



Go Nuts for Pecans!

Part of the Lunch and Learn series to benefit the
Pilot Club of Tallahassee
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Sponsored by

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Pecans

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Pecan Chicken Salad

Servings: 18 (original Recipe serves 6)

Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

12 each chicken breast, no skin, no bone, R-T-C, cooked and chopped

3 medium orange, peeled and sectioned

3/4 cup light mayonnaise

1 1/2 cups sour cream, light

3 shallot, minced

salt and pepper, to taste

Pick cooked chicken from the bone, ensuring there are no bones in the chicken that has been prepared.

In a medium-size bowl, combine sour cream, mayonnaise, tarragon, shallot. Whisk together well.

Taste and adjust seasoning with salt and pepper.

Add chicken and pecans. Serve over salad greens.

Per Serving (excluding unknown items): 227 Calories; 6g Fat (26.1% calories from fat); 36g Protein; 5g Carbohydrate; 1g Dietary Fiber; 101mg Cholesterol; 138mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Hummus

Servings: 8

15 ounces garbanzo beans, drained and rinsed

1 clove garlic, chopped

1/2 cup extra virgin olive oil

1 teaspoon salt

1 tablespoon tahini

1 teaspoon lemon juice

Combine beans, garlic, salt, tahini, lemon juice in food processor. Blend for about 5 seconds.

Add olive oil moderately slow while continuing to process.

Per Serving (excluding unknown items): 325 Calories; 18g Fat (47.9% calories from fat); 11g Protein; 33g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 281mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

Pita Chips

Servings: 12

2 ounces extra virgin olive oil

6 each pita bread, cut in wedges

Using a serrated knife, cut pitas apart widthwise. You will have 2 circles when done.

Brush or spray with olive oil.

Place on lined sheet pan in a single layer.

Bake at 375 for 10 minutes.

Chips will continue to crisp as they cool. Store in an airtight container or bag.

Per Serving (excluding unknown items): 124 Calories; 5g Fat (37.0% calories from fat); 3g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 161mg Sodium. Exchanges: 1 Grain(Starch); 1 Fat.

Apple-Pecan Breakfast Buns

Servings: 12

1 cup pecans, coarsely chopped

2 each Granny Smith apples, peeled, cored and cubed

1/2 cup brown sugar

2 tablespoons butter, melted

1/2 cup sugar

1 tablespoon cinnamon

1 package frozen bread dough (rolls; may substitute loaves cut into smaller pieces)

Toss apples, butter, brown sugar and pecans together in a bowl. Spoon the mixture into the bottom of 12 greased muffin cups.

Mix together the sugar and cinnamon in large ziploc bag. Place the dough pieces into a bag with the cinnamon and sugar. Shake to coat evenly.

Put three sugared dough balls on top of the apple mixture in each cup. Spritz lightly with pan spray and cover loosely with plastic wrap until doubled in size.

Bake at 375 degrees F oven for 15 to 20 minutes or until golden brown. Immediately turn out onto a

serving dish and serve.

Per Serving (excluding unknown items): 250 Calories; 10g Fat (34.0% calories from fat); 5g Protein; 37g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 235mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

Sugared Pecans

Servings: 12

1 cup dark brown sugar

1/2 cup sugar

1/2 cup sour cream

1/2 teaspoon vanilla

3 cups pecan halves

Combine both sugars and sour cream in a medium sauce pan.

Cook over medium heat, stirring until sugar is dissolved.

Cook with out stirring until mixture reaches 238 degrees or until mixture forms a ball when a drop is added to cool water. Remove pan from heat.

Add vanilla and pecans. Stir gently until pecan are completely coated.

Turn out onto waxed paper, separating each halve with a fork.

Allow to cool and air dry for 1-2 hours.

Store into an airtight container.

Per Serving (excluding unknown items): 302 Calories; 20g Fat (57.3% calories from fat); 2g Protein; 32g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 13mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 2 Other Carbohydrates.

Sweet-Spiced Pecans

Servings: 18 (original Recipe serves 24)

Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

2 1/4 cups pecan halves

1 1/8 teaspoons cinnamon

1/2 cup balsamic vinegar

3/8 cup light brown sugar

Pour vinegar, sugar and cinnamon into a saucepan and bring to a boil.

Reduce heat and allow to simmer until sauce begins to thicken.

Once sauce has thickened, add pecans and toss in mixture.

Spoon onto a sheet pan lined with a silpat or silicon mat.

Bake at 350 for 10-15 minutes.

Allow to cool. Store cooled pecans in an airtight container.

Per Serving (excluding unknown items): 102 Calories; 9g Fat (74.7% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Cream Cheese Brownies

Servings: 24

8 ounces unsweetened chocolate

24 ounces butter (6 sticks or 1 1/2 pounds)

4 cups sugar

8 each eggs

2 cups all-purpose flour

1 teaspoon vanilla

1 cup pecans, coarsely chopped

16 ounces cream cheese

1/2 cup sugar

2 each eggs

1 cup pecans, coarsely chopped

Preheat oven to 350. Set out 2 large bowls (make sure one is microwaveable). Line a deep baking dish with parchment or foil and spray with cooking spray.

In the microwaveable bowl, combine chocolate and butter. Microwave on high for 2 minutes then stir. Continue to microwave in 30 second bursts followed by stirring until most of the lumps are gone. (The chocolate will retain enough heat to melt smaller pieces within a few minutes.) Mix with a heat-resistant spatula until butter and chocolate are smooth and well-

combined.

Mix in the sugar. Once incorporated, mix in the eggs and vanilla.

Fold in the flour and pecans.

Pour into lined and greased pan. Set aside.

In the second bowl, combine the cream cheese and second amount of sugar until smooth.

Add eggs one at a time.

Fold in pecans.

Spoon cream cheese mixture over batter chocolate mixture. Take the spatula and marble into the chocolate. Sprinkle with remaining chopped pecans.

Bake uncovered for 45 to 50 minutes or until cream cheese layer no longer jiggles freely.

Cool completely. (Refrigeration recommended - they are easier to cut when cold.)

Lift foil or parchment from pan. Peel down sides and cut into desired pieces.

Per Serving (excluding unknown items): 590 Calories; 43g Fat (62.7% calories from fat); 7g Protein; 51g Carbohydrate; 2g Dietary Fiber; 161mg Cholesterol; 315mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 8 Fat; 2 1/2 Other Carbohydrates.

Pecan-Crusted Chicken

Servings: 4

1/2 cup pecans, finely crushed

1/2 cup bread crumbs

butter cooking spray

canola oil, for pan-frying

1/4 cup hoisin sauce

1 tablespoon balsamic vinegar

1 tablespoon maple syrup

Spray chicken with cooking spray and dredge in a mixture of nuts and crumbs.

Pan fry in canola oil over medium-high heat until

golden.

In a microwaveable bowl, heat hoisin, balsamic and syrup in the microwave for 45 seconds. Stir.

Serve chicken with sauce.

Per Serving (excluding unknown items): 192 Calories; 10g Fat (47.3% calories from fat); 3g Protein; 23g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 375mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Monkey Bread

Servings: 18

4 cans buttermilk biscuits, quartered

3/4 cup sugar

1/4 cup cinnamon

1/4 cup butter, melted

Combine sugar and cinnamon. Set aside.

Quarter each biscuit.

Dump the sugar mix into a large plastic bag.

Put a small handful of biscuits into the bag to coat sufficiently.

Remove biscuits and repeat procedure until all are coated.

Place the coated pieces into a greased and floured tube pan.

Slowly pour the melted butter over the top when finished.

Place tube pan on cookie sheet. Bake 45 minutes at 350.

Per Serving (excluding unknown items): 59 Calories; 3g Fat (37.8% calories from fat); trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 27mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat; 1/2 Other Carbohydrates.

Raspberry Cheese Mold

Servings: 36

1 pound cheddar cheese, shredded

1 cup pecans, finely chopped

1 cup onion, finely chopped

1 cup mayonnaise

12 ounces seedless raspberry spreadable fruit

Combine cheese, pecans and onions.

Add mayonnaise and mix well.

Place in a 4-cup mold and refrigerate until ready to serve. (I line the bottom of a springform pan with wax paper and spray the sides with Pam for easy removal.)

Unmold onto platter. Pour raspberry jam over mold (about 1/2 a jar) or press an indentation into the center of the mold and fill to overflowing.

Serve with butter-flavored crackers.

Per Serving (excluding unknown items): 136 Calories; 11g Fat (72.9% calories from fat); 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 113mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Monster Sticky Buns

Servings: 8

1 loaf bread dough, thawed

1/4 cup butter, melted

1/4 cup sugar

2 tablespoons cinnamon

1/2 cup pecans, coarsely chopped

Per Serving (excluding unknown items): 142 Calories; 11g Fat (67.0% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 122mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 1/2 Other Carbohydrates.

Basil-Pecan Pesto

Servings: 4

1/2 cup basil leaves

1/4 cup pecan halves

1 clove garlic

1/2 teaspoon cracked black pepper

1/4 cup extra virgin olive oil

2 tablespoons parmesan cheese, grated

Place all ingredients in a blender or food processor and blend until smooth.

Per Serving (excluding unknown items): 178 Calories; 19g Fat (92.4% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 47mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 1/2 Fat.