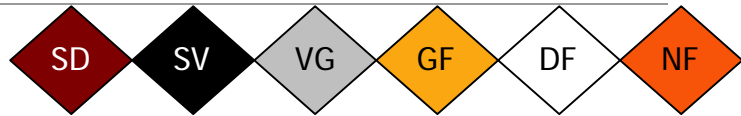


SUNDAY

Asian Pear & Hazelnut Oven Pancake (*see dietary notes)



Recipe by: Chef Kelly Yorke

Serve this recipe with Brandied Custard Sauce

Ingredients:

2 each	Eggs, or ½ cup liquid eggs
1 Tbls.	Sugar
¾ cup	Milk
1 cup	Flour
¼ tsp.	Salt
32 oz.	Asian Pears
4 Tbls.	Brown Sugar
4 Tbls.	Butter
¼ cup	Toasted Hazelnuts, chopped

Directions:

1. Preheat oven to 375 ° degrees F.
2. Combine eggs, agave syrup, milk, flour and salt in a blender until smooth. Refrigerate batter for 1 hour or more or make batter the night before for convenience the next morning.
3. Peel the pears with a potato peeler and halve lengthwise. Scoop out the core and seeds using a melon-ball cutter. Cut halves into ½-inch chunks and place them in a bowl. Sprinkle chunks with brown sugar and toss to evenly coat, set aside.
4. Place butter in a 2-quart size casserole dish, or a 9-inch square baking pan, or a 10-inch quiche dish, or a 10-inch pie pan. Place dish in oven until the butter is melted. Remove dish from oven and stir the pears and hazelnuts into the butter until coated. Return dish to oven and cook for 10 to 15 minutes, then pour chilled batter over hot pears and nuts.
5. Bake for additional 30 to 35 minutes or until pancake is puffed and golden. Remove from oven, cut into wedges or squares and serve immediately.

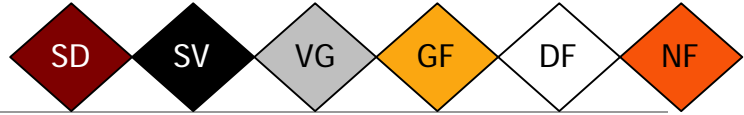
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace 2 eggs with 2 tablespoons of Bob's Red Mill Egg Replacer and 6 tablespoons of water and replace 4 tablespoons butter with 4 tablespoons vegan buttery stick product, or vegetable shortening.
- To make gluten-free (GF), replace wheat flour with rice flour or use 1 cup Bob's Red Mill Gluten Free All Purpose Flour and ½ teaspoon Xanthan Gum.
- To make nut-free (NF), omit hazelnuts and add ¼ cup golden raisins.

Per Serving: 463 Calories, 62g Carbohydrates, 21g Fat, 10g Protein, 9g Dietary Fiber, 140 mg Cholesterol, 313mg Sodium

Brandied Custard Sauce (*see dietary notes)



Recipe by: Chef Kelly Yorke

Serve this recipe with Asian Pear & Hazelnut Oven Pancakes.

Ingredients:

1.5 Tbls.	*Bird's Custard Powder
1 Tbls.	Sugar
1cup+1Tbls.	Milk (or Soy milk, or Almond Milk, or Rice Milk)
¼ tsp.	Cinnamon
1/8 tsp.	Nutmeg
2 Tbls.	Pear Brandy
1 Tbls.	Frangelico (Hazelnut Liquor)

Directions:

1. In a medium bowl combine Bird's Custard Powder, sugar, and 1 Tablespoon of milk. Blend into a smooth paste.
2. In a small saucepan heat 1 cup of milk until just before it boils (scalding). Pour the heated milk slowly into the custard paste bowl while stirring well.
3. Pour combined mixture back into the saucepan and bring to a boil while stirring continuously over gentle heat. When mixture comes to a boil remove pot from heat and stir in cinnamon, nutmeg, pear brandy and Frangelico.
4. Serve warm or cooled over pancakes, fruit, or desserts.

YIELD: 1 cup

*Dietary Notes:

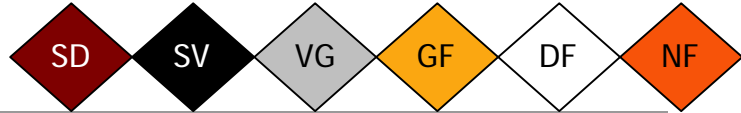
- To make Vegan (SV), Vegetarian (VG) and dairy-free (DF), replace milk with soy, almond or rice milk.
- To make nut-free (NF), omit Frangelico and add a total of 3 tablespoons of pear brandy to the sauce.
- For alcohol-free sauce add the brandy and Frangelico to the sauce before it boils in step three and then bring the sauce to a boil to cook out the alcohol, or just omit the brandy and Frangelico all together and add 2 Tablespoons of pear jelly instead.

Per Serving: 101 Calories, 12g Carbohydrates, 2g Fat, 2g Protein, 0g Dietary Fiber, 0mg Cholesterol, 86mg Sodium

*Birds Custard Powder is an egg-less British invention to provide an alternative to the traditional egg-based custard for those who are allergic to eggs. The product, made from cornstarch, comes powdered and is combined with liquid and sugar then cooked on the stovetop (or hob – as the stovetop is called in England) till thickened and pudding-like. Bird's Custard Powder is available in retail grocery stores and international markets all across America.

SSLT Sandwiches

(*see dietary notes)



Recipe by: Chef Kelly Yorke

"SSLT" stands for smoked salmon, lettuce and tomato sandwiches. My inspiration for the SSLT sandwich was the traditional bacon, lettuce and tomato sandwich but an SSLT gets it's smokiness from crumbled Omega-3 rich salmon instead of strips of pork bacon.

Ingredients:

- 8 each Whole grain bread slices, toasted
- 4 Tbls. Vegenaïse (or your choice of mayonnaïse)
- 2 oz. Green Leaf Lettuce Leaves, rinsed and patted dry
- 16 ea. Tomato slices
- 8 oz. Smoked Salmon, crumbled, flaked, or chopped
- 16 each Frilled or sword picks



Directions:

1. Toast eight slices of bread.
2. Crumble, flake, or chop the salmon into small pieces.
3. Spread one side of each slice of toasted bread with Vegenaïse or mayonnaïse spread.
4. On top of four of the bread slices portion ¼ amount of the lettuce, ¼ amount of the tomato slices, and ¼ amount of the smoked salmon.
5. Top with the remaining bread slices.
6. Spear a frill pick through each sandwich at the 12, 3, 6 and 9 o'clock positions of the bread and about 1 inch from the edge. Cut each sandwich into quarters making an "X" between the toothpicks.
7. Arrange four quarters attractively on each diner's plate.

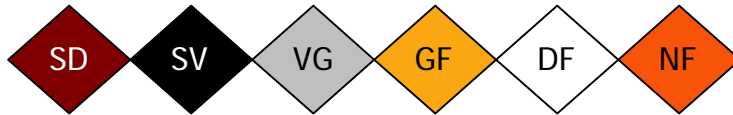
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), use Vegenaïse or Guacamole instead of mayonnaïse.
- To make Vegetarian (VG), replace smoked salmon with vegan bacon strips such as the Smart Bacon vegan bacon strips made by Lightlife available on line at (www.veganesentials.com).
- To make gluten-free (GF), use a gluten-free sliced bread product such as Udi's Gluten-Free Breads available in retail groceries throughout America.

Per Serving: 313 Calories, 30g Carbohydrates, 14g Fat, 17g Protein, 5g Dietary Fiber, 13mg Cholesterol, 833mg Sodium

Apple Pie Frozen Yogurt Pops (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

3 each	Apples, peeled, cored, chopped
4 Tbls.	Sugar
1 tsp.	Apple Pie Spice
2 cups	Greek-style yogurt, plain, vanilla, or honey flavored
½ cup	Shortbread cookies, coarsely crushed



Directions:

1. Peel, core, and chop apples. Place them in a skillet that has been sprayed with non-stick cooking spray. Sprinkle sugar and pie spice over apples and sauté until apples are soft and moisture has mostly cooked out. Remove from heat, pour into a bowl, and cool.
2. Combine yogurt into apple mixture and mix until well blended. Stir in shortbread cookie pieces.
3. Divide the mixture among freezer-pop molds. Insert the stick tops and seal. Freeze until solid, about 6 hours.

YIELD: About 10 (3 oz.) pops

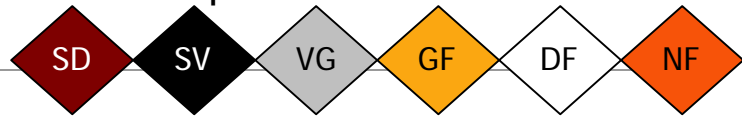
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit Greek Yogurt and replace with Soy Yogurt.
- To make Vegetarian (VG), no changes necessary for Ovo-lacto vegetarians.
- To make gluten-free (GF), replace shortbread cookies with your choice of gluten-free cookies or pie crust pieces.
- To make nut-free (NF), use a nut-free shortbread cookie made in a nut-free facility.

Per Serving: 100 Calories, 17g Carbohydrates, 3g Fat, 2g Protein, 1g Dietary Fiber, 8mg Cholesterol, 48mg Sodium

Baby Back Ribs with Tandoori Barbeque Sauce

(*see dietary notes)



Recipe by: Chef Kelly Yorke

This recipe is a spin-off of Northern India's Tandoori Chicken and although some religions prohibit eating pork, a Tandoori- style marinade/barbeque sauce is delicious when applied to other types of meat. If you do not eat pork, try substituting lamb or beef cubes "kabob-style", in place of pork back ribs.

Ingredients:

1 rack	Baby Back Rib Rack – 13 bones, or 2 cheater racks – 8 bones)	1 tsp.	Cumin
		2 tsp.	Coriander
2 each	Lime, juiced (about ½ cup)	1 tsp.	Turmeric
2 Tbls.	Chili Powder	2 tsp.	Garam marsala
2 tsps.	Kosher Salt	2 Tbls.	Paprika
¼ cup	Greek Yogurt (or thick, strained yogurt)	1/8 tsp.	Cayenne pepper (or more to taste)
		2 Tbls.	Tomato Paste
1 tsp.	Garlic, minced		
1Tbls.	Ginger, grated		

Directions:

1. Remove the membrane from the underside of the ribs; do this by using a butter knife to pry under and then peel away a small portion of the thin layer of translucent membrane on one or the other end of the rack. Once the membrane is peeled back a bit grab it with a paper towel (because it is slippery), and rip and pull away the rest of the membrane along the rest of the length of the rib rack.
2. Cut the rack into four sections by cutting between the ribs to create three 3- rib, and one 4-rib section (the four-rib section being on the smaller end). If using cheater racks, cut each rack in half to create four 4-rib portions. Make three or four shallow cuts running across the meat side of each rib section.
3. Place the rack sections into a gallon sized zip lock bag.
4. In a cup or small bowl, combine the limejuice, chili powder and Kosher salt until well blended. Pour the mixture into the bag with the pork rack pieces and seal. Massage the bag to coat all the pieces with the marinade. Refrigerate from 8 to 24 hours turning the bag over occasionally.
5. In a separate large bowl, combine the yogurt, garlic, ginger, cumin, coriander, turmeric, garam masala, paprika, cayenne and tomato paste. Mix to create a blended paste.
6. Remove the marinated rack pieces from the bag, rinse off salt, pat dry, and discard marinade. Place the rack pieces in the bowl with the paste and toss together to coat all sides of the meat. Place the coated rack pieces on a foil-lined, edged cookie sheet (or if using lamb or beef cubes, thread the coated cubes onto metal skewers and then place on foil-lined cookie sheet).
7. Place cookie sheet with meat into a pre-heated broiler. Broil meat about 6-8 minutes, remove from broiler, turn pieces over, and spread any remaining paste from the bowl on top of each piece. Return sheet to the broiler and continue cooking for another 6–8 minutes or until meat is completely cooked and slightly charred. Remove from broiler and serve.

YIELD: 4 Servings

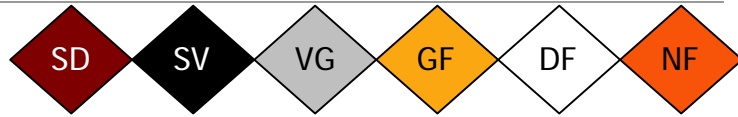
*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG), replace pork ribs with vegan field roast sausage cut into 1"inch slices and skewered onto metal skewers. Omit steps 1-4, coat vegan sausage pieces with step 5 paste and then thread onto skewers and broil until slightly charred around edges.
- To make Dairy-Free (DF), replace yogurt with a non-dairy sour cream such as Tofutti's Sour Supreme.

Per Serving: 319 Calories, 12g Carbohydrates, 24g Fat, 17g Protein, 3g Dietary Fiber, 77mg Cholesterol, 182mg Sodium

Wild Rice and Mung Bean Salad

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

½ cup	Wild Rice
½ cup	*Mung Beans
4 cup	Water
4 each	Scallions, sliced 1/4 inch thick
1 whole	Red Bell Pepper, chopped
1 whole	Yellow Bell Pepper, chopped
½ cup	Red Onion, chopped
2 tsp.	Curry Powder
1 Tbls.	Ginger root, grated
1 tsp.	Coriander
1 tsp.	Garlic, minced or pressed
3 Tbls.	Sesame Oil
3 Tbls.	Raspberry Vinegar

Directions:

1. Bring water to a boil in a 2-quart sauce pot.
2. Add wild rice and mung beans (use whole, not split or peeled, mung beans) to boiling water and then reduce heat to a simmer. Cover pot and simmer for 45 – 55 minutes or just until the grains of rice have puffed open and the beans are tender. Then uncover pot, fluff rice with a fork and continue simmering for five more minutes. Remove pot from heat and drain off excess liquid.
3. Transfer cooked rice and mung beans to a large bowl. Add remaining ingredients and combine well.
4. Refrigerate until ready to serve.

YIELD: about 8 (1 cup) Servings

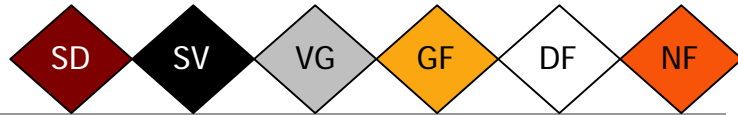
*Dietary Notes:

- To make nut-free (NF), replace sesame oil with vegetable oil.

Per Serving: 144 Calories, 20g Carbohydrates, 6g Fat, 5g Protein, 4g Dietary Fiber, 0mg Cholesterol, 9mg Sodium

***Mung Beans** are a small dried bean commonly used in Chinese and Indian cuisine. They normally have a green skin (but some are yellow or black) and a yellow flesh. They are used to grow the sprouts we commonly see in salads, stir fries, and chow mein vegetable mixes, and they are ground to make a flour that is used to make cellophane noodles. Mung beans are gluten-free and they do not require pre-soaking like other dried beans. When cooked, they are tender and slightly sweet. You can find them in up-scale grocery stores and health food markets.

Gingered Snow Peas



Recipe by: National Pork Producers Council

Ingredients:

1 lb. Fresh snow peas
2 tsp. Vegetable oil
1 each Garlic clove
1 tsp. Grated ginger
2 Tbls. Dry Sherry

Directions:

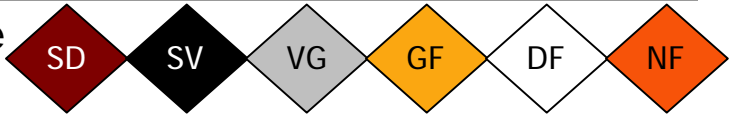
1. Clean snow peas, trimming if necessary. In large skillet, heat the oil over medium heat; stir in snow peas, garlic and ginger.
2. Sauté for 1-2 minutes, until peas are tender. Toss with sherry and serve immediately.

YIELD: 4 Servings

Per Serving: 78 Calories, 9g Carbohydrates, 3g Fat, 3g Protein, 3g Dietary Fiber, 0mg Cholesterol, 5mg Sodium

MONDAY

Muesli and Pomegranate Juice Cereal Soak (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

1 cup Muesli
1 cups Pomegranate Juice, Pom Wonderful or other 100% Pomegranate Juice
1 cup Yogurt, plain or vanilla flavor

Directions:

1. Mix all ingredients together in a bowl, stir to combine.
2. Refrigerate overnight.
3. Serve with extra dollop of yogurt (optional).

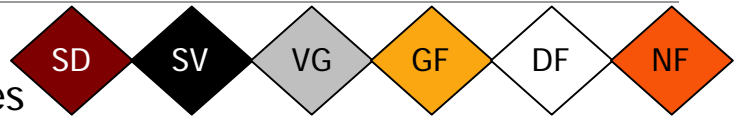
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace dairy yogurt with soy yogurt.
- To make gluten-free (GF), omit muesli that contains wheat and replace with non-wheat containing muesli such as Brookfarms, or use ½ cup Bob's Red Mill Mighty Tasty Gluten-Free Hot Cereal and ½ cup of Bob's Red Mill Gluten-Free Quick Cooking Rolled Oats and proceed with steps 1-3 as written.

Per Serving: 139 Calories, 25g Carbohydrates, 3g Fat, 4g Protein, 1g Dietary Fiber, 8mg Cholesterol, 102mg Sodium

Black, Red, & White Grilled Cheese Sandwiches (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

8 slices Sourdough Bread Slices
 8-10 oz. Fresh Mozzarella Cheese, sliced ¼ inch thick
 8 oz. Roasted Red Bell Pepper (from jar)
 4 Tbls. Black Olive Tapenade (purchased, or home prepared following recipe below)
 2 tps. Fresh Cracked Black Pepper Corns
 2 Tbls. Olive Oil

Directions:

1. Spread four slices of bread with olive tapenade.
2. Slice Mozzarella into ¼ inch thick slices and distribute half the amount evenly among the tapenade covered bread slices.
3. Drain and pile equal amounts of the roasted red peppers over the mozzarella.
4. Cover red peppers with remaining slices of mozzarella, sprinkle with cracked black pepper and then top with the remaining four slices of bread.
5. Brush both sides of each sandwich with olive oil and grill in a Panini press or skillet until bread is crisp and cheese is melted, about 2 – 3 minutes per side.

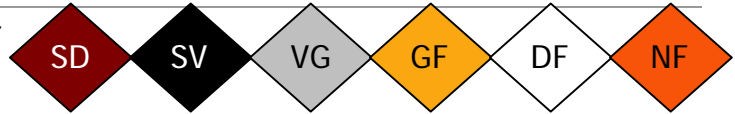
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace fresh mozzarella cheese with slices of soy cheese and use a purchased tapenade that is anchovy-free or omit them from the home-prepared recipe.
- To make Vegetarian (VG), use a purchased tapenade that is anchovy-free or omit them from the home- prepared recipe.
- To make gluten-free (GF), use a gluten-free bread slices or rolls.

Per Serving: 420 Calories, 33g Carbohydrates, 21g Fat, 25g Protein, 3g Dietary Fiber, 39mg Cholesterol, 828mg Sodium

Amy's Organic Cream of Tomato Soup with Basil (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

4 cups Amy's Organic Cream of Tomato Soup (2 cans)
4 Tbls. Basil, fresh, cut into thin strips

Directions:

1. Remove soup from can.
2. Heat, pour into bowls and garnish with cut basil strips.

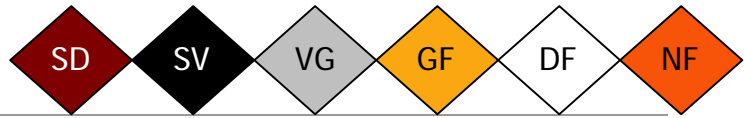
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace Amy's Cream of Tomato Soup (it contains milk) with Amy's Minestrone Soup.

Per Serving: 101 Calories, 17g Carbohydrates, 2.5g Fat, 2g Protein, 3g Dietary Fiber, 10mg Cholesterol, 340mg Sodium

White Bean & Salmon Dip (*see dietary notes)



Recipe by: Chef Kelly Yorke

Serve this dip with toast points and cut vegetables dippers or scoop it into cucumber cups and garnish with a sprig of dill and a lemon zest twist for elegant crudités.

Ingredients:

1 can	Cannellini beans, Great Northern, or white beans, rinsed and drained, 14.5 oz. can
2 each	Bumble Bee, Premium Wild Pink Salmon, Skinless & Boneless, 5 oz. pouch
1 tsp.	Garlic, minced
2 tsp.	Dried dill weed
1 tsp.	Salt-Free Lemon Pepper seasoning (such as Ms. Dash)
½ tsp.	Old Bay Seasoning
2 Tbls.	Lemon juice
1 Tbls.	Tomato Paste
1 tsp.	Tabasco sauce

Directions:

1. Place all ingredients in a food processor and puree until smooth.
2. Pour into a serving bowl, cover and refrigerate until ready to serve.

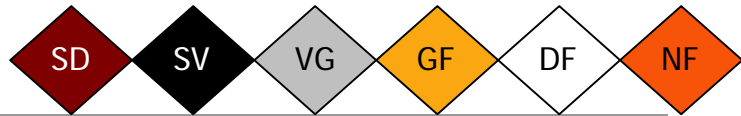
YIELD: 8 Servings

*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG) omit salmon and replace with one 14 oz. cans of red kidney beans. Prepare recipe with the rest of ingredients as listed.

Per Serving: 128 Calories, 17g Carbohydrates, 1g Fat, 15g Protein, 4g Dietary Fiber, 19mg Cholesterol, 184mg Sodium

A-1 London Broil (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

1/3 cup	A-1 Steak Sauce
1tsp.	Chipotle Pepper Powder
1 tsp.	Vanilla Extract
2/3 cup	Peach Nectar
1 Tbls.	Almond Oil
2 lbs.	Top Round steak, London Broil, ¾ inch thick



Directions:

1. Mix all ingredients (except Top Round steak) in a bowl.
2. Carefully make 1/8" inch thick scores (no deeper) in both sides of the meat. Place meat in a 1 gallon sized zip lock bag. Pour marinade into the bag and over the meat and seal bag.
3. Place bag in refrigerator to marinate for 4 or more hours, turning occasionally.
4. Remove meat from marinade and discard marinade.
5. Grill meat on grill or in broiler for 4 to 5 minutes per side or until medium-rare doneness (150 °F).
6. Remove for heat and let rest for at least five minutes before cutting.
7. Cut meat on an angle against the grain into thin slices.
8. Serve with additional A-1 sauce (if desired).

YIELD: 4-6 Servings

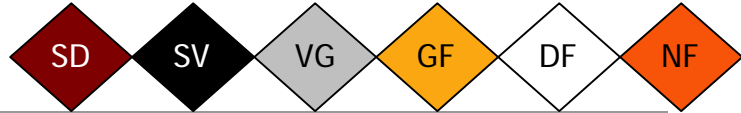
*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG), omit London broil and replace with Portobello mushrooms caps, reduce marinating time to 30 minutes and grill for 2-3 minutes per side.

Per Serving: 309 Calories, 7g Carbohydrates, 16g Fat, 32g Protein, trace Dietary Fiber, 71mg Cholesterol, 300mg Sodium

Corn Custard

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

- 1.5 cups Corn Kernels
(cut off of 2 fresh cobs, or frozen or canned kernels)
- ¼ cup Whole wheat flour
- ½ tsp. Sugar
- ½ tsp. Nutmeg
- ½ tsp. Salt
- ½ tsp. Pepper
- 4 each Eggs, beaten or 1 cup liquid eggs
- 2 cups Milk
- 1 Tbls. Butter, melted



Directions:

1. Cut kernels off two fresh sweet cobs of corn, or thaw or drain frozen or canned kernels. Place kernels in medium size bowl.
2. Add the flour, sugar, nutmeg, salt and pepper to the bowl and toss together with the corn until the kernels are evenly dusted with the dry ingredients.
3. Add eggs, milk, and melted butter. Stir till blended.
4. Place mixture in a buttered baking dish or casserole set in a shallow pan of scalding water.
5. Bake in a preheated 350 ° F oven for 55-60 minutes, or until a knife inserted into the center comes out clean.

YIELD: 6 Servings

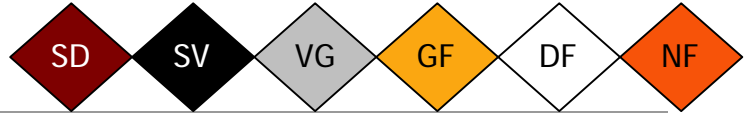
***Dietary Notes:**

- To make Vegan (SV) and dairy-free (DF), replace 4 eggs with 3 Tablespoons Bob's Red Mill Egg replacer, 9 Tablespoons water, ½ tsp. baking powder and ½ mashed and beaten ripe banana. Replace butter with melted vegetable shortening or melted vegan buttery spread.
- To make gluten-free (GF), replace whole wheat flour with ¼ cup Bob's Red Mill Gluten-Free All-Purpose Baking Flour and 1/8 tsp. Xanthan gum.

Per Serving: 169 Calories, 16g Carbohydrates, 8g Fat, 9g Protein, 2g Dietary Fiber, 158mg Cholesterol, 286mg Sodium

Green Bay Beans

(*see dietary notes)



Recipe by: Chef Kelly Yorke

This combination of beans when served cold and lightly dressed in Italian vinaigrette, is a big hit with tailgating Packer fans at Lambeau Field.

Ingredients:

½ lb. Green String Beans
½ lb. Was Beans (Yellow String Beans)
1 Tbls. Butter, melted
1/2 tsp. Salt
1/8 tsp. Pepper

Directions:

1. Wash beans, trim ends, remove strings (if you are using a variety that has not had the strings bred out).
2. Steam or boil beans until al dente (still slightly crisp and bright in color).
3. Pour melted beans over cooked beans and sprinkle with salt and pepper.

YIELD: 4 Servings

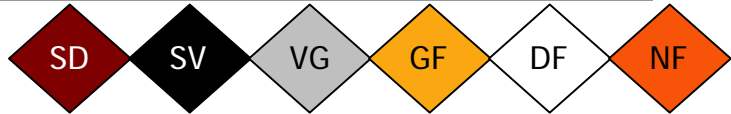
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit butter and replace with 1 tablespoon olive oil.

Per Serving: 57 Calories, 7g Carbohydrates, 3g Fat, 2g Protein, 3g Dietary Fiber, 8mg Cholesterol, 302mg Sodium

TUESDAY

English Muffins with Fruit Spread and Cream Cheese (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

4 each Better Start English Muffins, Thomas' (Light Multi-Grain)
4 ounces Non-Fat Cream Cheese
8 Tbls. All-Fruit Preserves, any flavor
4 Tbls. Chopped Almonds

Directions:

1. Split and toast muffins. Spread ½ ounce cream cheese then 1 tablespoon preserves on each. Sprinkle with ½ tablespoon of chopped almonds.
2. Serve two muffins per person open face style or sandwich them together to eat them on the run.

YIELD: 4 Servings

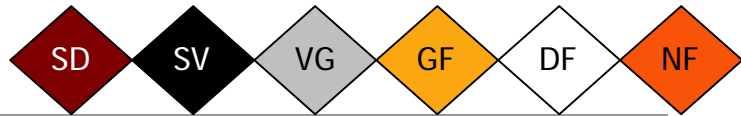
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit cream cheese and replace with Tofutti's Better Than Cream Cheese.
- To make gluten-free (GF), use a gluten-free English muffin such as those made by *Glutino*, or by *Foods by George*, or by *Kinnikinnick Foods*.
- To make nut-free (NF), omit almonds and use 4 tablespoons of sunflower seeds, coconut, raisins, or nut-free granola as topping instead.

Per Serving: 266 Calories, 49g Carbohydrates, 6g Fat, 12g Protein, 9g Dietary Fiber, 3mg Cholesterol, 378mg Sodium

BBQ Beef Turnovers

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

½ lb.	Cooked London Broil, chopped (leftover from Monday dinner), or cooked hamburger crumbles, or deli-sliced roast beef, chopped
¼ cup	BBQ sauce, (Annie's Natural Organic BBQ Sauce is recommended)
¼ cup	Pepper Jack Cheese, shredded
2 each	Scallions, sliced ¼" thick
8 oz. can	Refrigerated, crescent dinner rolls dough (any brand)
1 whole	Egg, beaten
1 Tbls.	Wheat bran
1 Tbls.	Rolled Oats

Directions:

1. Preheat oven to 375° F.
2. Stir together in a bowl, the chopped cooked beef, barbecue sauce, cheese, and sliced onion.
3. Crack the refrigerated dough tube open and unroll dough; separate or cut the dough into 4 rectangles and place them on an ungreased cookie sheet.
4. Pile ¼ of the meat mixture onto one side of each dough piece. Fold over the other (uncovered) side of dough over the meat pile. Use a fork to press the edges around the filling to seal the filling in the turnover.
5. Brush each turnover with the beaten egg. Sprinkle with wheat bran and oats. With the fork, prick some small holes in the top of each turnover for steam to escape, or make some small slits with a paring knife.
6. Bake for 11 to 18 minutes or until golden brown. Remove from oven and cookie sheet and serve warm or cooled with (optional) creamy cold slaw and extra barbecue sauce for dipping.

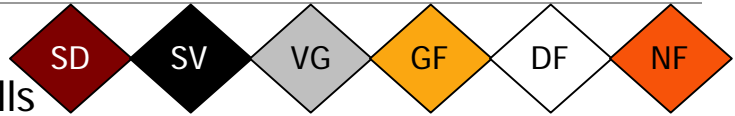
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV), Vegetarian (VG) and dairy-free (DF), omit cooked beef and pepper jack cheese and replace with vegan beef substitute and vegan shredded cheddar style soy cheese.
- To make gluten-free (GF), make a gluten-free pie crust, or pizza dough from a purchased mix and then proceed with recipe as written. Alternatively, follow the recipe below for World's Easiest Gluten Free Crescent Rolls (originally from the Better Batter website and now morphed into countless recipe variations all over the internet). Instead of shaping the dough into crescents, roll it out and cut it into eight rectangles or triangles; then fill and make them into turnovers.

Per Serving: 412 Calories, 28g Carbohydrates, 25g Fat, 22g Protein, 1g Dietary Fiber, 110mg Cholesterol, 677mg Sodium

World's Easiest Gluten-free Crescent Rolls (*see dietary notes)



Recipe source: Better Batter.org Web Site

Ingredients:

½ stick	Butter, room temperature
¾ cup	Of one of the following: <ul style="list-style-type: none"> • Whole fat, small curd cottage cheese • Ricotta cheese or cream cheese • Sour cream • Shredded cheese • Cultured nut cheese
1/3 cup	Sorghum flour
1/3 cup	Brown rice or Soy Flour
1/3 cup	Millet Flour
1 tsp.	Xanthan gum
1/8 tsp.	Salt
¾ tsp.	Baking Powder

Directions:

1. If using cottage cheese, place butter and cottage cheese in the bowl of your mixer (or use a hand mixer) and blend until smooth and no cottage cheese lumps are present, add all remaining ingredients and mix to form dough. Wrap in plastic wrap and chill 2 hours.
2. Preheat oven to 350 degrees.
3. On lightly floured surface roll the dough into a 14 inch circle. Cut into 8 triangles.
4. Roll each triangle from wide end to tip, turning ends to form a crescent shape.
5. Place on baking stone or cookie sheet.
6. Bake 30 minutes or until golden

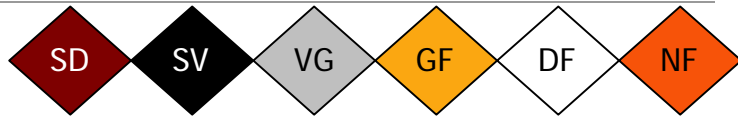
YIELD: 8 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace butter with a vegan margarine or vegetable shortening.

Per Serving: 145 Calories, 14g Carbohydrates, 8g Fat, 6g Protein, 3g Dietary Fiber, 17mg Cholesterol, 225mg Sodium

Date & Cocoa Truffle Poppers (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

1/2 lb.	Pitted dates, coarsely chopped
1/2 cup	Raw almonds, chopped
1/4 cup	English walnuts, coarsely chopped
1/4 cup	Flax seeds
1/4 cup	Sunflower seeds
1/4 cup	Pumpkin seeds (Pepitas)
5 Tbls.	Cocoa Powder, unsweetened natural
1/2 tsp.	Vanilla extract

Directions:

1. Place all ingredients in a food processor or blender and process until the mixture is ground and clumps together in a ball.
2. Moisten hands with water and roll teaspoon sized portions between your palms to create into bite-sized round balls.
3. If desired dust the balls with some extra cocoa powder, chopped nuts, flaked coconut, or chocolate cookie wafer crumbs. Place balls on wax paper and store in cookie tin or Tupperware container.

YIELD: 8 Servings (4-5 balls per serving)

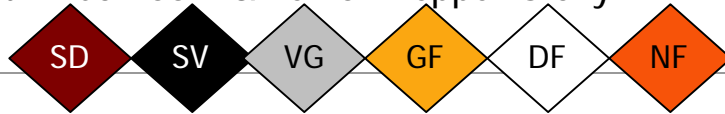
*Dietary Notes:

- To make nut-free (NF), omit almonds and walnuts and increase sunflower seeds to 1/2 cup, pepitas to 1/2 cup and flax seeds to 1/2 cup.

Per Serving: 219 Calories, 28g Carbohydrates, 12g Fat, 6g Protein, 6g Dietary Fiber, 0mg Cholesterol, 5mg Sodium

Fried Chicken Paillards with Mushroom & Lemon Pepper Gravy

(*see dietary notes)



Recipe by: Chef Kelly Yorke

"Paillard" is a French name for a thin, boneless slice of meat or fish that is quickly grilled or sautéed.

Ingredients: (for Paillards)

4 each	Skinless, boneless chicken breast halves
½ cup	Flour (or Mochiko for GF recipe)
1 tsp.	Poultry seasoning
1 tsp.	Lemon Pepper (no salt, such as Ms. Dash)
½ tsp.	Garlic Powder
½ tsp.	Salt (optional)
2 whole	Eggs, beaten
¼ cup	water
2 cups	Panko (or GF bread crumbs)
¼ cup	Olive Oil



Gravy:

8 oz.	Mushrooms, sliced
1 tsp.	Black peppercorns, crushed
½ cup	White wine
2 Tbls.	Lemon Juice
½ tsp.	Garlic Powder
½ tsp.	Lemon Pepper seasoning (no sodium variety)
½ tsp.	Poultry Seasoning
2 Tbls.	Mochiko (sweet rice flour)
1.5 cups	Chicken Stock or broth (or Vegetable broth for VG recipe)

Directions:

1. Preheat oven to 250° F.
2. Butterfly (cut breasts in half horizontally leaving the long end attached and then open breast like a book) then pound each breast with a meat mallet to 3/8" inch thick.
3. Combine Flour, poultry seasoning, lemon pepper, garlic powder and salt in a shallow bowl. Beat eggs (or use ½ cup liquid eggs) and water together and place them in another shallow bowl, and place the breadcrumbs in a third shallow bowl. Dredge each paillard first in the flour, then in the eggs, and then in the bread crumbs (this is called a standard breading procedure).
4. Heat the olive oil in a large heavy bottomed skillet until medium hot. Add the breaded paillards and fry turning once until golden brown on both sides (about 3 to 4 minutes per side). Remove from skillet and place paillards on a cookie sheet and place them in the preheated oven while you prepare the gravy.
5. Add mushrooms to skillet and sauté until they have sweated out their liquid and are beginning to dry. Add the peppercorns, wine, lemon juice, garlic powder, lemon pepper and poultry seasonings to the mushrooms and cook until the liquid is reduced to almost dry again and all the alcohol has cooked off.
6. Meanwhile, in a small bowl or cup stir a couple of tablespoons of the stock into the michiko flour to make a slurry. Add the rest of the stock to the mushrooms in the skillet and then using a whisk stir in the mochiko slurry into the stock & mushroom mixture. Continue cooking and stirring until mixture thickens. Simmer another 2 minutes. Remove from heat and serve with reserved meat.

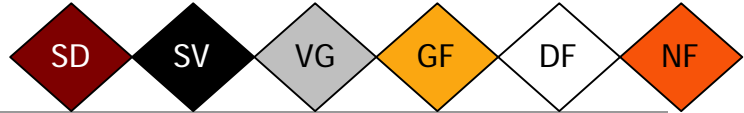
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG), omit chicken and replace with slices of firm tofu or veggie burger patties. To make Dairy Free (DF), omit beaten eggs and replace with ¾ cup coconut milk.
- To make gluten-free (GF), use gluten-free bread crumbs.

Per Serving: 497 Calories, 42g Carbohydrates, 16g Fat, 40g Protein, 3g Dietary Fiber, 174mg Cholesterol, 882mg Sodium

Smashed Red Potatoes (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

1.5 lbs. New Red Potatoes
1 tbs. Butter
½ cup Chicken Broth or Stock
1 tsp. Garlic Powder
1 tsp. Dried sage

Directions:

1. Boil potatoes (with skin on) until tender, drain. While potatoes are still hot, use a potato masher or fork into “smash” them into a country style lumpy mixture. Stir in the butter, broth, and seasonings and season with salt and pepper to your taste (optional).
2. Serve immediately and if desired sprinkle with chopped dry parsley as garnish.

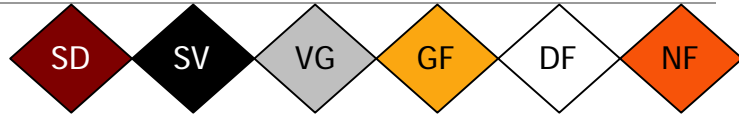
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV), Vegetarian (VG) and dairy-free (DF), omit butter and chicken broth and replace with 1 tbs. vegan margarine and ½ cup vegetable broth.

Per Serving: 164 Calories, 31g Carbohydrates, 3g Fat, 4g Protein, 3g Dietary Fiber, 8mg Cholesterol, 110mg Sodium

Greens with Onions and Bacon



(*see dietary notes)

Recipe by: Chef Kelly Yorke

Ingredients:

1 Tbls.	Olive oil
½	Onion
1 tbs.	Garlic, minced
2 tbs.	Cooked bacon, crumbled
1 lb.	Mixed chopped greens (collard, mustard, turnip, kale, or spinach) fresh or bagged frozen, chopped into bite sized pieces
½ cup	Chicken Broth
½ tsp.	Bacon salt (J&B brand recommended)
1/8 tsp.	Pepper

Directions:

1. Saute onion in oil on medium high heat until translucent. Add garlic and chopped bacon and continue to cook for 1 to 2 more minutes, stirring constantly.
2. Add greens, broth, and cover until greens wilt and are steaming hot, uncover and continue to cook, stirring often, until greens are tender and most of the broth has evaporated (about 5 minutes).
3. Season with salt and pepper to your taste.

YIELD: 4 Servings

*Dietary Notes:

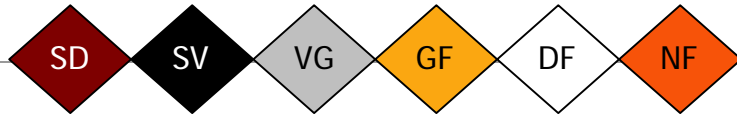
- To make Vegan (SV) and Vegetarian (VG), omit bacon crumbles.

Per Serving: 111 Calories, 8g Carbohydrates, 7g Fat, 5g Protein, 5g Dietary Fiber, 4mg Cholesterol, 498mg Sodium

WEDNESDAY

Bananas & Chocmond Spread Crepe Burritos to Go

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

6 Tbls.	Almond butter (or peanut butter, or other nut butter, or soy butter spread)
2 Tbls.	Cocoa powder
4 each	Crepes, 6 or 8 "inch (purchased, or prepared from recipe below)
4 each	Bananas, peeled, halved crosswise
1 cup	Cottage Cheese, dry curd

Directions:

1. In a bowl combine almond butter and cocoa powder until well blended into a Chocmond spread. *(Note: 1 cup of a purchased Nutella spread can also be used in place of the almond butter and cocoa powder mixture).*
2. Lay four crepes on clean kitchen counter or cutting board. Spread 1/4 of the Chocmond spread on the bottom 1/3 of each crepe. Place a banana on each crepe on top of the spread and then sprinkle the cottage cheese curds next to and along the length of each banana. (If banana is longer than the crepe is wide, then trim the tips off both ends of the banana to fit). Roll the crepe up around the banana like an egg roll or burrito.
3. Wrap burrito tightly in wax paper like a subway sandwich, cut in half, crosswise (cutting through the wax paper), and go!

YIELD: 4 Servings

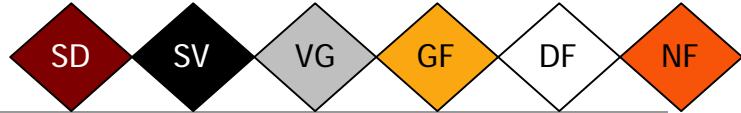
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit cottage cheese and replace with ½ cup Toffuti Better than Cream Cheese or soy yogurt.
- To make gluten-free (GF), omit crepe and replace with a gluten free tortilla.
- To make nut-free (NF), omit almond butter and replace with soy butter.

Per Serving: 353 Calories, 44g Carbohydrates, 16g Fat, 16g Protein, 7g Dietary Fiber, 35mg Cholesterol, 238mg Sodium

Crepes

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

2 whole Eggs
 ¼ cup Water
 ¾ cup Milk
 1 tsp. Sugar
 1 pinch Salt
 1 cup Flour
 1 tbs. Clarified Butter, melted or vegetable shortening

Directions:

1. Place all ingredients in a blender and mix until smooth. Refrigerate and let rest for about 1 hour before cooking.
2. Heat a small sauté or crepe pan; spray pan with butter flavored cooking spray. Pour in 1-2 ounces (a small ladle) of batter; swirl pan around to coat the bottom of the pan evenly with a thin layer of the batter.
3. Cook on medium heat until the crepe is set and the edges begin to dry, approximately 30 seconds. Carefully flip the crepe over and cook a few seconds longer. Remove crepe from the pan and place on a cool clean counter top.
4. Cooked crepes may be used immediately or stacked with pieces of wax paper in between each one and then slipped into a freezer bag and frozen.

YIELD: about 10 Crepes

*Dietary Notes:

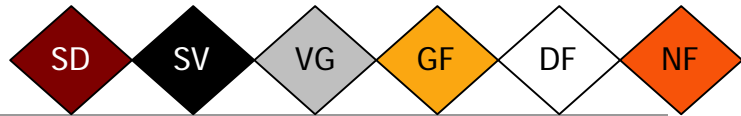
- To make Vegan (SV) and dairy-free (DF), omit eggs and replace with 2 Tablespoons Bob's Red Mill Egg replacer and 6 Tablespoons water and replace dairy milk with ¾ cup soy, almond, or rice milk.
- To make Vegetarian (VG), no changes necessary for Ovo-lacto vegetarian preparation.
- To make gluten-free (GF), omit flour and replace with Bob's Red Mill Gluten Free All Purpose Baking Flour and ½ tsp. Xanthan gum.

**Note the above recipe changes have not been tested by The Kitchen Hotline chefs.*

Per Serving: 83 Calories, 11g Carbohydrates, 3g Fat, 3g Protein, trace Dietary Fiber, 48mg Cholesterol, 48mg Sodium

Pizza Pita Pockets

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

4 each Pita Sandwich Pockets, Multi-Grain, Kangaroo Brand (Pre-opened ready to fill pocket bread)
8 Tbls. Marinara Sauce
2 cups Nonfat, shredded, Mozzarella cheese
16 slices Turkey Pepperoni, Hormel Brand
4 ounces Deli-style, fat free shaved ham

Directions:

1. Place 2 tablespoons of marinara sauce, ¼ cup cheese, four slices of pepperoni, and 1 oz. of ham in each pita pocket.
2. Heat in microwave until cheese starts to melt.
3. Serve immediately.

YIELD: 4 Servings

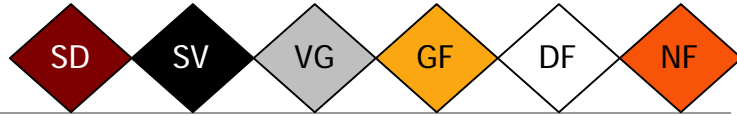
***Dietary Notes:**

- To make Vegan (SV), Vegetarian (VG) and dairy-free (DF), omit mozzarella cheese, turkey pepperoni, and ham. Replace with, 1 cup shredded vegan cheese alternative, two cooked and sliced Italian Field Roast Sausage, and 4 oz. of sliced and sautéed mushrooms.
- To make gluten-free (GF), use gluten free pita bread such as those made by Roses Bakery - www.rosesbakery.com , or Heaven Mills - www.heavenmills.com.

Per Serving: 241 Calories, 23g Carbohydrates, 3g Fat, 26g Protein, 3g Dietary Fiber, 35mg Cholesterol, 1270mg Sodium

Soft Pretzels

(*see dietary notes)



Recipe source: Gale Gand, *Food & Wine*

Ingredients:

1-1/3 cups	Warm Water
1 packet	Active Dry Yeast
1/3 cup	Light Brown Sugar
4 cups	All Purpose Flour
2 qrts.	Water
1/2 cup	Baking Soda
	Kosher Salt or Pretzel salt for topping



Directions:

1. In the bowl of a standing electric mixer fitted with a dough hook, mix 2 tablespoons of the warm water with the yeast and let stand until foamy. Add the remaining 1 1/3 cups of warm water along with the sugar and swirl to dissolve the sugar. Add the flour and mix at medium-low speed until a firm, pliable dough forms.
2. Turn the dough out onto a lightly floured work surface and knead for 2 minutes. Roll the dough into a 2-foot-long sausage. Cut the dough into 20 pieces. Cover with plastic and a damp cloth and let rest for 10 minutes.
3. Roll each piece of dough into a 12-inch-long rope. To form pretzels, shape each rope into a U; cross the two sides of the U over each other, twist and press the ends down on the pretzel. Arrange the pretzels on a lightly floured surface about 1-inch apart and cover with lightly oiled plastic wrap. Let the pretzels rest for 30 minutes.
4. Preheat the oven to 425°. In a large stockpot, bring the cold water to a boil. Add the baking soda. Carefully slide 5 of the pretzels into the boiling water and boil for 30 seconds, turning once. Using a slotted spoon, transfer the pretzels to a rack to drain right-side up; sprinkle lightly with salt. Repeat with the remaining pretzels, in 3 batches.
5. Lightly oil 2 baking sheets. Arrange the pretzels on the baking sheets and bake on the upper and middle racks of the oven for about 10 minutes, or until browned all over; shift the pans from top to bottom and back to front halfway through if necessary, for even baking. Let the pretzels cool on the baking sheets for about 5 minutes, then transfer them to a rack. Serve warm or at room temperature, with mustard.

Make Ahead - The pretzels can be frozen for up to 1 month. Thaw, and then reheat in a 350° oven before serving.

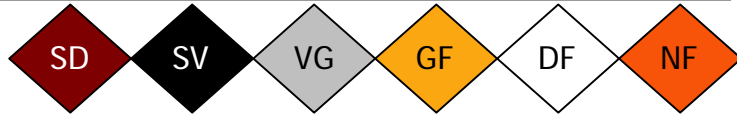
YIELD: 20 Soft Pretzels

*Dietary Notes:

- To make gluten-free (GF), omit All-Purpose flour and replace with 4 cups of Bob's Red Mill Gluten Free All Purpose Baking Flour and 5 teaspoons Xanthan gum.

Per Serving: 101 Calories, 22g Carbohydrates, trace Fat, 3g Protein, 1g Dietary Fiber, 0mg Cholesterol, 476mg Sodium

Shrimp with Apricot & Snap Peas (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

- 1 Tbls. Almond Oil
- 1 Tbls. Sesame Oil
- 4 cloves Garlic, minced
- 2 tsp. Fresh ginger, grated or minced
- 1 each Fresh Jalapeno, rib and seeds removed, minced
- 1 lb. Shrimp, large, (25 count or lower) deveined, peeled, tails off
- 8 each Apricots, fresh, halved, pitted, sliced (divided)
- 1 cup Apricot Nectar
- ½ tsp. Mustard Powder
- 1 Tbls. Cider Vinegar
- ½ lb. Frozen Sugar Snap Pea, or Fresh



Slurry:

- 1 Tbls. Water
- 1 Tbls. Arrowroot powder

Directions:

1. Heat oils in skillet on medium-high heat. Add garlic, ginger, and jalapeno and stir fry until fragrant and jalapeno is soft.
2. Add shrimp and half of the apricot slices (from four of the eight apricots). Stir fry until shrimp turns opaque.
3. Add apricot nectar, mustard powder and cider vinegar. Bring to a boil then reduce heat, and simmer for 1-2 minutes.
4. If using fresh sugar snap peas, clean and cook them until al dente. Add the sugar snap peas and the remaining apricot slices to the simmering mixture. Continue to cook just until the mixture is heated all the way throughout.
5. In a small bowl, make a slurry by mixing the arrowroot powder and water together to form a paste. Stir the slurry paste into the skillet mixture only until the slurry is blended in and the sauce has thickened (about 30 seconds). Remove from heat and serve.

YIELD: 4 Servings

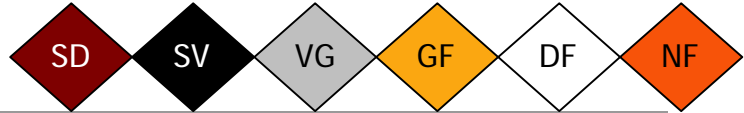
*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG), omit shrimp and replace with a purchased Seitan Shrimp-like product such as the ones from May Wah Healthy Vegetarian Food, Inc. at www.vegieworld.com.

Per Serving: 254 Calories, 24g Carbohydrates, 8g Fat, 22g Protein, 3g Dietary Fiber, 175mg Cholesterol, 207mg Sodium

Brown Fried Rice

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

1 cup	Brown Rice, raw, cooked per package instructions To yield 3-4 cups cooked
1 cup	Fresh or Frozen peas, cooked
1 Tbls.	Sesame Oil
2 egg	Eggs, beaten
1 tsp.	Garlic, minced
½ cup	Scallions, sliced ¼ inch thick
1 rib	Celery, sliced
1 cup	Bean Sprouts (fresh or canned)
1 Tbls.	Soy sauce, low sodium
1 Tbls.	Mirin (Japanese rice wine)



Directions:

1. Cook rice according to the directions on the package. *(Tip: Make the whole package and then freeze the extra amount in four portion increments in zip-lock freezer bags for future quick use. Just vent the bag by opening the zip lock about ¼" inch and reheat each bag in the microwave for about three minutes, or until steaming hot).*
2. Blanch or cook the peas until just done and still a bit crisp (their color should be a bright green).
3. In a skillet or sauté pan, heat the oils on medium-high heat. Add the eggs, stir and cook until eggs are scrambled and broken into small pieces. Move eggs to one side of pan and add the garlic, scallions and celery to the other side. Stir-fry until the garlic is fragrant and celery has softened (about 1-2 minutes). Fold the rice, peas, sprouts, soy sauce and Mirin into the pan and blend mixture evenly. Continue to cook until mixture is hot throughout.
4. Serve immediately.

YIELD: 4 Servings

*Dietary Notes:

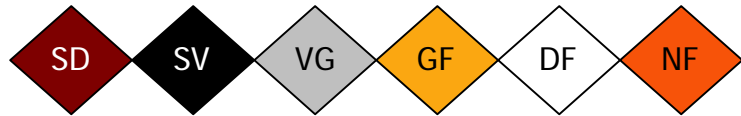
- To make Vegan (SV) and dairy-free (DF), omit eggs and replace with scrambled seasoned tofu or tofu cubes.
- To make nut-free (NF), omit sesame oil (if you are allergic to it) and replace with chili oil or vegetable oil.

Per Serving: 292Calories, 46g Carbohydrates, 7g Fat, 10g Protein, 3g Dietary Fiber, 106mg Cholesterol, 240mg Sodium

THURSDAY

Oeufs en Cocotte with Fine Herbs

(*see dietary notes)



Recipe by: Chef Kelly Yorke

"Oeufs en Cocotte" is a French version of baked (or shirred) eggs and literally translates to "eggs in small dish". If you do not have cocotte dishes (they look like little soufflé molds) you may use any oven proof custard cups, ramekins, individual soufflé dishes or crème brûlée bakers instead.

Ingredients:

4 each	Eggs
2 oz.	Goat Cheese, crumbled (about ½ cup)
½ cup	Half-and-Half
1/2 tsp.	Fresh chopped chives
1/2 tsp.	Fresh chopped parsley
1/2 tsp.	Fresh chopped chervil
1/2 tsp.	Fresh chopped Tarragon -OR- two teaspoons purchased dried fine herb blend
1 tsp.	Cracked black pepper
6 slices	Whole wheat bread, toasted and cut into quartered triangles



Directions:

1. Preheat oven to 350 ° F.
2. Finely chop chives, parsley, chervil and tarragon. Mix them together into one blended pile.
3. Grease four 6-ounce ovenproof cocotte dishes with butter or non-stick cooking spray. Place dishes in the oven for a few minutes to warm.
4. Warm the Half-and-Half either in the microwave or on the stovetop (warm, but do not boil).
5. Remove cocottes from oven and sprinkle 1/2 oz. of crumbled goat cheese, ¼ teaspoon of fine herbs mix and 1tablespoon of warm Half-and-Half into the bottom of each cocotte.
6. Carefully break one egg into each of the prepared cocotte dishes so they sit gently over the goat cheese mixture. Sprinkle the eggs with a pinch of cracked black pepper corns and then spoon another tablespoon of Half-and-Half over each cocotte. Finally, sprinkle each cocotte with the remaining herbs.
7. Place the dishes in a roasting pan containing sufficient hot water to come halfway up the sides of the dishes. *Bake for 8 – 10 minutes, until the whites are solid but the yolks are still soft. Serve hot with 6 toast points each per portion.

***Healthy Preparation Note:** *Although baked (or shirred) eggs are typically cooked only until the whites are set, it is recommended that the eggs for this recipe be baked until the yolks are solid as well (about 20–25 minutes) because of the recent salmonella concerns associated with uncooked eggs coming from some recently identified contaminated flocks. Fully cooking your eggs is a good precautionary practice that can give you peace of mind.*

YIELD: 4 Servings

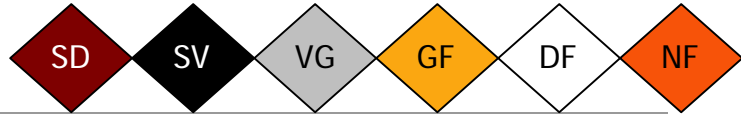
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), when eliminating eggs and dairy, no acceptable substitutes to this recipe are recommended, at this time.
- To make gluten-free (GF), use gluten-free bread slices to make toast points.

Per Serving: 284 Calories, 22g Carbohydrates, 15g Fat, 16g Protein, 3g Dietary Fiber, 238mg Cholesterol, 353mg Sodium

Veggie Burgers

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

½ cup	Mushrooms, chopped
½ each	Medium Onion, chopped
½ each	Green Bell pepper, chopped
½ each	Carrot, shredded
½ each	Zucchini or crookneck summer squash, chopped
½ cup	Cooked Brown rice
½ cup	Wheat Germ
½ cup	Quick cooking rolled oats or oat bran
½ cup	Walnuts, chopped fine, or sunflower seeds
1 each	Beaten egg or ¼ cup liquid eggs
½ tsp.	Each of thyme, sage, oregano, marjoram, red chili flakes, chili powder
1 tsp.	Garlic powder
1 tsp.	Mustard powder
1 tbs.	Olive oil
4 each	Sandwich Thins Rolls - Oroweat Multi-Grain, or other bun or roll



Directions:

1. Add the mushrooms, onion, bell pepper, carrot and zucchini to a food processor. Pulse until mixture is finely chopped or minced.
2. Place mixture in a medium bowl with the remaining ingredients (except oil) and mix well. If mix is too loose add a bit of bread crumbs and if it is too dry moisten with a bit more egg or water. Form mixture into four patties. Cover and refrigerated for 30 minutes.
3. Heat the oil in a heavy skillet over medium heat. Add the four patties and cook burgers, turning carefully, until nicely browned (about 4-8 minutes per side).
4. Serve on buns with ketchup, mustard, and your choice of toppings.

YIELD: 4 Servings

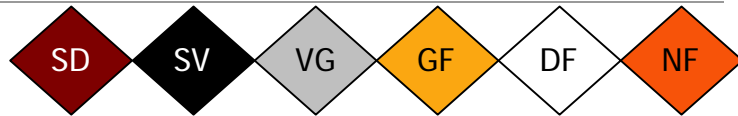
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit egg and replace with 1.5 teaspoons Ener-G Egg Replacer and two tablespoons water, or replace with 1 tablespoon Bob's Red Mill Egg Replacer and 3 tablespoons of water.
- To make Vegetarian (VG), no changes necessary for Ovo-Lacto Vegetarians.
- To make gluten-free (GF), omit wheat germ and rolled oats, replace with 1 cup mashed chickpeas. Use a gluten-free bun or roll.
- To make nut-free (NF), use sunflower or pumpkin seeds instead of walnuts.

Per Serving: 359 Calories, 49g Carbohydrates, 14g Fat, 17g Protein, 11g Dietary Fiber, 53mg Cholesterol, 277mg Sodium

Cheese Cracker Crab Critters

(*see dietary notes)



Recipe by: NabiscoWorld.com

Ingredients:

1 each	KRAFT DELI DELUXE Process American Cheese Slices, quartered
4 each	RITZ Cheese Crackers
20 each	Chow mein noodles
4 slices	Stuffed green olive



Directions:

1. PLACE 2 cheese pieces on each of 2 crackers; cover each with second cracker.
2. ARRANGE 5 noodles on opposite sides of each stack of crackers to form the "crab's claws." Add olive slices for the "eyes."

YIELD: 1 Servings

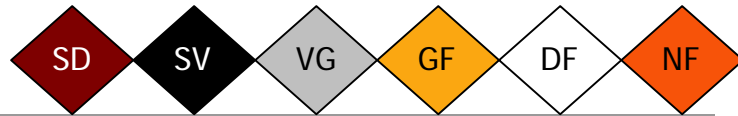
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace cheese slice with slice of soy or vegan cheese.
- To make gluten-free (GF), replace RITZ crackers with a gluten free round shaped cracker such as those made by Glutino at www.glutenfree.com.

Per Serving: 200 Calories, 15g Carbohydrates, 13g Fat, 6g Protein, 1g Dietary Fiber, 25mg Cholesterol, 590mg Sodium

Chilies en Nogada

(*see dietary notes)



Recipe source: This recipe comes from one of my favorite Mexican restaurants in Chicago, "The Frontera Grill" and its Celebrity Chef - Rick Bayless.

Chilies en Nogada is a late summer season dish. In Mexico during the months of August and September, this dish is served to commemorate Mexico's 1821 Independence from Spain. This is not a quick or simple dish to make but it is worth the effort in the end. The colors in this dish; green from poblano peppers (stuffed with meat and dried fruits), white from a creamy walnut sauce coating, and red from a topping of bright-crimson pomegranate seeds, symbolize the colors of the Mexican Flag. I always look forward to devouring a few plates of this seasonal Mexican dish come the late days of summer.



– Chef Kelly Yorke

Ingredients:

(for Walnut Sauce):

- 1 lb. About 2 cups (7 ounces) walnut halves and pieces, you'll need 36 (about 1 pound) very fresh walnuts in their shells, OR 48 mature-green walnuts with fruit still attached (about 4 pounds)
- 1 to 1.5 cups Milk
- 1 slice White bread, crusts removed
- 1 Tbls. Sugar
- ½ tsp. Salt
- 1 tsp. Dry Sherry
- 1/3 tsp. Cinnamon
- ½ cup Heavy (whipping) cream or Mexican crema

(for Chiles and Pork & Fruit Filling):

- 1 lb. Boneless pork shoulder, cut into 2-inch cubes
- 2 cloves Garlic, peeled and finely chopped
- 1 each Small white onion, diced
- 8 each Large fresh poblano chilies, (about 2 lbs.) choose good-looking chilies with their stems intact, if possible.
- 3.5 Tbls. Vegetable Oil
- 2 Tbls. Raisins
- 2 Tbls. Dried mango or apricot, or *candied bisnaga cactus, or citron, cut into ¼-inch dice
- 1 each Small Pear, peeled, cored and cut into ¼-inch dice
- 1 each Apple, Jonathan or McIntosh, peeled, cored and cut into ¼" dice
- 2 each Medium fresh peaches (or extra pears or apples), peeled, pitted, and cut into ¼-inch dice
- 1 each Tomato, medium-small, seeded and roughly chopped
- 1 tsp. Marjoram
- ½ tsp. Thyme, dried
- ½ tsp. Cinnamon, preferably freshly ground Mexican canela
- 1 tsp. Salt
- 1/3 cup About 1-3/4 ounces, slivered blanched almonds
- 1 each Plantain, medium-size, peeled and cut into ¼-inch dice

(for Garnish):

- 1 each Pomegranate, seeds removed
- 8 sprigs Flat-leaf Parsley

Directions:

1. Peeling the walnuts. If using mature-green walnuts, break away the soft, green, outer layer with your hands. Working with 5 or 6 at a time, crack open the nuts, remove the meats in the largest pieces possible. Drop the walnut pieces into a small pan of boiling water, immediately remove with a slotted spoon to a paper towel, then peel: the thin, brown skin that covers each piece will peel off in fairly large pieces if the nuts are very fresh; use a small pick or pointed trussing needle to help lift the skin out of the crevices. Continue until all are peeled. Store the nuts in a tightly-sealed jar, refrigerated, until ready to use.
2. Cooking and shredding the meat. Place the pork in a medium saucepan, cover with heavily salted water, add the garlic and half of the onion. Bring to a gentle boil over medium heat, skim off any grayish foam that rises to the surface, partially cover and simmer over medium-low until the meat is thoroughly tender, about 1 1/2 hours.

If time permits, let the meat cool in the broth, then remove it with tongs or a slotted spoon and shred it between your fingers or with two forks held back to back. (There will be about 2 cups of meat). Reserve the broth.

3. Roasting the chilies. The open flame method: Place chilies directly over the gas flame or on a medium hot charcoal or gas grill. Roast, turning occasionally, until blistered and blackened on all sides but not soft, about 5 minutes. The broiler method: Lay chilies on a baking sheet set about 4 inches below a preheated broiler. Roast, turning occasionally until blistered and blackened on all sides but not soft, about 10 minutes. Peel the charred skin off the chilies and rinse them if necessary. Make a long slit in the side of each chili and carefully remove the seeds and veins.
4. The stuffing. Before you start cooking, complete all the initial peeling, coring, chopping and so forth of the stuffing ingredients (a little oxidizing of the apples and pears won't spoil the appearance of the dish.)

Heat 1 1/2 tablespoons of the oil in a very large (12 inch) skillet over medium-high. When quite hot, add the remaining half of the onion and shredded pork in a thin layer and cook, stirring frequently, until the mixture is lightly browned, 8 to 10 minutes. Drain off any excess fat.

Stir in the raisins, candied fruit, pear, apple, peach, the tomato, herbs and cinnamon. Measure in 1/4 cup of the reserved broth, mix well, reduce the heat to medium-low, cover the skillet and simmer until the apple and pear are tender (but not mushy) and the flavors are blended, about 10 minutes. Season with salt, usually a generous teaspoon.

While the meat mixture is simmering, heat the remaining 2 tablespoons of oil in a medium-small skillet over medium heat. Add the almonds and fry, stirring nearly constantly, until they are a deep golden color, about 3 minutes; remove with a slotted spoon and cool. Add the diced plantain to the skillet and stir it frequently until nicely browned and sweet, 3 or 4 minutes. Add to the meat mixture along with the almonds. Remove the filling from the heat and let cool uncovered. (There will be about 6 cups).

5. Stuffing the chilies. Stuff the chilies with cooled filling, packing it in well and re-forming them in their original shape. Place on a baking sheet and cover with foil.
6. Completing the sauce. Within a couple of hours of serving, prepare the sauce. Put the peeled walnuts into a blender jar along with 1 cup of milk, the bread, sugar, salt, sherry and ground cinnamon. Blend until a drop of the puree no longer feels gritty when rubbed between your fingers (this will be more successful with the mature-green walnuts); if the mixture should clog in the machine or if only the mixture at the bottom is moving through the blades, add more milk a little at a time, until all the mixture is moving through the blades again. Finally add the cream and blend for just a few seconds; add additional milk if necessary to achieve a medium consistency. Taste for salt and sugar; the sauce should have a slightly sweet edge with just enough salt to bring up the flavor of the walnuts. Set aside at room temperature.

7. Finishing the dish. Half an hour before serving, place the chilies in a 250-degree oven to heat through. Break the pomegranate apart, pick out all the seeds and place them in a small dish.

When you are ready to serve, add a little milk or cream to the sauce if it is thicker than a medium-consistency custard sauce. Place 1 or 2 chilies (depending on how you have chosen to serve them) on each warm dinner plate. Spoon the room-temperature sauce over the warm chilies, generously covering them half way from the stem. Sprinkle the sauce generously with the pomegranate seeds, garnish with the parsley, and serve at once.

COOK'S NOTES:

Techniques: Preparing chilies for stuffing: Since the flavors are more delicate here, it is best to devein the chilies to ensure they won't be too hot. If you suspect that they are hot, soak them in salted water overnight.

Timing and advance preparation: Start a day or so ahead, peeling the walnuts (allow 1 1/2 to 2 hours); they will keep for a couple days in the refrigerator tightly wrapped. Finishing the dish will require a little less than 2 hours. The chilies may be prepared and the stuffing made a couple of days in advance; store them separately, covered and refrigerated. Complete Steps 5 through 7 shortly before serving; the sauce can gray if prepared too far ahead.

***YIELD:** Makes 4 large servings or 8 small ones, with 6 cups of filling and 2 generous cups of sauce.*

*Dietary Notes:

- To make Vegan (SV), Vegetarian (VG) and dairy-free (DF), omit the milk and whipping cream replace with 1 to 1-1/2 cups of soy milk and 1/2 cup coconut cream or Tofutti's "Better than Cream Cheese". Use a vegan type white bread (such as Italian or French) and omit 1 pound of pork shoulder and replace with 2 cups of vegan taco filling such as the kind made by Fantastic Foods, or replace with 2 cups Ham (Not) mix by Dixie Diner, or replace with 2 cups chopped cooked pumpkin and/or butternut squash.
- To make gluten-free (GF), use a gluten-free type bread.
- To make nut-free (NF), omit walnuts and replace with 2 cups pepita (green pumpkin seeds). Your sauce will turn out to look a little greenish.

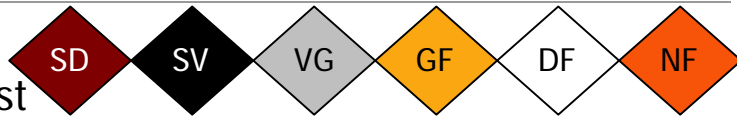
Per 1/8 Serving: 419 Calories, 42g Carbohydrates, 24g Fat, 14g Protein, 5g Dietary Fiber, 56mg Cholesterol, 482mg Sodium



*Bisnaga (candied barrel cactus) for sale at a Mexican market.

FRIDAY

Egg Salad on Toast with V-8 Juice Breakfast



(*see dietary notes)

Recipe by: Chef Kelly Yorke

Ingredients:

4 each	Hard Cooked eggs, peeled
1/2 stalk	Celery, minced
2 Tbls.	Mayonnaise
1/4 cup	Pimentos, canned or jar
2 tsp.	Capers
1 Tbls.	Freeze dried chives
1/2 tsp.	Garlic Powder
1/4 tsp.	Salt
1/8 tsp.	White Pepper
1/4 tsp.	Paprika, (for garnish)
4 slices	Toast (any kind, or prepare the gluten-free recipe below)
32 oz.	V-8 100% Vegetable Juice, Low Sodium

Directions:

1. Place eggs in a bowl and mash with a fork until chopped to desired consistency.
2. Add remaining ingredients, except paprika.
3. Spread 1/4 of egg salad on each slice of toast. Sprinkle with paprika.
4. Serve open face or slice into halves or quarters along with an 8 oz. glass of V-8 vegetable juice.

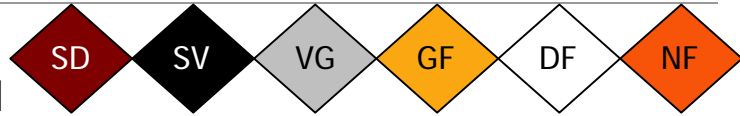
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit hard cooked eggs and replace with 1 cup of smashed chickpeas. Omit mayonnaise and replace with 2 Tablespoons Veganaise or other Vegan type mayonnaise alternative.
- To make gluten-free (GF), serve on gluten-free toast (recipe below) and use a gluten-free mayonnaise.

Per Serving: 249 Calories, 24g Carbohydrates, 12g Fat, 11g Protein, 3g Dietary Fiber, 225mg Cholesterol, 439mg Sodium

Gluten-Free Cracked "Wheat" Bread (*see dietary notes)



Recipe by: Bob's Red Mill, courtesy of Carol Fenster, PHD

Ingredients:

1.5 Tbls.	Active Dry Yeast
1.75 cups	Sorghum Flour
½ cup	Potato Starch
¼ cup	Tapioca Flour
¼ cup	Long Grain Brown Rice
1 tsp.	Xanthan Gum
1 tsp.	Sea Salt
1 Tbls.	Packed Brown Sugar
1 tsp.	Egg Replacement
½ cup	Soft Silken Tofu
3 Tbls.	Vegetable Oil
1 tsp.	Apple Cider Vinegar
1 cup	Lowfat Milk (cow, rice or soy)

Directions:

1. *By Hand:* Combine yeast, 2 teaspoons sugar, warmed milk (105°) and set aside to let yeast foam for 5 minutes.
2. In large mixer bowl using electric beater (not dough hooks), combine flours, cracked rice, xanthan gum, salt and remainder of sugar. In a separate bowl, cream together egg replacer, tofu, oil and vinegar until very smooth. With mixer on low speed, add egg mixture to dry ingredients and blend. Add yeast-milk mixture, increase speed to high and beat for a full 2 minutes.
3. Coat a 9 x 5-inch bread pan with cooking spray. Place dough in pan. Let rise in a warm place until doubled (45-60 minutes). Bake the dough at 350° F for 40-50 minutes (or until top browns nicely). Cool 5 minutes in pan. Remove from pan; cool on wire rack.
4. *By Bread Machine:* Spray pan with cooking spray. Have ingredients at room temperature. Add ingredients in order listed by manufacturer. Set on basic cycle and bake.

**Cracked brown rice can be accomplished by placing either raw short or long grain brown rice in a coffee grinder or by using a steel blade in a food processor and grinding briefly.*

YIELD: Makes 1 loaf (13 slices).

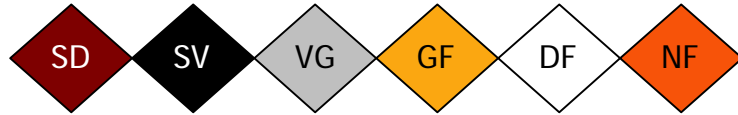
*Dietary Notes:

- To make Vegan (SV) or Dairy-free (DF), use rice or soy milk instead of cow's milk.

Per Serving: 170 Calories, 28g Carbohydrates, 4.5g Fat, 5g Protein, 2g Dietary Fiber, 5mg Cholesterol, 45mg Sodium

Spinach Salad with Pomegranate-Sesame-Ginger Dressing & Broiled Miso Tofu

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

DRESSING:

¼ cup	Pomegranate Juice (100% juice)
1 Tbls.	Soy Sauce (low sodium)
2 Tbls.	Rice Wine Vinegar
1.5 Tbls.	Ginger, fresh, grated
1 Tbls.	Black Sesame Seeds, or toasted white sesame seeds
2 tsp.	Agave nectar
½ tsp.	Dry mustard powder
2 Tbls.	Almond Oil
2 Tbls.	Sesame Oil

SALAD:

8 cups	Baby Spinach leaves, washed
½ cup	Cilantro Leaves, washed
½ cup	Red Cabbage, thinly shredded
5 oz.	Water chestnut slices, about one 8 oz. can, drained
½ cup	Shredded Carrots
½ cup	Snow peas, cut crosswise into 1/8 inch thick julienne
¼ cup	Scallions, sliced (about 4)
1/2 cup	Yellow Bell Pepper, chopped

TOFU:

4 slices	Tofu block, 14 oz. size, extra firm, cut into 8 each ½- inch thick slices
¼ cup	Japanese yellow miso (soybean paste)

Directions:

1. Preheat broiler.
2. In a small bowl stir together the pomegranate juice, soy sauce, rice wine vinegar, ginger, sesame seeds, and mustard powder until well combined. Whisk in the almond and sesame oils. Set aside.
3. In a large bowl, toss the spinach, cilantro, red cabbage, water chestnuts, shredded carrots, snow peas, scallion, and yellow pepper in enough dressing to coat the salad.
4. Place tofu slices on an oiled or non-stick sprayed cookie sheet, or use a shallow baking pan that is large enough to hold all the slices of tofu. Evenly brush the top of each slice with the miso paste. Place pan in broiler, cook until the tops of the slices are golden brown and hot, about 3 to 5 minutes.
5. Portion a large bed of salad on each of four individual serving plates. Use a spatula to transfer the tofu slices on the top of each bed of salad. Garnish with sesame seeds, pomegranate seeds, chopped cilantro, slivered almonds (optional), and serve any extra dressing on the side.

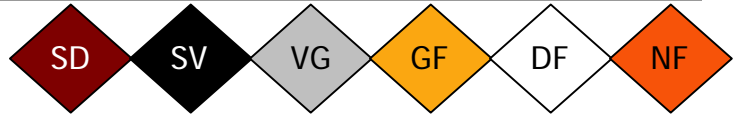
YIELD: 4 Servings

*Dietary Notes:

- To make gluten-free (GF) use a gluten-free soy sauce.
- To make nut-free (NF), use vegetable oil in place of almond oil and if allergic to sesame seeds, replace them with pomegranate seeds or pumpkin seeds and use vegetable oil or pumpkin oil in place of the sesame oil.

Per Serving: 284 Calories, 24g Carbohydrates, 18g Fat, 9g Protein, 5g Dietary Fiber, 0mg Cholesterol, 839mg Sodium

Fresh Figs with Balsamic Vinegar Snack (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

- 4 each Fresh Figs, green or black
- 2 Tbls. Balsamic Vinegar, good quality
- ¼ cup Goat, blue, or feta Cheese, crumbled
(any earthy soft cheese will do)
- 1/8 tsp. Crack black pepper



Directions:

1. Gently rinse and dry figs. Cut the stem off each and then cut each into halves or quarters.
2. Place fig pieces on a plate (cut side up) and sprinkle with balsamic vinegar, crumbled feta cheese and cracked black pepper.
3. Devour!

YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit feta cheese.

Per Serving: 70 Calories, 10 Carbohydrates, 3g Fat, 3g Protein, 2g Dietary Fiber, 7mg Cholesterol, 25mg Sodium

Tacos Pescado de Verde Blanco

(*see dietary notes)

SD

SV

VG

GF

DF

NF

Recipe by: Chef Kelly Yorke

Ingredients:

8 each	Tortillas, or four large (La Tortilla Factory's Low Carb., High Fiber, Wheat variety is suggested).
1.5 lb.	White firm flesh fish - such as Pacific Cod or Halibut, or Mahi Mahi
2.5 Tbls.	Lime juice
½ tsp.	Salt
1/8 tsp.	White Pepper
1.5 tsp.	Garlic, minced
1 Tbls.	Cumin, powder
1 Tbls.	Olive Oil
1 cups	Cabbage, shredded
1 cup	Shredded lettuce
4 oz.	Green Chillies, canned, chopped
½ cup	Cilantro leaves
1 cup	Guacamole
½ cup	Sour cream



Directions:

1. Wrap the tortillas in foil and place in a preheated 350° oven for 15-20 minutes, or until warmed throughout.
2. Rinse and pat dry the fish. Place fish on plate and sprinkle it with 1.5 tablespoon of the lime juice, salt, pepper, garlic and cumin. Set aside.
3. In a bowl, toss together the cabbage, lettuce, green chilies, and cilantro leaves. Set aside.
4. Heat a cast iron skillet until hot (about 7 minutes). Add the olive oil, then the fish. Cook fish for about 2-3 minutes per side, or until golden brown. Splash remaining tablespoon of lime juice over fish. Remove from heat and shred or chop up the fish.
5. Distribute fish into heated tortillas. Top the fish with some cabbage/lettuce mix, guacamole and drizzles or squirts of sour cream. Fold the tortillas in half.
6. Serve two tacos per person, or one large folded taco cut in tow halves. (Optional) accompany tacos with red ranch beans and grilled corn salsa, or corn on the cob.

**Tip: To aid in getting the sour cream to flow easily out of a squirt type bottle, thin the sour cream with a bit of dry or cream sherry.*

YIELD: 4 Servings

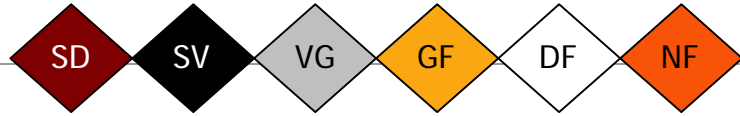
*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit fish and replace with 14 oz. block of firm tofu, cut into bite-sized cubes. Omit sour cream and replace with Tofutti's, "Sour Supreme".
- To make Vegetarian (VG), omit fish and replace with 14 oz. block of firm tofu, cut into bite-sized cubes.
- To make gluten-free (GF), use a gluten-free tortilla such as the kinds made by La Tortilla Factory.

Per Serving: 356 Calories, 26g Carbohydrates, 15g Fat, 42g Protein, 15g Dietary Fiber, 86mg Cholesterol, 1135mg Sodium

SATURDAY

Dairy-Free French Toast with Blackberry-Pomegranate Syrup



Recipe by: Chef Kelly Yorke

Ingredients:

- 1 cup Almond, Milk
- 2 Tbls. Bird's Custard Powder
- 1 tsp. Almond Extract
- 8 each 1 oz. slices of Bread - egg free type, or gluten-free cracked "wheat" bread from Friday's breakfast recipes, or your favorite type sliced bread, etc.
- 1 Tbls. Clarified butter, vegan margarine, or vegetable shortening

Directions:

1. In a small bowl, mix the milk, custard powder and extract until the custard powder is dissolved into the liquids.
2. Lay the bread slices down flat in a shallow pan and pour half the milk mixture over the slices. Turn the slices over carefully and pour the remaining milk mixture to cover both sides.
3. On medium heat, in a non-stick skillet or pan, melt half the butter, margarine, or shortening.
4. Place the bread in the skillet and brown lightly; turn over and add remaining butter and brown bread on the other side.
5. Serve hot and covered with Blackberry-Pomegranate Syrup(recipe follows).
6. Garnish (if desired) with fresh whole blackberries, pomegranate seeds and toasted sliced almonds.

YIELD: 4 Servings

Per Serving: 201 Calories, 33g Carbohydrates, 5g Fat, 5g Protein, 1g Dietary Fiber, 8mg Cholesterol, 415mg Sodium

Blackberry-Pomegranate Syrup

SD

SV

VG

GF

DF

NF

Recipe by: Chef Kelly Yorke

Ingredients:

1 lb. Blackberries, frozen unsweetened
1/3 cup Pomegranate Juice, 100% juice variety such as Pom Wonderful
1/4 cup Sugar
1 each Vanilla Bean

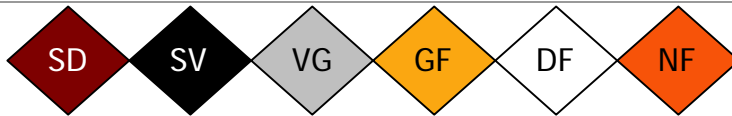
Directions

1. Place the vanilla bean on your cutting board. Use a sharp paring knife to cut the bean in half lengthwise. Use the knife's tip to scrape the seeds from the vanilla bean and place the seeds and the bean pod halves into a medium-sized heavy bottomed saucepot. Add the berries, juice and sugar and cook over medium heat, stirring until the berries thaw and the sugar dissolves, about 15 minutes.
2. Raise the heat to medium-high and bring the mixture to a boil. Remove from heat; remove and discard the vanilla bean pod halves.
3. Place the mixture in a blender or food processor and puree until smooth. Place a coarse-mesh sieve over a bowl and strain the mixture into the bowl. Press firmly on the solids with a rubber spatula to extract as much liquid as possible; discard the solids.
4. Cover and refrigerate the strained syrup/puree until cold, at least 2 hours and up to 2 days.

YIELD: 4 Servings (about 1-1/3 cups)

Per Serving: 133 Calories, 33g Carbohydrates, 1g Fat, 1g Protein, 8g Dietary Fiber, 0mg Cholesterol, 4mg Sodium

Turkey & Ham Club on Marble Rye (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

8 slices	Marble Rye Bread such as the type made by Pepperidge Farms
2 Tbls.	Brown Mustard
2 Tbls.	Mayonnaise or Vegenaise
4 slices	Provolone Cheese, 1 oz. slices
8 leaves	Green Leaf Lettuce
4 oz.	Turkey breast, Natural, Fat free, shaved
16 slices	Tomato, (about 2 tomatoes cut into 8 slices)
4 oz.	Ham, deli-style, fat free, shaved

Directions:

1. Place bread slices on flat work surface. Spread four slices of bread with mustard and the remaining bread slices with mayonnaise.
2. Place one slice of cheese on each mayo-covered bread slices, then place one lettuce leaf, 1 oz. of turkey, 4 slices of tomato and 1 oz. of ham on each slice of bread. Cover with the remaining bread slices (mustard side down) to finish each sandwich.
3. Cut each sandwiches in half.

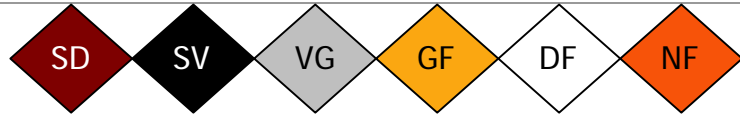
YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit mayonnaise and replace with vegenaise, omit provolone cheese and replace with vegan soy cheese alternative, omit turkey breast and ham and replace with Field Roast Deli Slices, www.fieldroast.com .
- To make Vegetarian (VG), omit turkey breast and ham and replace with Field Roast Deli Slices.
- To make gluten-free (GF), use a gluten-free variety of bread slices.

Per Serving: 392 Calories, 38g Carbohydrates, 16g Fat, 24g Protein, 24g Dietary Fiber, 50mg Cholesterol, 1452mg Sodium

Hot and Sour Cucumber Salad



Recipe by: Chef Kelly Yorke

Ingredients:

1 lb. Cucumbers, Medium
2 ¼ Tbls. Cider vinegar
1.5 tsp. Bakers Sugar
¼ tsp. Salt
½ tsp. Red Pepper Flakes
1.5 tsp. Garlic, minced

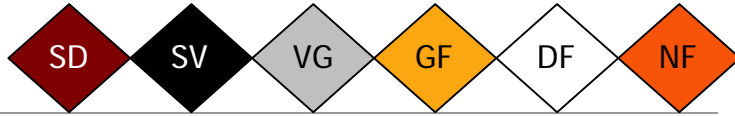
Directions:

1. Peel and then slice cucumbers in half lengthwise. Remove seeds by scraping a spoon down the length.
2. Cut the cucumber halves into ½- inch slices by cutting across the bias.
3. In a bowl, stir the rest of the ingredients together well.
4. Add the cucumber slices and toss everything together and let marinate for four hour.
5. Refrigerate.
6. Drain liquid from cucumbers before portioning.

YIELD: About 12 ounces

Per Serving: 23 Calories, 5g Carbohydrates, trace Fat, 1g Protein, 1g Dietary Fiber, 0mg Cholesterol, 136mg Sodium

Lemon Sorbet Cones (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

1 pint Sorbet, Haagen-Dazs Zesty Lemon or Ben and Jerry's Jamaican Me Crazy flavor
4 each Ice Cream cones

Directions:

1. Scoop sorbet and fill cones.
2. Enjoy
3. Garnish (optional) Sprinkle or dip sorbet into toasted coconut, chopped Macadamia nuts, crushed lemon cookies, chocolate jimmies, etc.

YIELD: 4 Servings

***Dietary Notes:**

- To make gluten-free (GF), use a gluten-free ice cream cone such as those made by Barkat, Cerrone, Glutano, Schar, Goldbaum's etc.

Per Serving: 182 Calories, 43g Carbohydrates, 1g Fat, 1g Protein, 0g Dietary Fiber, 0mg Cholesterol, 11mg Sodium

Chicken and Meatball Fricassee

(*see dietary notes)



Recipe by: Chef Kelly Yorke sourced from "Adventure in Jewish Cooking" by Jeffrey Nathan

At some time or other, it seems I always end up making this recipe for my Jewish clients but anyone else I make it for also seems to enjoy it.

Ingredients:

1/8 cup	Dried Figs, diced small	1/8 Tbls.	Kosher Salt
1/8 cup	Dried Apricots, diced small	3/8 tsp.	Pepper
1/8 cup	Golden raisins	3 oz.	Liquid eggs
1.5 Tbls.	Brandy (or 1/2 Tablespoon Brandy extract)	2.25Tbls.	Bread Crumbs (or gluten-free bread crumbs)
1/8Tbls.	Cinnamon	1.5 Tbls.	Parsley, chopped
1/8 cup	Olive Oil, extra virgin	3/8 tsp.	Onion Powder
6 legs	Chicken	3/8 tsp.	Garlic Powder
6 thighs	Chicken	3/4 tsp.	Kosher Salt
1.5 each	Onion, chopped	1/8 tsp.	Pepper
2.25clove	Garlic, minced	1.1/8 lbs.	Ground Beef
21 oz.	Crushed Tomatoes, canned		

Directions:

1. Position racks in the center and top third of the oven and preheat the oven to 350 degrees F. Lightly oil a baking sheet.
2. In a small bowl, combine the dried figs, apricots, and raisins and cover with hot water. Combine the brandy, saffron, and cinnamon in another small bowl. Let both stand while preparing the other ingredients.
3. To make the meatballs, whisk the eggs, bread crumbs, parsley, onion and garlic powders, salt, and pepper in a large bowl to combine. Add the ground beef and stir just until combined. Do not over mix. Moisten your hands with water, form the beef mixture into 24 walnut-sized balls, and place on the baking sheet. Bake on the top rack until the meatballs are beginning to brown, about 15 minutes. Remove from the oven.
4. Meanwhile, heat the 1/4 cup oil in a large skillet over medium-high heat. Add the chicken and cook until golden on both sides, about 6 minutes. Transfer to a large baking dish.
5. Pour off all but 2 tablespoons oil from the skillet. Add the onions and cook, scraping up any browned bits on the bottom of the pan, until translucent, about 5 minutes. Add the garlic and stir until fragrant, about 1 minute.
6. Drain the fruit well. Add to the skillet, along with the tomatoes and the brandy mixture. Bring to a simmer, pour over the chicken, and cover tightly. Bake on the center rack for 45 minutes. Add the browned meatballs, cover, and cook until the chicken shows no sign of pink when pierced at the thigh bone, about 15 minutes. Season with salt and pepper and serve hot.

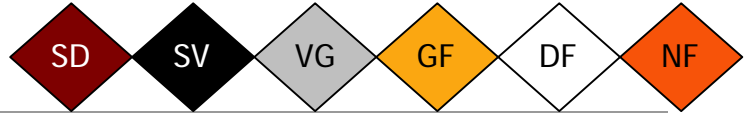
YIELD: 6 Servings

*Dietary Notes:

- To make dairy-free (DF), omit eggs and replace with 1.5 tablespoons Bob's Red Mill Egg Replacer and 4.5 tablespoons water.

Per Serving: 674 Calories, 20g Carbohydrates, 5g Fat, 48g Protein, 4g Dietary Fiber, 237mg Cholesterol, 710mg Sodium

Buttered Noodles (*see dietary notes)



Recipe by: Chef Kelly Yorke

Ingredients:

12 oz. Whole Wheat Noodles
2 oz. Butter, clarified or Ghee
¼ cup Dried chives
½ tsp. Garlic powder
1/8 tsp. White pepper

Directions:

1. Cook noodles according to package direction until just tender (not mushy). Drain noodles and while still hot toss with clarified butter, chives, garlic powder, and white pepper.

YIELD: 8 Servings

***Dietary Notes:**

- To make Vegan (SV) and dairy-free (DF), omit butter and replace with olive oil, and replace egg noodles with egg-less pasta.
- To make gluten-free (GF), omit whole wheat noodles and replace with gluten-free pasta.

Per Serving: 200 Calories, 32g Carbohydrates, 6g Fat, 6g Protein, 4g Dietary Fiber, 16mg Cholesterol, 62mg Sodium