

# **Dixie April 16, 2005**

Hearty Quiche  
Asparagus-Parmesan Pastry Rolls  
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Balsamic Vinaigrette  
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Chicken Casserole  
Tarragon-Dill Pasta Salad  
Dessert Crepes  
Molten Chocolate Cakes

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## Hearty Quiche

Servings: 6

**1 pie crust, blind baked**

**4 each eggs**

**1 1/2 cups half and half**

**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 bacon, chopped**

**4 ounces ham, chopped**

**4 ounces sausage, browned and drained**

**salt and pepper**

Preheat oven to 350. Blind bake crust and remove from oven.

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 and cool.

Add sausage to pan. Cook with occasional stirring until browned. Remove sausage to papertowels and drain and cool.

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

Season liberally with salt and pepper.

Pour mixture into a blind-baked pie shell.

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.

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*Per Serving (excluding unknown items): 553 Calories; 42g Fat (68.9% calories from fat); 24g Protein; 19g Carbohydrate; 1g Dietary Fiber; 204mg Cholesterol; 982mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.*

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## Asparagus-Parmesan Pastry Rolls

Servings: 96

**17 1/4 ounces frozen puff pastry sheets, 1 package, thawed**

**2 large egg yolks, lightly beaten with 2 tablespoons cold water**

**5 oz parmesan cheese, finely grated (1 3/4 cups packed)**

**2 pounds asparagus (3/4-inch-thick) stalks trimmed to 6-inch lengths and tips reserved if desired (about 28)**

**3 tablespoons white or black truffle oil (optional)**

Unfold pastry sheets and halve each parallel to fold lines. Roll out 1 half (keep remaining 3 halves chilled, covered with plastic wrap) into a 20- by 7-inch rectangle with a floured rolling pin on a well-floured surface. (Pastry will shrink slightly after rolling.) Brush off excess flour from work surface and both sides of pastry, then trim all edges with a sharp knife to make even. Cut crosswise into 6 (6 1/2- by 3-inch) rectangles.

Brush rectangles with some egg wash and sprinkle each evenly with 1 packed tablespoon cheese, leaving a 1/2-inch border on long sides. Lay an asparagus stalk along 1 long side, then roll up asparagus in pastry, pressing seam to seal. Make more rolls with remaining pastry, cheese, and asparagus.

Arrange rolls, seam sides down, about 1 inch apart on lightly oiled baking sheets and brush top and sides lightly with egg wash. Chill rolls until pastry is firm, at least 15 minutes.

Preheat oven to 400°F.

Bake rolls in batches in middle of oven until puffed and golden, about 16 minutes.

Transfer with a metal spatula to a cutting board and trim about 1/2 inch from ends. Halve each roll crosswise, then, starting about 1/2 inch from either end, cut each section diagonally in half (see photo, opposite). Stand asparagus rolls on end, 2 by 2 on platters, and drizzle each with 1 drop of truffle oil (if using). Serve warm.

Cooks' notes:

- Unbaked asparagus rolls can be chilled, loosely covered with plastic wrap, up to 1 day.
- Asparagus rolls can be baked (but not cut) 4 hours ahead and kept, uncovered, at room temperature. Reheat in a 350°F oven 8 to 10 minutes.

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*Per Serving (excluding unknown items): 38 Calories; 3g Fat (60.1% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.*

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## Garden Salad

Servings: 6

**1 head Romaine lettuce, washed and torn**

**1 small red onion, sliced 1/8" thick**

**1 cup cherry tomato, whole**

**1 small cucumber, sliced 1/4" thick**

**1/4 cup carrot, grated**

1. Combine all ingredients.
2. Distribute between 4 salad bowls.
3. Serve with desired dressing.

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*Per Serving (excluding unknown items): 43 Calories; trace Fat (8.1% calories from fat); 3g Protein; 9g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 1/2 Vegetable.*

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## Balsamic Vinaigrette

Servings: 8

**1/4 cup fresh cilantro leaves, washed and patted dry**

**1/4 cup balsamic vinegar**

**1 ounce honey**

**1 teaspoon mustard**

**1/2 cup olive oil**

**salt and pepper, to taste**

Puree cilantro, balsamic vinegar, honey and mustard in a food processor.

With the machine still running, slowly drizzle in olive oil and allow mixture to emulsify.

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*Per Serving (excluding unknown items): 132 Calories; 14g Fat (89.6% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.*

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## 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.

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*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.*

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## Chicken Casserole

Servings: 9

**4 each chicken breast, no skin, no bone, R-T-C**

**32 ounces chicken broth**

**6 ounces herb stuffing mix**

**1 can cream of celery soup, condensed**

**1 can cream of chicken soup, condensed**

Boil chicken and bouillon cubes in enough water to cover for 30 to 45 minutes.

Remove the chicken from the water. It's hot. Let it sit for a few minutes.

De-bone the chicken by tearing or cutting off from the bone. Set aside.

In a large mixing bowl, combine the cream of celery, cream of chicken. Slowly add the chicken broth, stirring to combine.

In a 9 x 13 casserole dish, make a layer of dressing followed by a layer of chicken then a layer of soup mixture. Continue until dish is full, ending with dressing on top.

Bake for 20 minutes at 350.

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*Per Serving (excluding unknown items): 257 Calories; 7g Fat (24.8% calories from fat); 29g Protein; 19g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 1077mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.*

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## Tarragon-Dill Pasta Salad

Servings: 20

**1 cup peas**

**1 cup carrot, shredded**

**1/2 cup red bell pepper, diced**

**2 cups pasta shells, prepared al dente**

**1 cup vegetable oil**

**1/2 cup white wine vinegar**

**1/2 teaspoon dried tarragon**

**1/2 teaspoon dried dill weed**

**1 teaspoon salt**

**2 teaspoons Dijon-style mustard**

**2 tablespoons capers, drained and diced**

**coarsely ground black pepper to taste**

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*Per Serving (excluding unknown items): 146 Calories; 11g Fat (67.5% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 124mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.*

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## Dessert Crepes

Servings: 18

**1 cup strawberries, crushed**

**1 cup raspberries, crushed**

**4 tablespoons sugar**

**1 cup sour cream**

**1 cup cream cheese**

**1 tablespoon sugar**

### Crepe Batter - Basic

Prepare crepes (if purchased, warm for about 15 seconds in microwave) If making crepes, prepare as directed, set aside.

Cream together sour cream and cream cheese with a small amount of sugar. Set aside.

Slightly pulse strawberries and raspberries in a blender or food processor with a small amount of sugar.

Assembly:

Place a crepe on the plate. Dollop a heaping tablespoon of cream mixture into the center of the crepe and follow with a dollop of the berry mixture. Fold the sides of the crepe over the center and garnish. Serve immediately.

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*Per Serving (excluding unknown items): 149 Calories; 9g Fat (55.1% calories from fat); 3g Protein; 13g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.*

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## Crepe Batter - Basic

Servings: 18

**1 cup all-purpose flour**

**1 1/2 cups milk**

**2 each eggs**

**2 tablespoons sugar**

**pinch salt**

**1 tablespoon canola oil**

Combine dry ingredients.

Combine wet ingredients and pour into center of dry.

Whisk together until smooth.

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*Per Serving (excluding unknown items): 57 Calories; 2g Fat (31.6% calories from fat); 2g Protein; 8g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.*

For each mold, turn it upside down onto a plate and wait about 5-10 seconds. Lift up one side of the mold and cake should fall out onto plate.

Dust with powdered sugar and serve with fresh strawberries and a dollop of whipped cream or creme fraiche.

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*Per Serving (excluding unknown items): 541 Calories; 51g Fat (76.2% calories from fat); 10g Protein; 26g Carbohydrate; 7g Dietary Fiber; 249mg Cholesterol; 65mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 9 1/2 Fat; 1 Other Carbohydrates.*

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## **Molten Chocolate Cakes**

Servings: 4

**1/2 cup unsalted butter**

**2 teaspoons cocoa, plus more for molds**

**6 ounces bittersweet chocolate**

**4 large eggs**

**1/4 cup sugar, heaping**

Preheat oven to 400 degrees F.

Grease and lightly coat with the cocoa enough ramekins or custard cups for each serving.

Place butter and chocolate in a microwavable bowl and heat for 1 minute on high or until chocolate has mostly melted or butter begins to boil over.

Beat together eggs and sugar until sugar has dissolved into eggs. Whisk in cocoa.

Whip the melted chocolate mixture into the eggs and divide batter between molds.

Place filled molds on a baking sheet, and bake until the sides have set but the centers are slightly jiggly about 10 minutes. (Centers should register at 140 F.)