and salt and pepper. Finsh with a dollop of remaining mayonnaise mixture and cover with remaining pieces of toast. Cut sandwiches in half and serve immediately.

Per serving: 168 Calories (kcal); 5g Total Fat; (26% calories from fat); 4g Protein; 26g Carbohydrate; 0mg Cholesterol; 305mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Each serving: 261 calories, 9 gm. protein, 6 gm. fat, 3 mg. cholesterol, 43 gm. CHO, 328 mg. Na+

White Pizza

Recipe By :Houston Chronicle
Serving Size : 1 Preparation Time :0:00
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|----------|--|
| 1 | | recipe basic pizza dough |
| 1 | cup | ricotta cheese |
| 1 | teaspoon | hot red pepper sauce |
| 8 | ounces | package, mozzarella cheese -- shredded |

Prepare dough as per recipe. Combine ricotta cheese and pepper sauce in small bowl. Spread on unbaked crust. Sprinkle with shredded mozzarella cheese. Bake as pizza dough recipe indicates.

Per serving: 428 Calories (kcal); 32g Total Fat; (67% calories from fat); 28g Protein; 7g Carbohydrate; 124mg Cholesterol; 207mg Sodium
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates

Zesty Spinach Calzone

Recipe By :Houston Chronicle
Serving Size : 6 Preparation Time :0:00
Categories : Breads

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|---|
| 3 | cups | all-purpose flour (can use up to 3 1/2 cup -- Divided |
| 1 | package | rapid rise yeast |
| 3/4 | teaspoon | salt |
| 1/2 | cup | each water and milk |
| 2 | tablespoons | olive oil |
| | | spinach filling, recipe follows |
| 1 | | egg beaten with 1 tsp. water for egg wash |
| | | Poppy or sesame seeds |
| | | Red pepper flakes to taste |

Combine 2 cups flour, yeast and salt. Combine water and milk in a sauce pan and heat to 120-130 degrees. Stir hot water-milk mixture and oil into flour mixture. Add remaining flour to make a soft dough. Turn out onto counter and knead until smooth and elastic. Cover, let rest on lightly floured surface or in bowl while preparing filling.

Spinach filling:

1 16 Oz. pkg. frozen spinach, thawed, drained, water squeezed out
3 tsp. minced garlic
Salt and pepper to taste
2 1/2 tablespoons olive oil

Coat large baking sheet with vegetable oil spray. Divide dough into 6 equal pieces; roll each into circle. Place 1/3-1/2 cup filling on half of each circle. Fold dough over filling and pinch seams or seal with fork tines. Place on prepared baking sheet. With knife make two slits across tops of calzones. Brush tops with egg wash. Sprinkle with seeds. Cover and let rise another 20-30 minutes.

Bake in preheated 400 degree oven for approx. 25 minutes. Remove from oven. Can be served warm or at room temperature. Sprinkle with red pepper flakes, if desired.

Per serving: 40 Calories (kcal); 5g Total Fat; (100% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 266mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Ralph' Chili version 11.99

Recipe By :
Serving Size : 20 Preparation Time :0:00
Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|--|
| 19 | ounces | Stew Beef -- browned and drained |
| 19 | ounces | chili beef -- browned and drained |
| 20 | ounces | ground pork -- browned and drained |
| 4 | cups | yellow onion slices -- chopped and blanched |
| 8 | cloves | garlic (4 large) -- minced or pressed |
| 1 | tablespoon | cumin powder |
| 1 | tablespoon | marjoram |
| 1/4 | teaspoon | coriander |
| 1/2 | teaspoon | oregano |
| 3 | tablespoons | olive oil -- simmer with raw hot peppers |
| 1/2 | teaspoon | celery salt |
| 2 | sticks | celery stalk -- chopped |
| 2 | whole | bell peppers -- chopped and pitted |
| 4 | whole | jalapeno chile peppers -- chopped and pitted |
| 3 | 15 ounce | beef broth |
| 1 | 15 ounce | chicken broth |
| 60 | ounces | tomato, whole -- chopped |
| 2 | teaspoons | cayenne pepper |
| 3 | tablespoons | chili powder |
| 3 | whole | habano peppers -- chopped and pitted |
| 3 | 16 ounce | kidney beans |

brown in pan all meat and drain

saute chopped onions, bell peppers (not hot peppers), celery, garlic in 3 gallon pot for 15 minutes at medium heat

add spices to pot and stir in meat and rise to high heat for adding liquids

add beef and chicken broth to pot bring to boil

add tomatoes to pot

separately in pan saute jalapena and harbanos in olive oil for 5 -10 min medium heat then add to pot

after boil contents 5 to 10 minutes simmer for 2 1/2 hours or more depending on texture of stew beef

then 30 minutes before serving add kidney beans and simmer

Description:

"Chili that fits OK with Fran taste test"

Yield:

"195 ounces"

Per serving: 373 Calories (kcal); 9g Total Fat; (21% calories from fat); 25g Protein; 49g Carbohydrate; 20mg Cholesterol; 495mg Sodium
Food Exchanges: 3 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

