

Summer Dinner Party

Balsamic Vinaigrette
 Mango-Peach Chutney
 Oven Roasted Pork Loin
 Roasted Sprouts and New Potatoes
 Summer Salad
 Molten Chocolate Cakes
 Herb & Cheese Rolls

Per Serving (excluding unknown items): 1565 Calories; 98g Fat (52.9% calories from fat); 60g Protein; 136g Carbohydrate; 20g Dietary Fiber; 363mg Cholesterol; 1808mg Sodium. Exchanges: 3 1/2 Grain(Starch); 6 1/2 Lean Meat; 4 Vegetable; 1 Fruit; 17 1/2 Fat; 3 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1565	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	32.7%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	14.4%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	98g	Folacin (mcg):	272mcg
Saturated Fat (g):	38g	Niacin (mg):	13mg
Monounsaturated Fat (g):	47g	Caffeine (mg):	89mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	363mg	% Refuse:	0.0%
Carbohydrate (g):	136g		
Dietary Fiber (g):	20g	Food Exchanges	
Protein (g):	60g	Grain (Starch):	3 1/2
Sodium (mg):	1808mg	Lean Meat:	6 1/2
Potassium (mg):	2905mg	Vegetable:	4
Calcium (mg):	292mg	Fruit:	1
Iron (mg):	10mg	Non-Fat Milk:	0
Zinc (mg):	7mg	Fat:	17 1/2
Vitamin C (mg):	214mg	Other Carbohydrates:	3
Vitamin A (i.u.):	17796IU		
Vitamin A (r.e.):	1971RE		

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.

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.

Mango-Peach Chutney

Servings: 8

2 each mango, cubed
4 each peach
1 cup onion, chopped
4 cloves garlic, minced
1/2 teaspoon dry mustard
1 cup sugar
4 tablespoons balsamic vinegar
dash ground allspice

Combine all ingredients in a small saucepan over medium high heat.

Bring to a boil then reduce to a simmer for approximately 15 minutes.

Per Serving (excluding unknown items): 163 Calories; trace Fat (1.2% calories from fat); 1g Protein; 42g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

Oven Roasted Pork Loin

Servings: 8

3 pounds pork tenderloin, whole
6 sprigs fresh rosemary
2 cloves garlic, crushed
2 tablespoons kosher salt
1 teaspoon cracked black pepper

Combine salt and pepper.

Take 1 sprig of rosemary and remove leaves. Chop coarsely.

Rub roast with garlic.

Combine rosemary with salt and pepper and rub over roast.

Place roast in hotel pan and bake in a 400 degree oven for 30 - 40 minutes or to an internal temperature of 160.

Per Serving (excluding unknown items): 208 Calories; 6g Fat (26.6% calories from fat); 36g Protein; 1g Carbohydrate; trace Dietary Fiber; 111mg Cholesterol; 1496mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fat.

Roasted Sprouts and New Potatoes

Servings: 2

12 whole Brussels sprouts, trimmed
2 whole new potatoes, quartered
1 tablespoon olive oil
cracked black pepper, to taste
kosher salt, to taste

Combine all ingredients in an oven safe pan.

Spread in an even layer.

Roast at 375 for 20 minutes.

Per Serving (excluding unknown items): 205 Calories; 7g Fat (29.5% calories from fat); 6g Protein; 32g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Vegetable; 1 1/2 Fat.

Summer Salad

Servings: 16

16 cups greens, based on availability
4 cups summer squash, julienned
4 cups cucumber, julienned
4 cups carrot, julienned
2 cups red bell pepper, julienned

Dressing:

4 each lemon, juiced
8 tablespoons balsamic vinegar
1 1/3 cups extra virgin olive oil
4 tablespoons fresh cilantro, chopped
4 tablespoons honey

Arrange greens and vegetables on plate.

Combine dressing ingredients in food processor or with whisk. Drizzle over plated salad.

Per Serving (excluding unknown items): 222 Calories; 18g Fat (69.3% calories from fat); 3g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 2 Vegetable; 0 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.

Molten Chocolate Cakes

Servings: 6

3/4 cup unsalted butter
3 teaspoons cocoa, plus more for molds

9 ounces bittersweet chocolate
6 large eggs
3/8 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.)

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.

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.

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.

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.