

Flav-o-Matic 09-25-2004

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Herbed Chicken Piccata

Servings: 4

2 tablespoons dry breadcrumbs

16 ounces chicken breast, no skin, no bone, R-T-C

Cooking spray

1 tablespoon fresh basil

1 teaspoon grated lemon rind

1/8 teaspoon pepper

1/2 clove garlic, pressed

1 teaspoon margarine

8 thin lemon slices

1/2 cup low-salt chicken broth

2 tablespoons lemon juice

Pound chicken thin in a large ziploc bag or between 2 pieces of plastic.

Dredge the chicken the bread crumbs and pan-fry in a saute pan that has been heated over medium-high heat and coated with cooking spray. Cook about 3-4 minutes on each side, depending on how thin you pounded the chicken. It should be somewhat firm to the touch. Remove chicken from the pan and keep warm.

Saute lemon slices in pan for about 30 seconds, or just long enough for them to begin to wilt.

Add margarine, garlic, rind, basil, broth, and lemon juice; cook until reduced by half. Spoon sauce over chicken.

Per Serving (excluding unknown items): 165 Calories; 4g Fat (23.6% calories from fat); 27g Protein; 5g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 106mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat.

Frittata - Lorraine

Servings: 12

8 each eggs

3 cups half and half

1 large onion, chopped

2 tablespoons parsley, chopped

2 tablespoons fresh tarragon, chopped

2 tablespoons fresh basil, chopped

8 ounces swiss cheese, shredded

8 ounces bacon, chopped

salt and pepper

Preheat oven to 350.

Spray 9 x 13 casserole with pan spray

In a hot pan, add bacon and saute until mostly crisp.

Add onion & herbs to bacon and cook until clear and bacon is crisp. Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined. Stir in cheese and bacon mixture..

Season liberally with salt and pepper.

Pour mixture into greased dish.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

Per Serving (excluding unknown items): 307 Calories; 24g Fat (72.1% calories from fat); 17g Protein; 5g Carbohydrate; trace Dietary Fiber; 180mg Cholesterol; 413mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Frittata - Spinach & Mushroom

Servings: 6

4 each eggs

1 1/2 cups 2% low-fat milk

1/2 large onion, chopped

1 tablespoon parsley, chopped

1 tablespoon fresh tarragon, chopped

1 tablespoon fresh basil, chopped

4 ounces swiss cheese, shredded

4 ounces spinach, chopped and wilted

8 ounces mushrooms, sliced

1/2 fluid ounce extra virgin olive oil

salt and pepper, to taste

Preheat oven to 350.

Spray 9 x 13 casserole with pan spray

Add onion & herbs to a little olive oil in a saute pan and cook until clear. Add mushrooms and saute lightly. Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined. Stir in cheese, vegetable and spinach mixture.

Season liberally with salt and pepper.

Pour mixture into greased dish.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

Per Serving (excluding unknown items): 182 Calories; 12g Fat (57.4% calories from fat); 13g Protein; 7g Carbohydrate; 1g Dietary Fiber; 147mg Cholesterol; 134mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.

Carrot-Ginger Dressing

Servings: 16

1/2 pound carrot, chopped

1/4 cup water

1/4 cup rice vinegar

3 tablespoons fresh ginger, minced peeled

1 tablespoon soy sauce

1 tablespoon sesame oil

1 shallot, chopped

1 tablespoon sherry

1/2 cup peanut oil

In a blender, combine the carrot, water, vinegar, ginger, soy sauce, sesame oil, shallot and sherry and puree. While the motor is running, drizzle in the oil until incorporated. Store in the refrigerator until ready to use.

Per Serving (excluding unknown items): 76 Calories; 8g Fat (88.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 69mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Cilantro Butter

Servings: 8

4 ounces butter, softened

2 tablespoons confectioner's sugar

1 teaspoon cilantro, chopped

1. Mix all ingredients together.
2. Chill for 1/2 hour.

Per Serving (excluding unknown items): 109 Calories; 12g Fat (92.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 117mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.

Citrus Vinaigrette

Servings: 8

1 large orange, zested and juiced

1/8 cup white wine vinegar

1 medium lemon, zested and juiced

1 tablespoon honey

dash oregano

1/2 cup canola oil

Combine all in a blender and puree.

Per Serving (excluding unknown items): 138 Calories; 14g Fat (85.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Cumin and Chive Stuffed Eggs

Servings: 12

6 large eggs

1 teaspoon cumin seeds, toasted and cooled

3 tablespoons mayonnaise

3 tablespoons plain yogurt

3 tablespoons thinly sliced fresh chives

Fresh lemon juice to taste

Cover eggs with cold water by 1 inch in a saucepan and bring just to a boil. Remove from heat and let eggs stand, covered with lid, 17 minutes.

Finely grind cumin seeds in an electric coffee/spice grinder or with a mortar and pestle.

Drain eggs, then rinse with cold water until no longer hot to the touch.

Peel eggs, then halve lengthwise. Carefully remove yolks and mash in a bowl with a fork. Stir in mayonnaise, yogurt, 2 tablespoons chives, lemon juice, cumin, and salt and pepper to taste (filling will be loose).

Spoon yolk into whites and sprinkle with remaining tablespoon chives.

Per Serving (excluding unknown items): 60 Calories; 5g Fat (77.8% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 95mg Cholesterol; 49mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Frittata - Broccoli, Bacon & Feta

Servings: 12

8 each eggs

3 cups half and half

8 ounces broccoli, chopped

4 ounces feta cheese, crumbled

8 ounces bacon, chopped

salt and pepper

Preheat oven to 350.

Spray 9 x 13 casserole with pan spray

In a hot pan, add bacon and saute until crisp. Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined. Stir in broccoli, cheese and bacon mixture..

Season liberally with salt and pepper.

Pour mixture into greased dish.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

Per Serving (excluding unknown items): 260 Calories; 21g Fat (73.9% calories from fat); 13g Protein; 4g Carbohydrate; trace Dietary Fiber; 171mg Cholesterol; 472mg Sodium. Exchanges: 1 1/2 Lean Meat; 0

Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Ginger Glazed Carrots

Servings: 4

1/2 pound carrots, peeled

1 1/2 ounces butter

1/4 cup sugar

1 teaspoon fresh ginger, chunked

Cut the carrots into medium-sized chunks.

Place carrots in a pot and add enough water to cover.

Add sugar, butter and ginger.

Bring to a boil; simmer until carrots are fork-tender.

Remove carrots from water with slotted spoon.

Allow syrup to reduce into a glaze.

Per Serving (excluding unknown items): 147 Calories; 9g Fat (51.7% calories from fat); 1g Protein; 18g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 106mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.

Ham and Fresh Basil Pinwheels

Servings: 24

4 each flour tortillas (10 inch)

8 ounces cream cheese, softened

1/2 pound ham, i.e., Boar's Head Virginia Ham

4 ounces fresh basil

1 cup sun-dried tomatoes, in oil, drained and patted

Spread each tortilla lightly with cream cheese. Arrange thin layer of ham on top of cream cheese. Add a layer of fresh basil, then a layer of tomatoes. Do not place ingredients too close to tortilla edges.

Starting at one end, tightly roll up each tortilla in a cigar-like fashion. Wrap in plastic and refrigerate for at least one hour or overnight.

Slice each roll into 1/2" slices and serve atop spring mix or fresh greens.

Per Serving (excluding unknown items): 96 Calories; 5g Fat (48.7% calories from fat); 4g Protein; 9g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 254mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.

Herb & Cheese Rolls

Servings: 36

1 3/4 pounds bread flour

1/3 ounce yeast, instant

1/2 ounce salt

1/2 ounce sugar

16 ounces warm water

4 ounces cheddar cheese, shredded

1 tablespoon dried dill

1 tablespoon chives, chopped

Combine flour, salt, yeast, sugar and herbs in large mixing bowl.

Add water and all but 1 ounce of cheese.

Knead for approximately 10 minutes or until smooth and elastic. In last round of kneading, add reserved cheese.

Place in oiled bowl and let rise until doubled (about 45 minutes)

Punch down dough and release all air bubbles.

Divide dough into 3 equal parts.

Let rest for 10-15 minutes.

Shape dough.

Let proof for 30-45 minutes.

Bake at 425 for 20 minutes or until golden brown.

Per Serving (excluding unknown items): 95 Calories; 1g Fat (13.7% calories from fat); 4g Protein; 17g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 173mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Herbed Butter

Servings: 10

1/2 cup butter, softened

1 teaspoon fresh parsley, chopped

1 teaspoon fresh tarragon, chopped

1 teaspoon fresh basil, chopped

pinch garlic, minced

pinch salt

Per Serving (excluding unknown items): 81 Calories; 9g Fat (99.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 94mg Sodium. Exchanges: 0 Vegetable; 2 Fat.

Herbed Endive Spears

Servings: 12

1 bunch endive

4 ounces cream cheese, softened

1/2 teaspoon fresh basil leaves, chopped

1/2 teaspoon fresh parsley, chopped

1/2 teaspoon fresh oregano, chopped

1/2 clove garlic, pressed

pinch salt, to taste

Whip all ingredients together, except endive.

Separate endive into individual leaves/spears.

Spoon a small amount onto the base of each endive spear.

Per Serving (excluding unknown items): 40 Calories; 3g Fat (71.8% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 37mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Herbed Stuffing

Servings: 6

2 cups herb-seasoned stuffing cubes

1/4 cup onion, minced

3 cups chicken stock

1/2 cup butter, melted

** Pepperidge Farms Dry Herb Stuffing Mix Recommended **

1. Heat stock and butter together. Combine well.

2. Combine stuffing, onion and stock mixture.
3. Bake in a 350 oven for 10-15 minutes.

Per Serving (excluding unknown items): 186 Calories; 16g Fat (77.6% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 1495mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 3 Fat.

Pasta Fagioli

Servings: 10

- 1 pound Ground Round**
- 2 stalks Celery, chopped**
- 1 large Carrot, sliced**
- 1 large Onion, chopped**
- 1 tablespoon Basil, fresh, chopped**
- 1 tablespoon Oregano, fresh, chopped**
- 1 teaspoon Black Pepper, ground**
- 1 teaspoon Salt**
- 1 teaspoon Crushed Red Pepper**
- 36 ounces Beef Stock**
- 32 ounces Tomatoes, Canned, crushed**
- 2 cloves Garlic, minced**
- 16 ounces Kidney Beans, Canned, drained**
- 16 ounces Navy Beans, Canned, drained**
- 6 ounces Macaroni, dried**

1. Brown beef in the bottom of a large pot or small stock pot.
2. Combine celery, carrot and onion with browned beef. Sweat for 5 minutes.
3. Add basil, oregano, pepper, salt, crushed red pepper, beef stock, tomatoes and garlic. Stir. Cover and simmer for 15-20 minutes.
4. Add beans and macaroni. Cover and simmer for 10 minutes.
5. Serve hot.

Per Serving (excluding unknown items): 294 Calories; 9g Fat (26.6% calories from fat); 18g Protein; 35g Carbohydrate; 6g Dietary Fiber; 31mg Cholesterol; 1647mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Pastrami-Style Chicken

Servings: 4

- 1 tablespoon dark brown sugar**
- 1 teaspoon kosher salt**
- 1 teaspoon garlic powder**
- 1 teaspoon ground ginger**
- 1 teaspoon ground coriander**
- 1 teaspoon cracked black pepper**
- 1/4 teaspoon ground allspice**
- 4 each chicken breasts, no skin, no bone, R-T-C**

Heat grill or broiler (to 500).

Combine first 7 ingredients in small bowl or plate.

Sprinkle mixture evenly over chicken. Cover and refrigerate for 15 - 30 minutes.

Broil for 15-20 minutes.

Per Serving (excluding unknown items): 298 Calories; 6g Fat (19.6% calories from fat); 53g Protein; 5g Carbohydrate; trace Dietary Fiber; 144mg Cholesterol; 597mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Spicy Pork Tenderloin with Ginger-Maple Sauce

Servings: 6

- 2 teaspoons chili powder**
- 1 1/4 teaspoons salt**
- 1 teaspoon black pepper**
- 1 teaspoon ground cinnamon**
- 1 1/2 pounds pork tenderloin, trimmed**
- Cooking spray**
- 2 tablespoons butter**
- 1 cup chopped onion**
- 2 tablespoons fresh ginger**

1 cup low sodium chicken broth

1/2 cup maple syrup

Preheat oven to 375°.

Combine first 4 ingredients in a small bowl; rub pork with spice mixture. Refrigerate 30 minutes.

Heat a large nonstick skillet coated with cooking spray over medium-high heat; add pork. Cook 6 minutes; brown on all sides.

Place on a broiler pan coated with cooking spray. Bake at 375° for 30 minutes or until thermometer registers 155°. Let stand 10 minutes before slicing.

While pork bakes, melt the butter in a medium saucepan over medium-high heat. Add the onion, and cook 10 minutes or until golden brown, stirring frequently.

Add ginger, and cook 4 minutes. Stir in broth and syrup, scraping pan to loosen browned bits.

Bring broth mixture to a boil; cook until reduced to 3/4 cup (about 10 minutes).

Cut pork into 1/4-inch-thick slices; serve with sauce.

Yield: 6 servings (serving size: 3 ounces pork and 2 tablespoons sauce)

Per Serving (excluding unknown items): 263 Calories; 8g Fat (27.3% calories from fat); 26g Protein; 22g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 638mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1 Other Carbohydrates.

Spring Chicken Salad

Servings: 6 (original Recipe serves 4)

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

4 1/2 whole chicken breast, no skin, no bone, R-T-C, cooked and pulled

3/8 cup mayonnaise, Just2Good by Hellman's

3/4 cup sour cream, light

3 tablespoons fresh tarragon, chopped

1 1/2 each shallot, minced

1 1/2 cloves garlic, crushed

salt and pepper, to taste

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

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

Taste and adjust seasoning with salt and pepper.

Add chicken and grapes. Serve over salad greens.

Per Serving (excluding unknown items): 248 Calories; 7g Fat (26.9% calories from fat); 40g Protein; 4g Carbohydrate; trace Dietary Fiber; 110mg Cholesterol; 222mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Summer Roasted Chicken

Servings: 4

1 chickens, whole

salt and pepper, to taste

1 onion, cut in 1/2" cubes

1 carrot, cut in 1/2" cubes

1 celery stalk, cut in 1/2" cubes

2 cloves garlic

1 sprig sage

1 sprig thyme

1 sprig rosemary

1 sprig oregano

2 cups chicken stock

1 ounce butter

In a large roasting pan, place onions, carrots, celery, garlic and herbs in the bottom.

Rinse chicken and cut in half, removing the back.

Rub chicken with butter and season with salt and pepper on both sides of the pieces.

Place chicken in pan. Bake 15 minutes at 425.

Reduce heat to 375 and cook for 15 minutes. Baste with juices. Continue to cook for another 15 minutes or until done. (180 in the thigh)

Remove from pan and allow to cool to the point where they can be handled.

Remove all bones except for wing and leg bones.
(Optional)

Make a gravy from the veggies in the pan.

Reheat chicken in oven until 165 degrees. Serve with
gravy.

Per Serving (excluding unknown items): 608 Calories; 47g Fat (70.4% calories from fat); 36g Protein; 8g Carbohydrate; 3g Dietary Fiber; 157mg Cholesterol; 1291mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 6 Fat.

Tarragon-Dill Salad Dressing

Servings: 2

2 ounces olive oil

1 ounce tarragon vinegar

1/2 ounce honey

1 teaspoon tarragon

1 teaspoon dill weed

1. Combine all ingredients together in a tall-sided bowl.
2. Whisk ingredients until emulsified.

Serve immediately.

Per Serving (excluding unknown items): 278 Calories; 28g Fat (89.3% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fat; 1/2 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

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

2. 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.

Jicama Salad

Servings: 8

4 oranges

2 cups julienne-cut peeled jicama (1/2-inch)

1 cucumber (about 1/2 pound), peeled, halved lengthwise, seeded, and thinly sliced

2 cups cubed peeled cantaloupe

1/2 cup vertically sliced red onion

1/4 cup chopped fresh cilantro

2 tablespoons chopped fresh mint

1/4 cup fresh lime juice

1/2 teaspoon salt

1/2 teaspoon hot chili powder

Peel and section oranges over a bowl; squeeze membranes to extract juice. Set sections aside; reserve 1/4 cup orange juice. Discard membranes.

Place the orange sections, jicama, and next 5 ingredients (jicama through mint) in a large bowl. Combine the reserved orange juice, fresh lime juice, salt, and chili powder. Pour juice mixture over jicama mixture, and toss gently. Cover and chill 2 hours.

Per Serving (excluding unknown items): 34 Calories; trace Fat (2.8% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat.
