

New Favorites And More Recipes

This Collection Was Brought Together By Jackie For Our 2007 Girls' Get Together



*Myrna And Her Girls
~ Fourth Annual Girls' Get Together ~*

Myrna, Chris, Jackie and Sue

~

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Appetizers

Baked Potato Skins
Guacamole
Low Carb Focaccia Bread
Mock Garlic Toast
Pico Di Gallo
Spinach & Artichoke Dip
Texas Caviar



Brown Pelican, Galveston Island, Texas

Baked Potato Skins

2 baking potatoes, medium
1 1/2 Tbs unsalted butter, melted
salt, to taste
black pepper, to taste
1/2 cup cheddar cheese, shredded
Toppings:
1/4 cup sour cream
bacon bits, to taste
2 green onions, chopped

Preheat oven to 400 degrees.

Scrub potatoes and prick them with a fork.

Put potatoes directly on a rack in the hot oven for 1 hour or until the insides are tender and the skins are crisp.

Remove potatoes from oven and cool slightly.

When the potatoes are cool enough to handle, cut them in half lengthwise.

Scoop out the flesh with a big spoon - remove all of it or leave a little, if you like, depending on your carb allowance.

Put the potato shells on a cookie sheet with a rim.

Using a pastry brush, paint the shells generously with the melted butter, add salt, pepper, and cheese.

Place shells back in oven, until the cheese is melted and the potatoes are golden and crispy. About 8 minutes.

Add toppings of choice.

Guacamole

4 cups Hass avocados (seeded & mashed coarsely)

1 cup pico di gallo

1 tsp salt

Stir all ingredients together and serve.

If not using immediately, cover with plastic wrap to keep out air, and store in refrigerator.

Serves 8



Low Carb Foccacia Bread

8 oz cream cheese
4 eggs
1/2 cup almond flour
3/8 cup parmesan cheese (divided)
3/4 cup lowcarb bake mix (see Cooking Tips for recipe)
1 tsp fresh minced garlic
ground fresh pepper, to taste
1 tsp baking powder
3/4 cup shredded mozzarella
1/4 cup grated romano cheese
2/3 tsp dried basil
2/3 tsp dried oregano
2/3 tsp garlic powder
1 Tbs olive oil



Soften the cream cheese by warming in the microwave on defrost for 30 seconds. Put in the food processor and pulse until smooth.

Beat eggs in a separate bowl and then add to the cream cheese. Pulse a few times to blend together.

Add the almond flour, 1/4 cup of the parmesan, bake mix, garlic, pepper, and baking powder to the food processor and pulse until smooth. Remove the mixture to a mixing bowl.

Add the mozzarella and romano to the mixing bowl and stir by hand.

Pour the batter onto a jelly roll pan lined with parchment paper and spread evenly with a spatula - it is thick and sticky and this will take some time.

Sprinkle with dried herbs, garlic powder, and the remaining parmesan cheese.

Preheat oven to 350 degrees. Bake until nicely browned on top, 20 to 25 minutes.

Remove from oven and brush with olive oil.

Pop out of pan and cool on a wire rack.

Serve with Carrabba's Bread Dipping Spice in extra-virgin olive oil (see Cooking Tips for recipe).

Serves 12

Cooking Tips

Low Carb Bake Mix: 1 cup soy flour, 2 cups soy protein isolate, 2 tbs baking soda, 1 tsp salt, and 2 tbs splenda. Sift together, then store in refrigerator in a sealed plastic baggie or container. Yield: about 3 1/4 cups.

Carrabba's Bread Dipping Spice: 1 tbs each minced fresh basil, chopped fresh Italian parsley, and minced fresh garlic; 1 tsp each dried thyme, dried oregano, and freshly ground black pepper; 1/2 tsp each minced fresh rosemary leaves, kosher or sea salt, and olive oil; 1/4 tsp crushed red pepper flakes; and lightly squeezed fresh lemon juice, to

taste. Combine all ingredients, except oil and lemon juice, in a small food processor. Chop briefly until all ingredients are about the same size. Remove to a bowl and stir in oil and lemon juice. To serve, combine 1 1/2 tsp spice blend with 3 to 4 tbs extra-virgin olive oil in a small dish.



North Shore, Oahu, Hawaii

Mock Garlic Toast

Eat it warm, you'll never miss garlic bread with your Italian food again.

2 Frigo string cheese sticks
1 tsp peanut or olive oil
pinch garlic powder
pinch parsely flakes, crushed
pinch parmesan cheese

Open a package of string cheese (Frigo brand), put a teaspoon of peanut oil in a non-stick skillet and preheat on medium to medium/high heat.

Take your string cheese and put it in the oil and let it begin to melt, do not touch it. When it is almost melted sprinkle it with a pinch of garlic powder, dried parsely, and parmesan cheese.

By the time the top is melted the bottom will be browned and crunchy. Remove it from pan and let cool enough to handle.

Pico Di Gallo

2 cups Roma tomato (seeded & diced small)

1 cup onion (diced small)

1/4 cup jalapenos (diced small)

1 tsp fresh cilantro leaves (diced small)

1 tsp fresh lemon juice

1 tsp salt

Mix all ingredients together and chill in refrigerator for a couple of hours to let flavors blend.

Serves 6

Spinach & Artichoke Dip

Like Houston's! Serve hot with salsa and tortilla chips for dipping.

- 1 cloves garlic - minced
- 1 Tbs minced onion
- 2 Tbs butter, unsalted
- 2 Tbs all-purpose flour
- 1 cup heavy cream
- 2 Tbs chicken broth
- 1/3 cup fresh-grated Pecorino Romano cheese
- 1 tsp fresh-squeezed lemon juice
- 1/4 tsp hot sauce
- 1/4 tsp salt
- 2 Tbs sour cream
- 10 oz frozen chopped spinach - thawed, squeezed dry
- 3 oz marinated artichoke hearts - drained, coarsely chopped
- 1/4 cup shredded white cheddar or Monterey Jack cheese



In a saucepan over medium heat, sauté garlic and onion in butter until golden, about 3 - 5 minutes.

Stir in flour and cook for 1 minute.

Slowly whisk in cream and broth and continue cooking until boiling.

Once boiling, stir in Romano, lemon juice, hot sauce, and salt; stir until cheese has melted; remove from heat and allow to cool for 5 minutes.

Stir sour cream into pan, then fold in dry spinach and artichoke hearts.

Fold the mixture into a microwave-safe serving dish, or into several serving-size dishes.

Sprinkle cheddar or jack cheese evenly over top(s).

At this point, the dip can be refrigerated until ready to serve, if desired.

Microwave dip on 50% power just until cheese has melted.

Serves 6

Texas Caviar

You'll need a plate and fork for these. Or a tortilla chip!

- 2 (14- to 16-ounce) cans black-eyed peas
- 1/2 cup Italian salad dressing
- cracked or freshly ground black pepper
- 1/4 cup each chopped red and green bell peppers
- 2 chopped jalapenos, or to taste
- 3 green onions, chopped, or to taste

Drain the liquid from the peas. Place peas in a pan or bowl. Add remaining ingredients and mix thoroughly. Store in a jar in refrigerator up to a week.

Recipe Source

Source: Austin American Statesman, Foods For Luck, January, 1997

Breads, Muffins, and Wraps

Crusty Andouille Sausage Stuffin' Muffins

Low Carb Tortillas/Wraps

Three Minute Microwave Bread



**Ed, Myrna, Jim, Betty, and Mike
Las Cruces**

Crusty Andouille Sausage Stuffin' Muffins

1 cup White or yellow onion, chopped, divided
use = 1/2 cup and 1/2 cup
1 cup Celery, chopped, divided use = 1/2 cup and
1/2 cup
1/2 lb Andouille sausage, chopped
2 cloves Garlic, minced
1 Tbs Peanut oil
1/4 lb Unsalted butter (softened), divided use = 1
tablespoon & 7 tablespoons
1 tsp Worcestershire sauce
1/2 tsp Louisiana or Tabasco hot sauce
3 5/8 cups Chicken broth, low sodium
2 tsp Fresh parsley, chopped fine
1/4 tsp Sage, dried
12 oz Herb seasoned stuffing, cubed (such as
Pepperidge Farm)
Cooking spray (such as Pam)



Chop onions, celery, and sausage. Mince garlic.

Preheat a large skillet over medium-high heat. Add peanut oil. When oil is hot, add one-half each of onions and celery, and sauté until lightly browned.

Add remaining onions and celery along with garlic, andouille sausage, 1 tablespoon butter, Worcestershire and hot sauce. Saute until bubbly and heated through.

Add chicken broth, parsley, sage and bring to a boil. Reduce heat to a simmer and cook uncovered until most of the fat rises to the surface and skim off the fat. Continue to cook until the liquid has been reduced by half and vegetables are soft.

Preheat oven to 375 degrees F.

Remove from heat and gently stir in the remaining butter and stuffing cubes to combine completely. Let rest until all liquid has been absorbed.

Spray cups of non-stick muffins tins with cooking spray. Using a large spoon, fill and mound up the stuffing in the muffin tins. Bake until set and crisp on top (15-20 minutes). Remove muffins from the tins. Can be served warm or room temperature. (To make muffins crispy all over, remove from tins, put on parchment paper lined cookie sheet and bake an additional 10-15 minutes.)

Serves 12

Low Carb Tortillas/Wraps

I love to use these wraps to make my BLT with Turkey and Swiss. They also make great soft taco wraps!

8 oz Cream cheese, softened
3 large eggs
1/4 cup water
1 Tbs Splenda
1/2 cup Low Carb Bake Mix (see recipe in Cooking Tips)
1/2 tsp baking powder
1/2 tsp garlic powder
1/2 tsp onion powder
1 Tbs parsley flakes
1 Tbs buttermilk powder



Beat softened cream cheese with mixer until blended smooth. In a separate bowl, lightly beat the eggs and water; then add to cream cheese and mix to blend. Add all the remaining ingredients and mix until blended.

Take a piece of parchment paper and spread about a tablespoon of the batter in a very thin layer, from 6 to 8 inches in diameter, onto the paper and nuke it on high for 60 seconds. If the batter gets too thick while sitting just add a little water to it. It should be the consistency of pancake batter.

Carefully, take it out and place the paper on the counter to cool. Let it cool completely and then gently peel the paper back to free the edges and it will peel right off the paper. The recipe makes about 16 wraps at just over one carb each.

When all of the wraps have been cooked and cooled, stack them with the parchment paper in between and store them in a gallon size ziploc baggie in the refrigerator until you are ready to use them. You will have to trim the edges of the paper so that the stack will fit into the baggie.

They don't get stiff at all and they warm right up on about 20 seconds nuking or toasting the toasteroven. They are also great cold!

Cooking Tips

Low Carb Bake Mix Recipe: 1 cup soy flour, 2 cups soy protein isolate, 2 tbs baking soda, 1 tsp salt, 2 tbs Splenda. Sift all ingredients together and store in an airtight jar or baggie in the refrigerator. Yield: about 3 1/4 cups.

Three Minute Microwave Bread

1 Tbs butter
1 large egg
2 Tbs almond flour
2 Tbs flax meal
1/4 tsp baking powder
1 pinch splenda

Melt butter in square "bread slice size" or larger microwavable container.

Beat in egg. Stir together dry ingredients in another bowl and then add to beaten egg and butter.

Mix thoroughly with a fork. Cover with plastic wrap and vent.

Microwave on high for about 1 minute 30 secs. Microwaves may vary. Check on it. Do not over cook.

Serves 1

Cooking Tips

After microwaving it, I like to brown/toast the bread in a medium hot non-stick pan, make a sandwich with ham and cheese, and nuke it again just until the cheese melts. The Best Grilled Ham And Cheese Ever! - Jackie Farrell

Breakfast

Better Than Quiche Ricotta Pie

Brunch Baked Eggs

Flaxmeal Breakfast With Butter And Maple Syrup

Jalapeno, Sausage and Cheese Scrambled Egg Muffins

Mushroom & Spinach Omelette

Spicy Sausage and Cheese No-Crust Quiche



Chris and her granddaughters, Hailey and Toryn

Better Than Quiche Ricotta Pie

4 large eggs
15 oz ricotta cheese
2 cup mozzarella cheese, shredded
1/4 cup parmesan cheese, grated
2 Tbs dried parsley flakes
1 small onion, chopped
1 Tbs butter, unsalted
6 slices bacon

Mix the eggs, ricotta, mozzarella, parmesan, and parsley flakes in a medium mixing bowl.

Cook the onions, in butter, until they become translucent. Add to the egg and cheese mixture.

Cook the bacon. Drain on a paper towel, crumble, and add to the egg and cheese mixture.

Pre-heat oven to 350*

Spray an 8 x 8 glass baking dish with Pam.

Spoon the mixture into the baking dish. Bake for about 30 minutes, until the top is a light brown and the "Pie" is firm.

Serves 8

Brunch Baked Eggs

This recipe was brought to work for one of our mortgage company brunches by one of our loan officers. Jenny made a half-recipe of the dish using basil as the herb. I loved it so much I got her to make a copy of the recipe for me. The recipe appeared in a Holiday Cooking magazine in 1987. -- Jackie Farrell

6 cups Monterey Jack cheese, shredded (divided)
12 oz Mushrooms, sliced
1/2 Medium onion, chopped
1/4 cup Sweet red peppers, thinly sliced
1/4 cup Butter, melted
8 oz Cooked ham, cut into julienne strips
8 Large eggs, beaten
1 3/4 cups Milk
1/2 cup All-purpose flour
2 Tbs Snipped fresh chives, basil, tarragon, thyme, or oregano
1 Tbs Snipped parsley

Sprinkle one-half (3 cups) of the cheese in the bottom of a 13x9x2-inch baking dish.

In a saucepan, cook the mushrooms, onion and red pepper in the butter until the vegetables are tender but not brown; drain well. Place vegetables on top of cheese.

Arrange ham strips atop vegetables. Sprinkle remaining 3 cups cheese atop ham. Cover and chill in the refrigerator overnight.

To serve, combine eggs, milk, flour, chives or selected herb, and parsley. Pour mixture over cheese layer. Bake in a 350 degree oven about 45 minutes. Let stand 10 minutes before cutting.

Serves 12

Flaxmeal Breakfast With Butter And Maple Syrup

2 Tbs Flax Meal
2 Tbs Almond Meal/Flour
1/4 tsp Baking Powder
1 Large Egg
2 Tbs DaVinci's Sugar Free Vanilla Syrup
1 Tbs Butter
2 Tbs Sorbee's Sugar Free Maple Syrup



Stir the flaxmeal, almond flour and baking powder together in a small mixing bowl. Lightly beat the egg in another bowl and stir in the vanilla syrup. Add the dry ingredients to the egg mixture and stir very well. Let the mixture rest for about 5 minutes. Stir mixture again and scrape into a microwavable bowl. (I use a wide shallow salad bowl). Microwave on high for 2 minutes. Remove bowl from microwave and serve topped with butter and maple syrup.

Serves 1

Jalapeno, Sausage and Cheese Scrambled Egg Muffins

These are great reheated in the microwave!

8 oz Pork Sausage (like Jimmy Dean)
6 Large eggs, lightly beaten
4 oz Shredded cheese (Cheddar or Monterey Jack)
2 Tbs Sliced Jalapeños, chopped



Cook sausage until lightly browned and crumbly in a medium-hot fry pan. Drain and let cool on a paper towel covered plate.

In a medium bowl, whisk the eggs. Stir in the cooled sausage, cheese and jalapenos.

Spray muffin pan with non-stick spray such as Pam. Preheat oven to 350 degrees.

Spoon mixture evenly into muffin pan cups and bake on middle rack in oven for about 30 minutes or until golden brown and the eggs have set. Begin checking after 25 minutes.

Remove pan from oven and cool on a wire rack. Use a large spoon to loosen any stuck edges and pop the muffins out of the pan.

Any leftover muffins can be refrigerated in a ziploc baggie until you are ready to reheat them.

Mushroom & Spinach Omelette

4 oz mushrooms, sliced
1/2 cup fresh spinach, packed
1 tsp canola oil
3 Tbs unsalted butter (divided)
2 Tbs onion, minced
4 large eggs
1 Tbs grated parmesan cheese
1/4 tsp salt
1/4 tsp oregano, dried
1/8 tsp ground black pepper

Rinse, pat dry and slice mushrooms (makes about 1 1/4 cups); set aside.

Cook spinach in oil in a medium-hot oven-proof skillet until well wilted. Remove spinach from skillet, drain, and chop. Set aside.

In skillet, melt 1 Tbs butter. Add mushrooms and onion; saute until golden, about 5 minutes; remove from skillet.

In a mixing bowl combine eggs, salt, oregano and pepper.

In skillet, melt remaining 2 Tbs butter. Pour in egg mixture. Cook over moderate heat letting uncooked egg run under the cooked portion.

When almost set, top with mushroom mixture and spinach. Sprinkle with parmesan cheese.

Place skillet under a preheated moderately hot broiler until top of omelet is set. Turn out onto a plate and serve.

Serves 2

Spicy Sausage and Cheese No-Crust Quiche

8 oz Pork Sausage
4 Large eggs, lightly beaten
3/4 cup Heavy whipping cream
4 oz Shredded cheese (Cheddar and/or Monterey Jack)
2 Tbs Jalapeño slices, chopped

Cook sausage until lightly browned and crumbly in a medium-hot fry pan. Drain and let cool on a paper towel covered plate. OR: Spread raw sausage on pie plate and cook in microwave 1 1/2 to 2 minutes on high, until brown. Invert on a paper towel covered plate to drain. Then return sausage to pie plate.

In a medium bowl, mix together eggs and cream. Stir in cheese and chopped jalapenos.

Spray glass pie plate or similar baking dish with non-stick spray such as Pam if using crumbled sausage. Preheat oven to 325 degrees.

Spread crumbled sausage on bottom of prepared baking dish. Pour egg mixture over sausage. Place dish on a cookie sheet and bake on middle rack in oven for about 45 minutes. Begin checking after 40 minutes.

Serves 6

Main Dishes

Chicken Ratatouille - Pollo Alla Ratatouille
Chicken Scaloppine
Crawfish Etouffee
Jackie's Bar-B-Q Meatloaf
Jackie's Kung Pao Chicken (without peanuts)
Lasagna with Zucchini Noodles
Macaroni Grill's Pasta Gamberetti e Pinoli
Meat Sauce For Spaghetti
Pan-Seared Pork Chops In Wine Sauce
Parmesan Crusted Boneless Chicken Breasts
Parmesan Crusted Boneless Pork Loin Chops
Petite Crab Cakes
Spaghetti alla Carbonara
Thin Crust Pita Pizza
Yakitori Barbecue Chicken

Chicken Ratatouille - Pollo Alla Ratatouille

"I think the longer you cook the chicken and the vegetables, the better it gets." Sue

1/4 cup butter
6 Tbs olive oil
1 onion quartered
2 zucchini, cut into cubes
1 eggplant, cut into cubes
2 bell peppers, 1 red, 1 yellow, halved, seeded
and thickly sliced
1 can diced tomatoes
4 drum sticks
4 thighs with skin
2 cloves garlic
salt and pepper



Heat half the butter and half the oil in a large pan, add onions, zucchini, eggplant and bell peppers, season with salt and pepper and cook over high heat for a 10 minutes. Lower the heat, add tomatoes, stir, cover and simmer gently for about 1 hour, stirring occasionally, be careful not to mush.

Heat remaining butter and olive oil in another pan, add chicken and garlic and cook, stirring and turning frequently, until golden brown all over. Season with salt and pepper and cook for a further 30 minutes or more until tender and cooked through.

Add vegetables on top of chicken, stir and cover for 15 minutes or more, on low heat, until well mixed.

Serves 4

Chicken Scaloppine

Sautéed chicken breast with mushrooms, artichokes, tangy capers and bacon in a lemon butter sauce. Serve with angel hair pasta.

2 oz bacon
2 2/3 Tbs lemon juice
1 1/3 Tbs white wine or dry vermouth
2 2/3 Tbs heavy cream
1/3 cup butter, unsalted
salt and pepper, to taste
salted water, for cooking pasta
2 Tbs olive oil, for sautéing chicken
2 Tbs butter, for sautéing chicken
2 chicken breast halves, sliced thin
3/4 cup almond meal/flour and grated parmesan cheese mix
4 oz angel hair pasta
4 oz button mushrooms, sliced
7 oz artichoke hearts or bottoms, sliced
2 tsp capers
chopped parsley (optional)



Pre-cook and crumble bacon and set aside.

To make the sauce: Heat the lemon juice and white wine in a saucepan over medium heat.

Bring to a boil and reduce by one-third. Watch as it reduces quickly.

Add cream and simmer until mixture thickens (3-4 minutes).

Slowly add butter until completely incorporated.

Season with salt and pepper.

Remove from heat and keep warm.

Heat salted water for pasta in a large pot.

Heat oil and two tablespoons butter in a large skillet.

Dredge chicken in almond/parmesan mix and sauté in pan, turning once, until brown and cooked through.

Cook pasta and drain.

Remove chicken from pan and add crumbled bacon and remaining ingredients, except parsley, to pan.

Heat until mushrooms soften and are cooked; add chicken back to pan.

Place cooked pasta on each plate.

Add butter sauce to chicken mixture and toss.

Place chicken mixture over pasta.

Garnish with chopped parsley (optional).

Serves 2

Crawfish Etouffee

This recipe has been adapted from one printed in the Houston Chronicle.

1 lb crawfish tails (thawed)
2 Tbs liquid crab boil
3/4 cup butter (1 1/2 sticks)
1/2 cup flour
1 large onion, chopped
1/2 green bell pepper, chopped (optional)
2 celery stalks, chopped
1 clove garlic, minced
salt, to taste
cayenne pepper, to taste
1/4 cup green onion, thinly sliced
4 - 5 pinches creole seasoning
1 tsp parsley, chopped
1 bay leaf
1/2 tsp kitchen bouquet
14 oz chicken broth
1 Tbs lemon juice
1 1/2 cups steamed white rice (optional)



Rinse thawed crawfish tails well and then marinate in crab boil for 6 hours or overnight in refrigerator.

Melt the butter in a heavy 4-quart pot. To make a roux, stir the butter and flour together over medium heat until dark blond, whisking constantly. (Or combine melted butter and flour in a 4-quart microwavable bowl, cover and cook on high at one minute increments until roux is desired color - about 5 - 6 minutes).

Add onion, celery, green pepper, garlic, salt and cayenne pepper, and saute until the vegetables are tender.

Add crawfish tails to the pot along with the green onions, parsley, creole seasoning, bay leaf, kitchen bouquet, and broth to cover. Stir to mix well. Bring to a boil, reduce heat, cover and cook about 30 minutes, stirring occasionally. Remove from heat.

Add lemon juice and let stand for a few minutes. Remove the bay leaf and serve with steamed white rice (optional).

Serves 6

Jackie's Bar-B-Q Meatloaf

I have a new favorite! After looking at lots of recipes trying to find a sub for the oatmeal and breadcrumbs in my old recipe, I took bits and pieces from several and came up with this one. The whole loaf has about 71 gms. carbohydrates and 29.5 gms. fiber for 41.5 net carbs.

1/2 cup onion, diced
1/2 cup celery, diced
1/2 cup mushrooms, diced
2 tsp peanut oil
1/2 cup TVP (Textured Vegetable Protein)
3 oz broth (to rehydrate TVP)
2 large eggs
1/2 cup flaxmeal
2 tsp worchestershire sauce
4 oz low carb bar-b-q sauce (divided) - I use KC Masterpiece Classic Blend
4 cloves garlic, minced
1/2 lb ground pork sausage (optional)
2 lb ground chuck

Lightly saute onion, celery and mushrooms in peanut oil. Remove from pan and set aside to cool.

In a separate bowl, rehydrate TVP with hot broth.

In a separate bowl, lightly beat eggs.

In a large mixing bowl, add and mix together - cooled veggies, rehydrated TVP, flaxmeal, worchestershire sauce, one-half of bar-b-q sauce, and minced garlic.

Add eggs to mixture in large mixing bowl and mix well.

Add optional pork sausage to mixture in large bowl and mix well.

Add ground chuck, one pound at a time, to large bowl and mix well.

Put mixture in a non-stick loaf pan and shape with spatula.

Pre-heat oven to 400 degrees and bake loaf for 45 to 50 minutes.

Remove loaf from oven and carefully drain off fat.

Reduce oven temperature to 350 degrees.

Coat top of loaf with second half of bar-b-q sauce and return loaf to oven for another 10 to 15 minutes.

Remove from oven when loaf's interior temp reaches 145 degrees and allow loaf to rest for ten minutes prior to slicing.

Serves 8

Jackie's Kung Pao Chicken (without peanuts)

Serve over shredded napa cabbage or with optional veggies.

3/4 lb boneless skinless chicken breast or thighs, cut in 1/2" cubes

Marinade:

3 Tbs dry sherry

2 Tbs soy sauce

1 Tbs sesame oil

3 Tbs cornstarch (optional)

Sauce: (next 7 ingredients)

6 Tbs light soy sauce

3 Tbs dry sherry

2 Tbs rice vinegar

2 Tbs sesame oil

1 1/2 tsp Splenda

1 1/2 tsp Chinese chili sauce

1 1/2 tsp ground black pepper

3 Tbs peanut oil (divided)

3 Tbs grated ginger

3 Tbs minced garlic

3 Tbs red pepper flakes

1/3 red bell pepper, chunked into 1/2" pieces

Additional Veggies (optional):

bok choy, sliced and divided

jicama or water chestnuts, red onion, bean sprouts, mushrooms

9 scallions, green and white cut into 1/2" lengths

2 Tbs cornstarch and water

Place the chicken in a bowl with all the marinade ingredients except the cornstarch. Toss well, add the cornstarch, and mix again. Set aside while preparing the rest of the ingredients.

Mix the sauce ingredients and then heat 2 Tbs of the peanut oil in a heated wok or deep saucepan. Stir fry the chicken until it just loses its pink color. Remove chicken from wok and keep warm.

Add the remaining tablespoon of oil and the ginger, garlic, and red pepper flakes. Stir fry just until their aroma is released (about a minute). Add the red bell pepper, optional veggies, and scallions and stir fry about another 20 seconds.

Combine cornstarch and water and set aside. Pour in the sauce, followed by the chicken. Stir well to combine. Then, with the heat still high, drizzle in the cornstarch mixture, stirring constantly to thicken and coat. Serve hot!

Serves 2

Lasagna with Zucchini Noodles

The zucchini makes great tasting "noodles" .

2 eggs, beaten slightly
15 oz ricotta cheese or small curd cottage cheese
1/2 cup parmesan cheese, shredded
1/4 cup feta cheese, crumbled (optional)
2 Tbs fresh chopped parsley
1 - 2 tbs olive oil
2 lbs ground beef chuck or turkey
1/2 medium onion, diced
2 cloves garlic, minced
1/2 cup sliced mushrooms
16 oz tomato sauce
3 oz tomato paste
1/2 cup dry red wine or dark vermouth
1/2 cup water
2 tsp dried basil
2 tsp dried oregano
1 tsp dried thyme
1 tsp dried parsley
1/2 tsp fennel seed
1 tsp sea salt
1/2 tsp fresh ground black pepper
3 - 4 small zucchini, thinly sliced lengthwise
8 - 12 oz mozzarella cheese, shredded

Mix beaten eggs with ricotta or cottage cheese, parmesan, optional feta, and fresh chopped parsley. Set aside in refrigerator to keep chilled.

Meat Sauce: Heat large skillet and coat with olive oil. Brown the beef or turkey in hot skillet. When meat is nearly done, add the onions and sauté until the onions just begin to soften. Add garlic and mushrooms and continue cooking until onions are transparent. Drain off fat. Add tomato sauce and tomato paste along with the red wine and water. Mix well; add seasonings and simmer until quite thick.

Slice, blanch, rinse and drain zucchini. Set aside.

Preheat oven to 350°F. Lightly coat a 9 x 13 baking dish with olive oil.

Assembly: Spread one-third of the meat sauce mixture in the bottom of the pan. Top with one third of the sliced zucchini. Spread zucchini with the ricotta mixture, and top with another third of the zucchini. Top the zucchini with another third of the meat sauce mixture and one-half of the mozzarella. Cover with remaining zucchini, meat mixture and mozzarella. Sprinkle with additional parmesan cheese, if desired.

Bake covered tightly with foil for 45-50 minutes. Uncover and bake an additional 10 minutes to brown top. Remove from oven and let stand for 15 minutes before cutting.

Serves 8

Macaroni Grill's Pasta Gamberetti e Pinoli

Shrimp, mushrooms, pine nuts and spinach with pasta and a lemon butter sauce.

2 2/3 Tbs Lemon Juice
1 1/3 Tbs White Wine
2 2/3 Tbs Heavy Cream
Salt and Pepper, to taste
1/3 lb Unsalted Butter, Softened
2 Tbs Whole Butter
4 oz Sliced Mushrooms
1 Tbs Garlic, Chopped
12 Shrimp, Large, Peeled and Deveined
1 Tbs Pine Nuts, Toasted
1/2 tsp Salt
1/2 tsp Black Pepper, Ground
2 oz Fresh Spinach, Cleaned and Stemmed
4 oz Angel Hair Pasta, Cooked
1 Tbs Parsley, Chopped



Lemon Butter Sauce: Heat lemon juice and white wine in a sauce pan over medium heat. Bring to a boil and reduce by one-third.

Add cream and simmer until mixture thickens (approximately 3-4 minutes). Slowly add unsalted butter until completely incorporated.

Season with salt and pepper.

Remove sauce from heat and hold in a warm area or near the stove.

Preparing Shrimp Pasta: Heat whole butter in large saute pan over medium-high heat.

Add mushrooms and saute for 2 minutes.

Add garlic, shrimp, pine nuts, salt, pepper, and saute until shrimp are translucent. Reduce heat and add spinach, lightly toss with shrimp mixture (be careful not to wilt the spinach).

Assembly/Presentation: Have pasta ready at the same time as the shrimp

Place 2 oz. of hot, cooked pasta on each plate and sprinkle with the chopped parsley.

Add the Lemon Butter Sauce to the shrimp and spinach mixture and lightly toss.

Next to the pasta, place a few pieces of the spinach and 6 shrimp on each plate.

Serves 2

Meat Sauce For Spaghetti

1 lb ground beef chuck
8 oz ground pork sausage
1/2 medium onion, chopped
2 cloves garlic, chopped
1/4 cup mushrooms, chopped
16 oz tomato sauce
1 1/2 oz tomato paste
1/4 cup red wine or sweet vermouth
1/4 cup water
1 tsp dried basil
1 tsp dried oregano
1/2 tsp dried thyme
1/2 tsp dried parsley
1/4 tsp fennel seed
1/2 tsp sea salt
1/4 tsp fresh ground black pepper

Brown meat, add onions and saute until translucent.

Add garlic and mushrooms and saute a couple of minutes.

Drain fat.

Add remaining ingredients and simmer until quite thick.

Serves 6

Pan-Seared Pork Chops In Wine Sauce

Good with Uncle Ben's Original Long Grain and Wild Rice or Steamed Cauliflower.

1 tsp ground sage
1 tsp dried rosemary leaves, crumbled
1 tsp finely chopped garlic
1/2 tsp salt
fresh ground black pepper
4 center-cut loin pork chops, very lean, about 1/2" thick
2 Tbs butter
1 Tbs olive oil
3/4 cup dry white wine or dry vermouth
1 Tbs finely chopped fresh parsley (optional)

Trim all fat from pork chops.

Combine the sage, rosemary, garlic, salt, and a few grindings of pepper. Press a little of this mixture firmly into both sides of each pork chop.

In a heavy 10 to 12 inch skillet, melt the butter with the olive oil over moderate heat. When the foam subsides, place the chops in the hot fat and pan sear them for 2 or 3 minutes on each side, turning them carefully with tongs.

When the chops are golden brown, remove them from the pan to a platter and keep warm. Pour off all but a thin film of fat from the pan, add the wine and bring it to a boil over high heat, stirring and scraping in any browned bits that cling to the bottom and sides of the pan. Add all juices from the resting chops back to the pan and continue to stir until it has reduced to a few tablespoons of syrupy glaze.

Remove the skillet from the heat. Taste for seasoning and stir in the parsley. Pour the sauce over the pork chops and serve.

Serves 4

Parmesan Crusted Boneless Chicken Breasts

Serve these with Garlic Sauce for Dipping (recipe in Cooking Tips) and a Caesar salad and/or steamed broccoli.

2 boneless chicken breast halves
1 large eggs, lightly beaten
3/4 cup finely grated parmesan cheese
1/4 tsp garlic powder
fresh ground pepper, to taste
vegetable oil, for frying
garlic sauce (see recipe under cooking tips)

Slice chicken breasts thin and then pound until flat.

Dip chicken in beaten egg to coat.

Mix cheese, garlic powder and pepper. Roll chicken in cheese mixture to coat. Set aside in refrigerator for 1 hour to set coating.

Pan fry coated chicken in hot oil in a heated non-stick skillet.

Serve with garlic sauce for dipping.

Serves 2

Cooking Tips

Garlic Sauce for Dipping: 1/2 cup cream, 2 cloves garlic, 1/3 cups parmesan cheese, and 1 Tbs butter. Mix all ingredients in a saucepan and simmer on low until thickened while you are frying the chicken. Stir it occasionally.

Alternate crust mixture: 1/2 parmesan and 1/2 almond flour.

Parmesan Crusted Boneless Pork Loin Chops

Very good!

3 to 4 boneless pork loin chops, pounded thin

1 large egg, lightly beaten

1/2 cup finely grated parmesan cheese

1/2 cup almond flour/meal

fresh ground pepper, to taste

salt, to taste

peanut oil, for frying

Dip chops in beaten egg to coat.

Mix together parmesan, almond flour/meal, pepper and salt. Roll chops in breading mixture to coat.

Heat non-stick skillet on medium high heat. Pan fry coated chops in hot oil in a heated skillet, turning chops every couple of minutes until nicely browned.

Serves 2

Petite Crab Cakes

Recipe makes two yummy cakes per serving.

2 large eggs
1 Tbs Dijon mustard
1/2 tsp Worcestershire sauce
1 tsp Old Bay seasoning
1/2 cup mayonnaise
2 Tbs fresh parsley, minced
1/4 cup scallions, chopped
2 cups Japanese bread crumbs, panko (divided 1
1/2 cups and 1/2 cup)
1 lb lump crab meat, approximately 2 to 2 1/2
cups
1/4 cup peanut oil, for frying
1/2 cup remoulade sauce
lemon wedges



Beat the eggs well in a large mixing bowl. Add the next four ingredients and mix together well. Add the parsley, scallions, and 1 1/2 cups bread crumbs and stir well. Place crab meat in the mixing bowl and fold gently, leaving the crab lumps as large as possible. Shape the mixture into about 16 equal portions, ball up and flatten into a patty shape about 3/4 to 1-inch thick. Coat each patty with some of the remaining bread crumbs. Chill for at least 1 hour before cooking. Heat oil over medium heat in a non-stick pan. Saute each cake 2 to 2 1/2 minutes per side in the oil. Drain on paper towel. Serve with remoulade sauce (see recipe under Cooking Tips) and lemon wedges.

Serves 8

Cooking Tips

For a very tasty Szechwan Remoulade, whisk together 1/2 Tbs Dijon mustard, 1/4 tsp dry mustard, and 3/4 tsp rice wine vinegar in a mixing bowl. Gradually add 2 Tbs olive oil, stirring constantly to ensure no separation of the oil and vinegar. Stir in remaining ingredients (3/4 tsp paprika, 2 Tbs minced celery, 2 Tbs chopped green onions, 1/4 tsp chopped garlic, 2 Tbs chopped parsley, 3/4 tsp anchovy paste, 1/2 Tbs lemon juice, 1/4 cup mayonnaise, and 3/8 tsp wasabi powder (optional). Add salt and pepper to taste. Makes 1/2 cup of sauce.

Spaghetti alla Carbonara

Alla carbonara means "in the manner of the coal miner" (or the coalminer's wife). According to legend, the dish was popular with miners because the few ingredients could easily be carried or, in the case of eggs, pocketed from henhouses on the way to work. When appetites knocked, a simple campfire in the woods was all that was needed to make an elegant meal. The liberal use of pepper is considered a modern-day metaphor for the specks of coal that would inevitably drop from the miners' clothing onto the plates of pasta.

1 Tbs olive oil
6 oz thickly sliced pancetta, diced into 1/4-inch pieces
2 Tbs salt
1 lb spaghetti
3 large eggs plus 1 egg yolk, well beaten
3/4 cup grated Parmigiano-Reggiano
1/4 cup grated Pecorino Romano
3/4 cup boiling pasta water
freshly ground black pepper, to taste

In a large skillet, heat the olive oil over medium heat. Add the pancetta and cook, stirring often, until it's crisp. Set the pan aside.

Bring 6 quarts of water to a boil. Add the salt and the spaghetti and cook until al dente. Drain, reserving the 3/4 cup of pasta water, and return the pasta while it's very hot to the pan, set over very low heat. Immediately add the eggs, half of each of the cheeses, the reserved pancetta

and any rendered fat, and toss well. Add just enough of the pasta water to make the mixture creamy. Sprinkle liberally with pepper and serve at once. Pass the remaining cheese at the table.

Serves 8

Thin Crust Pita Pizza

The best! Makes four personal size pizzas.

The Sauce:

1 1/2 tsp olive oil
1 clove garlic, minced
1 Tbs shallots, minced
6 oz Hunts tomato paste
3/4 cup water
1/4 tsp dried oregano
1/8 tsp dried basil
1/8 tsp salt
1/8 tsp ground black pepper
1/16 tsp garlic powder
1/16 tsp onion powder
1/16 tsp msg
2 Toufayan Low Carb Pitas, sliced into 4 rounds

Toppings:

Shredded cheese of choice
Pepperoni slices, fried and drained to crisp
Hot Italian sausage, crumbled (drained)
Onion, diced (raw or sauted)
Mushrooms, sliced
Black Olives, sliced
Jalapeno slices

The Sauce: Saute the shallots and garlic in hot oil in heavy saucepan. Add tomato paste and water, stirring til smooth. Add dry ingredients to sauce and simmer 35-40 minutes, stirring occasionally.

Preheat oven to 400 degrees and preheat pizza stone.

Spread pizza sauce over pita rounds almost to edges. Top with cheese of your choice and toppings of your choice.

Bake in oven until cheese melts and toppings reach desired 'doneness'.

Serves 2

Yakitori Barbecue Chicken

Yakitori Barbecue Chicken (literally 'grilled chicken') is Japan's most popular snack - enjoyed daily at innumerable yakitori parlors, where office workers gather after work for drinks, eats, and camaraderie.

2 lbs skinless, boneless chicken thighs
2 lbs slender young leeks (or thick scallions)
4 oz soy sauce
7 oz sake
5 Tbs splenda
3 slices fresh ginger (each 1/2 inch thick)
3 cloves garlic, smashed
3 scallions, both white and green parts, trimmed and coarsely chopped

Special Equipment 16 short bamboo skewers, soaked for 1 hour in cold water to cover and drained, or more as needed.

Rinse the chicken thighs under cold running water, then drain and blot dry with paper towels. Cut crosswise into pieces 2 inches long and 1/2 inch wide and thick. Set aside while you prepare the leeks.

Cut off and discard the green parts of the leeks. Cut the white parts that remain in half lengthways as far as the roots. Rinse the leeks carefully under cold running water, then drain, cut off the roots, and cut each leek half crosswise into 2-inch pieces. If using scallions, cut off green part and root end and cut into 4-inch pieces (folding in half when putting on the skewers).

Thread the chicken pieces crosswise on the skewers, alternating with pieces of leek; you should be able to get 4 pieces of chicken on each skewer. Arrange the skewers on a platter and cover loosely with plastic wrap. Refrigerate until ready to grill, up to 6 hours.

Prepare the yakitori sauce. Combine the soy sauce, sake, splenda, ginger, garlic and scallions in a small heavy saucepan and bring to the boil over a medium heat, stirring until blended and the sugar is dissolved. Reduce the heat to medium-low and simmer, uncovered, until the sauce is glossy and syrupy and reduced to 3/4 cup, about 5-10 minutes. Remove from the heat and strain into a bowl.

Preheat the grill to high.

When ready to cook, oil the grill grate. Arrange the skewers on the hot grate and grill, turning with tongs, until the chicken is nicely browned and cooked through, 3 to 5 minutes per side (6 to 10 minutes in all). Brush the yakitori generously with the sauce at least once on each side while cooking, but not during the last 3 minutes.

Transfer the skewers to serving plates or a platter and serve immediately.

Serves 4

Cooking Tips

Alternate: Grill boneless thighs while basting with sauce. Four thighs require only 1/4 of the sauce recipe - Jackie Farrell.

Side Dishes

Carrot And Turnip Mash

Loaded Cauliflower

Onions Parmesan

Sesame Stir-fried Bok Choy or Napa Cabbage



Pete and Jackie in Tucson

Carrot And Turnip Mash

A very simple and tasty side dish.

2 lbs carrots

2 lbs turnips

8 pats butter, unsalted

salt, to taste

pepper, to taste

Peel and coarsely chop the carrots and the turnips. Boil carrots and turnips SEPARATELY with a small amount of water in the microwave until they are cooked through but still firm.

When done, pour off any liquid and mash each SEPARATELY, using as much butter, salt and pepper as you like. Keep warm.

Just before serving, gently combine both veggies.

Serves 8

Loaded Cauliflower

1 cup cooked cauliflower
1 tsp butter
pepper, to taste
1 oz cheddar cheese, shredded
1 Tbs sour cream
1 strip bacon, crumbled
1 Tbs chives or green onions, chopped



Butter and season the cauliflower. Place in an individual-serving baking dish, then top with cheese. Microwave or broil until cheese is melted. Top with sour cream, bacon and chives or green onions.

Serves 1

Onions Parmesan

These unusual onions taste almost like noodles. Great on grilled steak.

4 medium onions, sliced.

2 Tbs butter.

1/4 cup grated Parmesan Cheese

Saute onions in butter 10 to 12 minutes.

Remove to baking dish.

Sprinkle cheese over top.

Broil 5 inches from heat until cheese melts.

Serves 4

Sesame Stir-fried Bok Choy or Napa Cabbage

3/4 lb Bok Choy or Napa Cabbage
1 tbs Vegetable oil (peanut oil preferred)
1 tsp Minced fresh ginger
1/2 tsp Minced fresh garlic
1/4 tsp Salt (optional)
1/4 tsp White pepper, ground
3 tbs Chicken broth
1/2 tsp Sesame oil
1/2 tsp Toasted sesame seeds

Wash and rinse the veggies well to remove any growing medium on the leaves and pat dry. When using bok choy - separate leaves and cut green leaves from the white stalks. Thinly slice leaves and stalks and keep separate. When using napa cabbage - separate leaves and cut curly tops from white portion. Thinly slice curly tops and white portion and keep separate.

Heat frying pan or wok over medium-high heat. Add oil. When oil is hot, add white stalks, ginger, garlic, salt and pepper. Cook for one minute, stirring constantly. Add green/curly leaves and broth, cover and cook for about 2 minutes until tender-crisp. Do not overcook. Stir in sesame oil and sprinkle with sesame seeds.

Serves 4

Cooking Tips

The two step method for cooking the bok choy or napa cabbage ensures that the vegetables are evenly tender crisp as the stalks are very dense and require more cooking time than the tender leaves.

Recipe Source

Source: Adapted from Martin Yan's Stir-fried Bok Choy

Soups and Salads

Avocado Soup

La Madeleine's Tomato Basil Soup

Thai Lemongrass Soup With Shrimp

Cole Slaw

Greek Orzo Salad

Greek Salad

Napa Cabbage Salad

Spinach Salad with Hot Bacon Dressing

Warm Spinach Salad with Bacon and Pine Nuts



Sue and Carlton in Santorini

Avocado Soup

A simple and delicate soup.

2 Tbs Unsalted butter
2 Chopped green onion, white part only
3 cup Chicken broth (divided)
1 Large Hass Avocado
2 tsp Lemon juice
2/3 cup Heavy whipping cream
1/4 tsp Sea salt
Ground white pepper, to taste



Heat the butter in a sauce pan over medium heat until the foam subsides.

Add the green onion and cook, stirring occasionally, for 2 minutes, or until translucent.

Add 2 cups of the broth, bring to a boil, then lower heat and simmer for 3 minutes.

Peel, pit and slice the avocado. Drizzle with lemon juice.

Blend the avocado, cream and remaining 1 cup of broth in a food processor or blender until smooth.

Add the avocado mixture to the sauce pan and cook over medium heat, stirring occasionally, for 2 minutes, or until heated through. Season with salt and white pepper, to taste.

Serves 6

Recipe Source

Author: Robert C. Atkins, M.D.

Source: Dr. Atkins' Quick & Easy New Diet Cookbook

La Madeleine's Tomato Basil Soup

I first had this soup in Dallas and many more times in Austin and then in Houston. Lovely!

4 cups Tomatoes, peeled, cored and chopped

OR

4 cups Canned whole tomatoes, no salt added -- Crushed

12 Fresh basil leaves -- Washed

1 cup Heavy cream

1/4 lb Sweet unsalted butter

1/4 tsp Fresh ground black pepper

Salt, to taste

Heat chopped or crushed tomatoes with juice in sauce pan. Simmer 30 minutes.

Puree tomatoes with liquid, along with 3/4 of the basil leaves, in small batches, in blender or food processor (or with immersion blender while still in sauce pan).

Return to sauce pan and add cream, butter and pepper, while stirring, over low heat. Salt to taste. Garnish with remaining basil leaves and serve.

Serves 8

Recipe Source

Author: Adapted by Jackie Farrell

Thai Lemongrass Soup With Shrimp

This is one of my favorite soups - Jackie

2 cup water, boiling
3 Tbs Caravelle's Instant Soup Hot & Sour
Flavour paste
10 Large, peeled and deveined, raw shrimp with
tail on
2 Tbs Green onions, chopped
2 Tbs Black fungus, rehydrated and chopped
1/4 cup Bok choy greens, chopped
2 tsp Fresh cilantro, chopped (garnish)



Add soup paste to boiling water and stir to blend. Add all remaining ingredients, except cilantro, and simmer until the shrimp is pink and firm. Add cilantro and serve.

Serves 2

Cooking Tips

Caution: This soup is very spicy and will definitely make your nose run! So have tissues readily available. I purchase the paste and dehydrated black fungus from our local Asian market.

Cole Slaw

1/4 cup mayonnaise
2 1/4 tsp apple cider vinegar
2 Tbs Splenda, granulated
1/4 tsp celery seed
1/4 tsp sea salt
1/4 tsp black pepper, fresh ground
2 cups green cabbage, shredded (about 6 oz.)
1/4 cup carrot, shredded



Mix together all ingredients, except cabbage and carrot, until smooth.
Add cabbage and carrot to other ingredients and fold until well mixed.
Chill slaw in refrigerator one half hour or more to blend flavors.

Serves 8

Greek Orzo Salad

1/2 lb orzo
3 Tbs olive oil
2 Tbs red wine vinegar
1 1/2 Tbs mint, minced
2 tsp oregano
1 tsp thyme
1/2 tsp black pepper
1 tsp Dijon-style mustard
1 cup pitted black olives
1 English cucumber
2 medium tomatoes
4 scallions
2 cloves garlic
1/4 lb feta cheese
15 oz chickpeas

Cook the orzo pasta per directions, usually in boiling water for 10 minutes. Drain.

Mix together the oil, vinegar, mint, spices and mustard. Put aside.

Cut the olives in half, dice the cucumber with the skin on, dice the tomatoes and scallions. Mince the garlic. Mix all together, and add in the orzo.

Crumble in the feta.

Drain the chickpeas and add them in.

Now mix in the dressing.

Cool in the fridge for an hour or more, then serve.

Serves 8

Greek Salad

Use the amount of vegetables and cheese to your preference and enjoy this fresh tasting salad. - Jackie

Romaine lettuce, bite size pieces
Diced plum tomatoes
Thin sliced red onions
Thin sliced English cucumbers
Thin sliced green or red bell peppers
Pitted and halved kalamata olives
Red wine vinegar and olive oil vinaigrette
Salt and fresh ground black pepper, to taste
Crumbled feta cheese



Put the prepared vegetables in a large salad bowl. Dress with red wine vinegar and olive oil vinaigrette. Salt and pepper to taste. Toss to coat the salad. Top with feta cheese and serve.

Napa Cabbage Salad

This is a yummy, crunchy cabbage salad with toasted ramen noodles and almond slivers. Great for potlucks! Using Splenda instead of sugar in the dressing keeps the carb count down.

- 1 Small napa cabbage, shredded or chopped
- 6 Green onions, chopped
- 1/3 cup Unsalted butter
- 3 oz Ramen noodles package, broken
- 2 tbs Sesame seeds
- 1 cup Slivered almonds
- 1/4 cup Rice wine vinegar
- 3/4 cup Peanut oil
- 1/2 cup Splenda or sugar
- 2 Tbs Soy sauce, light

Finely shred or chop the head of cabbage. Chop green onions. Combine cabbage and onions in a large bowl, cover and refrigerate until ready to serve.

Preheat oven to 350 degrees.

Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a foil lined baking sheet and bake the crunchies in the preheated oven, turning often to make sure they do not burn. When they are browned remove them from the oven.

Make the dressing: In a small saucepan over medium heat, whisk together the vinegar, oil, Splenda or sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. remove pan from heat and let cool.

Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Serves 8

Spinach Salad with Hot Bacon Dressing

This recipe is based on the Spinach Salad served at the Mesa Hills Cafe in Austin, Texas. I love it with all of the optional ingredients! The Splenda used in place of sugar in this version of the dressing helps to keep the carb count down. - Jackie

DRESSING INGREDIENTS:

1/4 cup Shallots, chopped fine
1 Tbs Bacon fat (reserved from cooked bacon)
1 tsp Black peppercorns, fresh ground
1/4 cup Olive oil, extra virgin
1/2 cup Red wine vinegar
1/4 cup Granulated Splenda
1 Tbs Dijon mustard

SALAD INGREDIENTS:

8 cup Fresh baby spinach, trimmed and washed
4 slices Thick bacon, cooked crisp, chopped coarsely
4 Large eggs, hard cooked and chopped fine

ADDITIONAL/OPTIONAL SALAD

INGREDIENTS:

1/2 cup Red onion, sliced thin
8 Mushrooms, sliced
20 Black olives, sliced or chopped
1 Tomato, cut into wedges
1 Avocado, sliced
4 tbs Raisins



Dressing procedure: Sweat the shallots, bacon fat and peppercorns in a medium saucepan over medium heat until the shallots are transparent. While over the heat, whisk in the olive oil, vinegar and splenda. Increase the heat to high and whisk until the splenda dissolves completely. Whisk in the Dijon mustard until completely dissolved.

Salad procedure: Toss dressing with the spinach, bacon pieces, chopped egg and as many of the additional/optional ingredients as desired just before serving.

Serves 4

Warm Spinach Salad with Bacon and Pine Nuts

Adapted from Dr. Atkins' Quick & Easy New Diet Cookbook

2 Tbs olive oil (divided)
4 slices bacon, cut into 1/2 inch pieces
2 Tbs pine nuts
2 cloves garlic, finely chopped
10 oz spinach leaves, trimmed, washed and spun dry
1 tsp balsamic vinegar
1 Tbs grated parmesan cheese

Heat 1 Tbs of oil in heavy frying pan over medium-high heat until hot, but not smoking.

Add the bacon and saute, stirring occasionally for 4 mins or until browned.

Reduce heat to medium, add pine nuts and cook for 1 min, stirring occasionally. Add the garlic and cook, stirring for 30 seconds.

Add the spinach, vinegar and remaining Tbs of oil and cook, tossing gently for 15 seconds, or until the spinach is warm and a bit wilted. Do not overcook.

Transfer to serving plates, sprinkle with parmesan and serve immediately.

Serves 4



The Girls At Adeles – Carson City, Nevada 2006

Tamara, Chris, Tiffany, Myrna, Sue and Jackie



Girls' Get Together Destination 2008 – Houston, Texas
