

## Brown Sugar Balsamic Pork Tenderloin

Author: Sweet Hersey Living

Excellent

### Ingredients

- 1 whole pork tenderloin
- 4 cloves of garlic, minced
- $\frac{3}{4}$  c. brown sugar
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. Dijon Mustard
- salt
- pepper

### Instructions

1. Preheat oven to 425 degrees.
2. In a bowl stir together the garlic, brown sugar, balsamic vinegar, and mustard.
3. Season the tenderloin well with salt and pepper.
4. Rub the brown sugar mixture all over the tenderloin.
5. Place in a baking dish and cook until the meat registers at 145 degrees.
6. Remove from the pan and allow to sit for 5-10 minutes before slicing.
7. Drippings in the roasting pan will thicken after cooling for 10 minutes and are great spooned over the sliced meat!

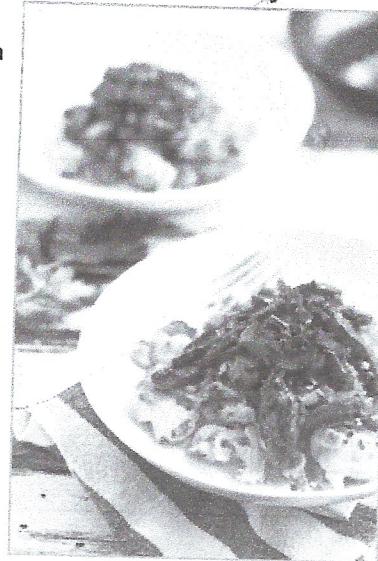
Recipe by Sweet Hersey Living at <http://www.sweetherseyliving.com/2013/09/27/brown-sugar-balsamic-pork-tenderloin/>

favorite

## Jägerspätzle: German Dumplings with Mushrooms

Get ready for Oktoberfest with this comforting german fall dish of small dumplings with a delicious and classic mushroom sauce!

Author: Nora Rušev  
Serves: 4



### Ingredients

#### For the Spätzle:

- 2½ cups flour
- ½ teaspoon salt
- ⅓ cup water
- ⅓ cup milk
- 3 eggs
- Butter for finishing

#### For the Sauce

- 5 tablespoons butter, divided
- 1 shallot, finely chopped
- 1½ pounds mushrooms, sliced
- 1 ounce white wine
- 1 tablespoon tomato paste
- 2 cups broth
- ½ cup cream
- Bunch of flat leaf parsley, chopped

### Instructions

#### To Make the Spätzle

1. In a large bowl mix together the flour and salt. Add the water, milk and eggs to a measuring cup and whisk together well.
2. Pour into the bowl with the flour and immediately start vigorously stirring the batter with a wooden spoon until there are no more lumps and you start seeing bubbles forming. Cover and rest for 30 minutes.
3. When ready to make the Spätzle bring a large pot of salted water to the boil. Heat a large frying pan over medium heat and add a knob of butter to it.
4. Place a coarse metal grater (or a special Spätzle maker if you own one) over the pot. Add about ⅓ cup of batter on top of the grater and gently stroke over it with the back of a spoon. Remove the grater and let the Spätzle cook until they come to the surface. Remove with a slotted spoon and drop into the hot pan. Proceed the same way with the remaining batter, adding more butter to the pan as needed.

#### To Make the Sauce

1. Heat a large frying pan over medium high heat and add three tablespoons of butter to it. Add the shallot to the pan and cook until starting to brown.
2. Add the mushrooms and continue to cook until softened. Deglaze with the white wine and cook until reduced. Add the broth and tomato paste, reduce to a simmer and cook until reduced to a thick sauce. Finish with the remaining two tablespoons of butter and the cream.
3. Serve on top of the Spätzle and garnish with chopped parsley.

### Notes

If you don't have a coarse grater you can use a wooden chopping board instead: Place some batter on it and push small amounts into the pan with the help of a knife. It's a bit more work and they are a bit oddly shaped but still as delicious!

Recipe by Savory Nothings at <http://www.savorynothings.com/jagerspatzle-german-dumplings-with-mushrooms/>

~~1/2~~ 1/2 loin pp.

from maggie's

## Island Pork

Author: Jane Maynard

x 12

### INGREDIENTS

For the pork:

- 2 pork tenderloins, 2 $\frac{1}{4}$  – 2 $\frac{1}{2}$  pounds total (they generally come in one package together)
- 2 tablespoons olive oil

For the rub:

- 2 teaspoons salt
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{4}$  c. • 1 teaspoon ground cumin
- $\frac{1}{4}$  c. • 1 teaspoon chili powder
- $\frac{1}{4}$  c. • 1 teaspoon cinnamon

For the glaze:

- 1 cup brown sugar
- 2 tablespoons finely chopped garlic
- $\frac{3}{4}$  c. • 1 tablespoon Tabasco

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix "Rub" ingredients, then coat pork with spice rub.
3. Heat olive oil in an ovenproof 12" heavy skillet over moderately high heat until just beginning to smoke, then brown pork, turning, about 4 minutes total. Leave pork in skillet.
4. Mix glaze ingredients.
5. Pat glaze onto each tenderloin and roast in the center of oven until instant read thermometer inserted diagonally into center of each tenderloin reads 140°F, about 20 minutes.
6. Remove from oven and let pork rest 10 minutes in skillet.
7. Slice into  $\frac{1}{2}$ " – 1" slices and serve over sticky coconut rice, pouring some of the remaining glaze over the pork and rice.

## New York Strip w/ a Duo of Sauces

[www.food.com](http://www.food.com)

Prep Time: 5 min | Inactive Time: 1 hour | Cook Time: 10-12 min | Total Time: 1 hr 20 min

Serves 2



### Ingredients

- 1 rib eye steak or 2 New York strip steaks, 1½" thick
- vegetable oil, to coat
- kosher salt & fresh ground pepper
- duo of sauces: Onion-Blue Cheese Sauce & Port-Rosemary Sauce (*separate recipes*)

### Preparation

1. Remove steak(s) from fridge and start bringing them to room temperature.
2. After 30-45 minutes, place a 10-12" cast iron skillet in oven and heat oven to 500°F.
3. While the oven preheats, prepare your sauces (*see separate recipes*).
4. When oven reaches temperature, remove the pan and place it on a burner over high heat.
5. Coat steak(s) lightly with oil and season both sides with a generous pinch of salt. Grind on black pepper to taste.
6. Immediately place steak(s) in the middle of the hot, dry pan. Cook 30-60 seconds without moving. Turn the steak(s) with tongs and cook another 30-60 seconds, then put the pan straight into the oven for 3-5 minutes. Flip steak(s) and cook for another 3-5 minutes. (*The time in the oven depends on how rare you like your steaks. The time given is for medium, but depends on number of steaks, etc. as well.*)
7. Remove the steak(s) from the pan, cover loosely with foil, and rest for 2 minutes.
8. Serve whole or slice thin and fan onto plate. Top with sauce of your choice.



Taste & See: A couples' cooking class

♥ Date Night In (2.10.17) ♥

9/26 w/strip  
steak

## Onion-Blue Cheese Sauce

[www.pioneerwoman.com](http://www.pioneerwoman.com)

Prep Time: 5 min | Cook Time: 15 min

Serves 2

### Ingredients

- 4 T. butter
- 1 whole very large yellow onion, sliced
- 1 c. heavy cream
- $\frac{1}{2}$  c. crumbled blue cheese

### Preparation

1. Sauté onion slices in butter over high heat.
2. Cook for 5 to 7 minutes, or until dark and caramelized.
3. Reduce heat to simmer and pour in cream.
4. Cook for 3 to 5 minutes, or until reduced by half.
5. Stir in blue cheese until melted.
6. Faint. (or just serve over steaks!)

Taste & See: A couples' cooking class  
♥ Date Night In (2.10.17) ♥



## Port-Rosemary Sauce

Some

[www.epicurious.com](http://www.epicurious.com)

Prep Time: 5 min | Cook Time: 15 min

Serves 4

### Ingredients

- 1 T. butter
- $\frac{1}{2}$  c. minced shallots (about 4 ounces)
- 1 c. dry red wine
- $\frac{3}{4}$  c. ruby Port
- 1 c. canned beef broth
- 1 sprig fresh rosemary or  $\frac{1}{2}$  tsp. dried

### Preparation

1. Melt butter in heavy large saucepan over medium-high heat.
2. Add shallots and sauté until tender, about 3 minutes.
3. Stir in red wine and ruby Port.
4. Boil 5 minutes.
5. Add broth and rosemary sprig (or dried rosemary).
6. Boil until liquid is reduced to  $\frac{1}{3}$  cup, about 12 minutes.
7. Strain sauce and set aside\*.
8. Spoon sauce over steaks and serve.

\* Can be prepared 1 day ahead; cover and refrigerate.

Taste & See: A couples' cooking class  
♥ Date Night In (2.10.17) ♥



# Roasted Shrimp Salad w/ Lime-Cilantro Vinaigrette

great

"Barefoot Contessa: Back to Basics" by Ina Garten (shrimp) | [www.ourbestbites.com](http://www.ourbestbites.com) (dressing)  
Serves 2

## Ingredients

### For the roasted shrimp:

- 1 pound (12-15 count) shrimp
- $\frac{1}{2}$  T. good olive oil
- $\frac{1}{4}$  tsp. kosher salt
- $\frac{1}{4}$  tsp. freshly ground black pepper

### For the dressing:

- $\frac{1}{4}$  c. fresh lime juice (about 2-3 juicy limes)
- $\frac{1}{4}$  c. white wine vinegar or rice vinegar
- 4-5 cloves garlic
- $\frac{1}{2}$  tsp. Kosher or sea salt
- 2 tsp. sugar
- 1 c. oil (extra-virgin olive oil, peanut oil, etc.)
- $\frac{1}{2}$  c. roughly chopped cilantro, stems removed

### For the salad:

- arugula
- cherry tomatoes, cut in  $\frac{1}{2}$  if preferred
- corn, roasted if possible (though canned/frozen corn will work in a pinch)
- jicama, peeled & julienne
- avocado, cubed

## Preparation

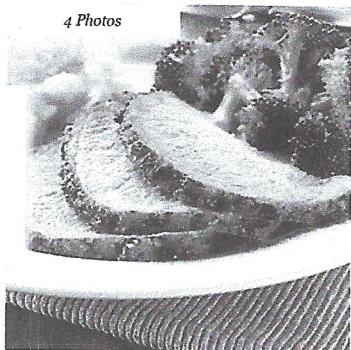
1. *Prepare the shrimp...* Preheat the oven to 400°F. Peel and devein the shrimp, leaving the tails on. Place them on a sheet pan with the olive oil, salt, and pepper and spread them in one layer. Roast for 8-10 minutes, just until pink and firm and cooked through. Set aside to cool.
2. *Prepare the dressing...* In the jar of your blender, combine lime juice, vinegar, garlic, salt, and sugar. Blend until ingredients are completely combined. With the blender running, add the oil in a steady stream. Add cilantro and blend until the cilantro has broken down, but still maintains some of its texture.
3. *Prepare components for salad...* Wash arugula. Cut cherry tomatoes in half, if preferred. Warm/roast corn. Peel & julienne jicama. Cube avocado.
4. *Assemble the salad...* Place arugula in salad bowl. Top with cherry tomatoes, (roasted) corn, jicama, and avocado. Place roasted shrimp on top of composed salad. Drizzle with vinaigrette. Serve.

Taste & See: A Couples' Cooking Class  
♥ Date Night In (2.10.17) ♥



[RECIPE BOX](#)[SHOPPING LISTS](#)[MENU PLANNER](#)[Go Pro!](#) or [Join for free!](#)[Sign In](#)

4 Photos



## Pork Roast With The World's Best Pork Loin Rub

READY IN  
ABOUT  
**1 1/4 hrs**

Sponsor

 Be inspired
[Read Reviews \(144\)](#)

1K+

Like 560

Tweet 3

g+ 1 26

Recipe by National Pork Board

"Rubs are mixtures of spices that act like a dry marinade. They can be applied 10 to 20 minutes before cooking or longer to intensify the flavor. This rub also works well on chops or tenderloin. Serve with mashed potatoes and steamed vegetables."

[+ Recipe Box](#)[+ Shopping List](#)[+ Menu](#)[Email](#)[Print](#)

### Ingredients Edit and Save

Original recipe makes 8 servings [Change Servings](#)

- |   |   |
|---|---|
| <input type="checkbox"/> 2 1/2 pounds boneless pork loin roast      | <input type="checkbox"/> 4 1/2 teaspoons onion salt                   |
| <input type="checkbox"/> 1 1/4 cups brown sugar                     | <input type="checkbox"/> 1 tablespoon dry mustard                     |
| <input type="checkbox"/> 2/3 cup sugar                              | <input type="checkbox"/> 1 1/2 teaspoons crushed red pepper (cayenne) |
| <input type="checkbox"/> 3 tablespoons coarsely ground black pepper | <input type="checkbox"/> 1 1/2 teaspoons ground red pepper (cayenne)  |
| <input type="checkbox"/> 2 tablespoons kosher salt                  | <input type="checkbox"/> 1 1/2 teaspoons ground cumin                 |
| <input type="checkbox"/> 2 teaspoons ground ginger                  | <input type="checkbox"/> 1 1/2 teaspoons paprika                      |
| <input type="checkbox"/> 4 1/2 teaspoons garlic powder              | <input type="checkbox"/> 3/4 teaspoon dried thyme, crushed            |

[Check All](#)[Add to Shopping List](#)PREP  
**10 mins**COOK  
**1 hr**READY IN  
**1 hr 10 mins**

### Directions

- Stir together brown sugar, sugar, black pepper, salt, ginger, garlic powder, onion salt, dry mustard, crushed red pepper, ground red pepper, cumin, paprika and thyme in small bowl. Heat oven to 325 degrees F. Sprinkle 1/2 cup of the brown sugar mixture\* evenly on all sides of the pork roast; use your fingers to rub into pork. Place roast on rack in shallow roasting pan. Roast, uncovered, until the internal temperature is 145 degrees F (63 degrees C), about 40 minutes to 1 hour. Remove from oven. Cover with foil; let stand 15 minutes before slicing.

[Kitchen-Friendly View](#)

### Footnotes

\*Note: Store remaining brown sugar mixture in airtight container at room temperature up to 3 months; use on pork roasts or chops before roasting or grilling. Recipe makes about 3 1/2 cups dry rub.

great

### Watch video tips and tricks



Herb, Garlic, and Bacon Pork Loin



Tangy Slow Cooker Pork Roast

Want to Grill Tonight?

Check out time-saving recipes, because any night's a good night to grill.



Back-to-School Eats  
Get recipes that work for your busiest days.



Subscribe Today! Only \$7.99  
Delicious recipes, party ideas, and helpful cooking tips! Get a year of Allrecipes magaz...

### Related Videos



Simple Savory Pork Roast  
Fresh rosemary and garlic salt are the keys to...



Balsamic Roasted Pork Loin  
An incredibly simple, flavorful pork roast that needs just fo...



Chef John's Garlic-Studded Roast Pork  
See how to make an herb-rubbed, garlic-studded pork shoul...

[More How-To and Recipe Videos >](#)

### Related Menus

Sorry, there are no related menus here yet.

[Try Menu Planner](#) | [View Sample Menus](#) >

### Recently Viewed Recipes

## Pecan Crusted Chicken with Apple Cream Sauce

Author: Jen Nikolaus

Recipe type: Main

Prep time: 20 mins Cook time: 20 mins Total time: 40 mins

Serves: 6

### Ingredients

- Sauce:
  - 1 Tbsp. butter
  - 1 Tbsp. olive oil
  - 1 Tbsp. chopped green onions or shallot
  - ½ c. water
  - ¾ cup apple juice
  - 1 cup (half pint container) heavy cream
  - 2 Tbsp. honey
  - 1 Tbsp. apple cider vinegar
  - ¼ tsp. salt
  - ¼ tsp. pepper
- Chicken:
  - 6 boneless, skinless chicken breasts
  - ½ cup milk
  - 2 Tbsp. butter
  - 2 Tbsp. oil
  - ¾ cup flour
  - ¾ cup pecans
  - 1 tsp. thyme
  - ½ tsp. salt
  - ¼ tsp. pepper

### Instructions

1. For sauce: Melt butter and olive oil in medium saucepan over low heat. Add onions or shallot and stir until softened. Add apple juice and water.
2. Increase heat to high and boil until reduced to about ½ cup. Reduce heat to medium. Add the cream. Cook about 5 minutes (careful not to boil the cream over).
3. Add the salt, pepper, honey and vinegar. Heat for a few more minutes, or until thickened a bit more. Remove from heat and keep warm.
4. Meanwhile, blend together flour, pecans, thyme, salt and pepper in a food processor. Dump pecan mixture onto a large plate. Pour milk into a medium sized bowl.
5. In a large skillet, heat butter and oil over medium heat. Dip each chicken breast one at a time into the milk and then the pecan mixture. Pat to help adhere to the chicken.
6. Cook chicken in prepared skillet, turning once until golden brown on both sides. Serve with apple cream sauce. Enjoy!

Recipe by Yummy Healthy Easy at <http://www.yummyhealthyeasy.com/2014/06/pecan-chicken-with-apple-cream-sauce.html>

# Nonna Luna's Rice

Recipe courtesy Giada De Laurentiis, 2008

Prep Time:  
I ve Prep Time:  
Cook Time:

5 min  
5 min  
35 min

Level:  
Easy

Serves:  
4 servings

I also add  
cut up red pepper,  
asparagus, sn ant  
of basil, rosemary.

## Ingredients

1 stick (4 ounces) unsalted butter, divided, at room temperature

2 cups parboiled long-grain rice, such as Uncle Ben's

3 1/2 cups chicken stock

2 teaspoons kosher salt

1 clove garlic, minced

2 pounds small shrimp, peeled and deveined

1/2 cup lemon juice (about 2 lemons)

1 tablespoon hot sauce

1 cup whipping cream

Freshly ground black pepper

St. G's

## Directions

In a medium nonstick saucepan, heat 1/2 of the butter over medium-low heat. Add the rice and cook, stirring frequently, until golden, about 6 to 7 minutes. Add the chicken stock and salt. Bring the mixture to a boil. Reduce the heat to medium-low and simmer covered for 20 to 25 minutes until the rice is tender and all the liquid is absorbed. Remove the pan from the heat and rest covered for 5 minutes.

In a large skillet, melt the remaining butter over medium heat. Add the garlic and cook, stirring frequently, for 1 to 2 minutes until fragrant. Add the shrimp, lemon juice, and hot sauce. Cook for 2 to 3 minutes until the shrimp is pink and cooked through. Stir in the cream and heat through. Season with salt and pepper, to taste.

Using a fork, fluff the rice and arrange on a platter. Spoon the shrimp cream sauce over the rice and serve.

## Thai-Style Chicken with Basil

From the episode: *Asian Favorites at Home*

**Serves 4**

Since tolerance for spiciness can vary, we've kept our recipe relatively mild. Sweetness without sufficient heat can become cloying, so we also cut back the sugar. For a very mild version of the dish, remove the seeds and ribs from the chiles. If fresh Thai chiles are unavailable, substitute 2 serranos or 1 medium jalapeño. In Thailand, crushed red pepper and sugar are passed at the table, along with extra fish sauce and white vinegar, so the dish can be adjusted to suit individual taste. Serve with steamed rice and vegetables, if desired.

### INGREDIENTS

- 2 cups fresh basil leaves, tightly packed
- 3 medium garlic cloves, peeled
- 6 green or red Thai chiles, stemmed (see note)
- 2 tablespoons fish sauce, plus extra for serving (see note)
- 1 tablespoon oyster sauce
- 1 teaspoon white vinegar, plus extra for serving (see note)
- 1 tablespoon sugar, plus extra for serving (see note)
- 1 pound boneless, skinless chicken breast, cut into 2-inch pieces
- 3 medium shallots, peeled and thinly sliced (about 3/4 cup)
- 2 tablespoons vegetable oil
- red pepper flakes, for serving (see note)

### INSTRUCTIONS

1. Process 1 cup basil leaves, garlic, and chiles in food processor until finely chopped, 6 to 10 one-second pulses, scraping down bowl with rubber spatula once during processing. Transfer 1 tablespoon basil mixture to small bowl and stir in 1 tablespoon fish sauce, oyster sauce, vinegar, and sugar; set aside. Transfer remaining basil mixture to 12-inch heavy-bottomed nonstick skillet. Do not wash food processor bowl.
2. Pulse chicken and 1 tablespoon fish sauce in food processor until meat is chopped into -approximate 1/4-inch pieces, six to eight 1-second pulses. Transfer to medium bowl and refrigerate 15 minutes.
3. Stir shallots and oil into basil mixture in skillet. Heat over medium-low heat (mixture should start to sizzle after about 11/2 minutes; if it doesn't, adjust heat accordingly), stirring constantly, until garlic and shallots are golden brown, 5 to 8 minutes.
4. Add chicken, increase heat to medium, and cook, stirring and breaking up chicken with potato masher or rubber spatula, until only traces of pink remain, 2 to 4 minutes. Add reserved basil-fish sauce mixture and continue to cook, stirring constantly until chicken is no longer pink, about 1 minute. Stir in remaining cup basil leaves and cook, stirring constantly, until basil is wilted, 30 to 60 seconds. Serve immediately, passing extra fish sauce, sugar, red pepper flakes, and vinegar separately.

### TECHNIQUE

#### A NEW WAY TO STIR-FRY MINCE YOUR MEAT

Thai stir-fries often feature small pieces of chopped meat versus the larger strips or chunks in many Chinese stir-fries.



#### USE LOW HEAT

A moderately hot pan instead of a blazing hot wok means lean meats such as chicken breast won't easily overcook.



**SAUTÉ AROMATICS FIRST**

With a low temperature, aromatics can be added to the pan first, deeply flavoring the oil without risk of burning

**SAUTÉ MEAT LAST**

At low heat, the meat won't get a flavor boost from browning. Instead, it absorbs the fully developed flavors of the oil.

**SEASON WITH FISH SAUCE**

Fish sauce added before and after cooking is an even more potent flavor enhancer than soy sauce.

**TECHNIQUE****MAKE A HAPPY MEAL**

Nearly every dish in Thai cuisine features a combination of sweet and spicy flavors, including our Thai-Style Chicken with Basil. During testing, we noticed that adding sugar to the recipe significantly toned down the heat of the chiles. It turns out that this phenomenon is the result of complex interactions in the brain that regulate our perception of flavor, pitting pain against pleasure. Compounds in chiles (mainly capsaicin) stimulate nerves (called trigeminal) surrounding the taste buds to signal discomfort to the brain, in a process known as chemesthesia. Sugar, on the other hand, stimulates the taste buds to signal pleasure. These signals are so enjoyable, scientists believe they overshadow the "pain" caused by chiles.

Spicy chiles send signals of discomfort to the brain.



Sweet sugar sends signals of pleasure.



*America's Test Kitchen* is a 2,500-square-foot kitchen located just outside of Boston. It is the home of *Cook's Country* and *Cook's Illustrated* magazines and is the workday destination for more than three dozen test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of brands that offer the best value and performance. You can watch us work by tuning in to *America's Test Kitchen* ([www.americastestkitchen.com](http://www.americastestkitchen.com)) on public television.

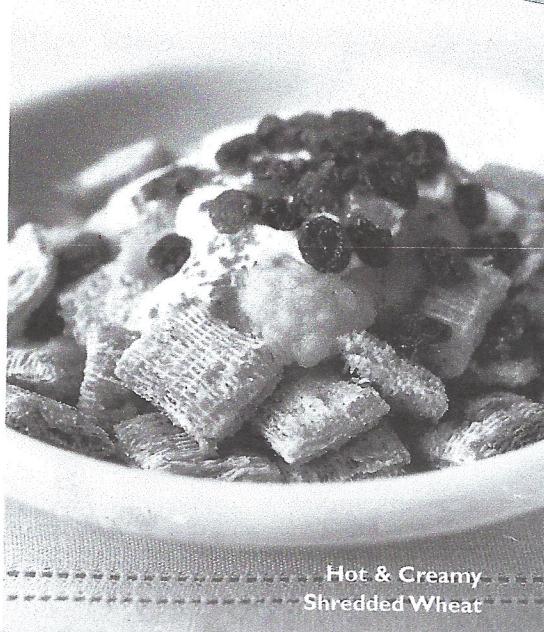
**SERIES FUNDED BY**

**KRAFT KITCHENS****DID YOU KNOW?****Breakfast whys and hows:****Why?**

- Your body needs refueling to get up and go after a night's sleep.
- Eating breakfast helps you avoid mid-morning hunger that may lead to overeating later in the day.

**How?**

- Try to eat a breakfast that incorporates choices from 3 different food groups.
- To keep you feeling satisfied, include a mix of carbohydrate, protein and some fat. Try cereal with milk, an egg on toast, yogurt and berries or an English muffin topped with melted cheese.
- *Maxwell House Coffee* is a great morning warm-up to help get you moving in the morning.



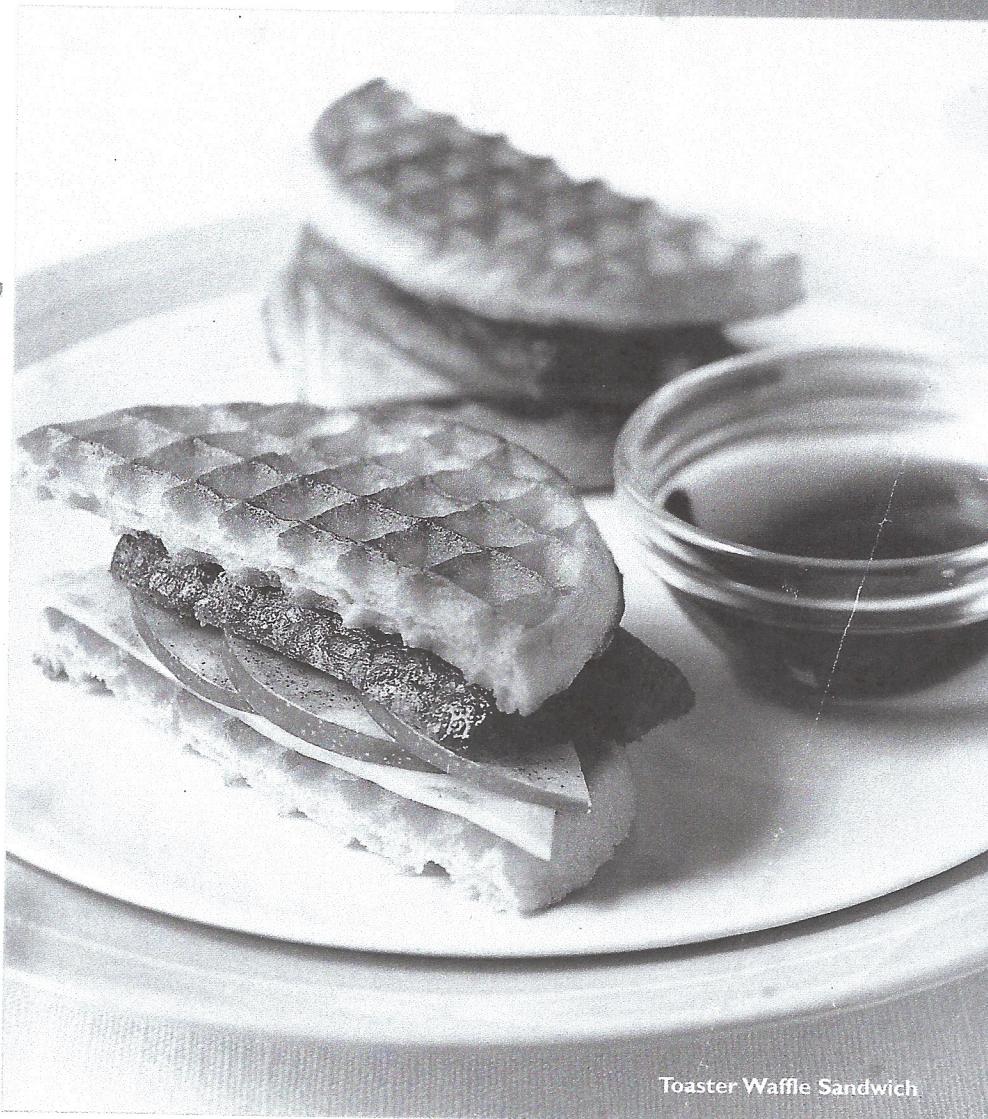
**Hot & Creamy  
Shredded Wheat**

**Hot & Creamy  
Shredded Wheat**

**PLACE** 1 cup Post Spoon Size Shredded Wheat Cereal in microwavable cereal bowl. Add 1/2 cup 1% milk. Microwave on HIGH 20 sec.; stir. Microwave an additional 20 sec.

**TOP** with layers of 1/4 cup each applesauce and lowfat plain yogurt; sprinkle with 1 Tbsp. raisins. Combine 2 tsp. brown sugar and 1/4 tsp. ground cinnamon; sprinkle over cereal and toppings. Serve with a banana.

Makes 1 serving.



**Toaster Waffle Sandwich**

**TOAST** 2 frozen waffles as directed on package. Microwave 2 Boca Meatless Breakfast Links as directed on package.

**PLACE** 1 Kraft 2% Milk Sharp Cheddar Singles on 1 of the waffles. Cover with 1/4 thinly sliced medium apple, 1/2 tsp. cinnamon sugar and breakfast links; top with remaining waffle. Cut in half.

**SERVE** with an 8-oz. glass of 1% milk.

Makes 1 serving.

Replace Boca Meatless Breakfast Links with your favorite frozen fully cooked breakfast sausage links. Serve with syrup.

**Toaster Waffle Sandwich**

*Favorites*



### **Make It Mine**

Feel free to mix it up for the nonstarchy veggie dippers: try celery, zucchini sticks, jicama sticks, carrots, broccoli—even sugar snap peas.

#### **Greek Pork Tenderloin**

SERVINGS 4 (3½ ounces pork and

about 3 tablespoons sauce each)

CARB. PER SERVING 4 g

PREP 20 minutes ROAST 25 minutes

STAND 10 minutes

- 1 pound pork tenderloin
- 1 tablespoon finely shredded lemon peel
- ½ teaspoon dried oregano, crushed
- ¼ teaspoon salt
- ¼ teaspoon dried rosemary, crushed
- ⅛ teaspoon black pepper
- 2 teaspoons olive oil
- 1 6-ounce carton plain low-fat yogurt
- 2 tablespoons snipped fresh mint
- 1 clove garlic, minced

1. Preheat oven to 425°F. Trim fat from pork. In a small bowl combine lemon peel, oregano, salt, rosemary, and pepper. Sprinkle over all sides of the pork and rub in with your fingers.
2. In a large oven-going skillet heat oil over medium-high heat. Add roast to hot skillet; cook for 4 minutes or until browned, turning to brown all sides evenly. Transfer skillet to oven. Roast about 20 minutes or until an instant-read thermometer inserted into thickest portion of meat registers 145°F. Remove from oven and let stand, covered, for 3 minutes.

#### **Meal Total (per plate):**

376 cal., 11 g total fat (2 g sat. fat),  
76 mg chol., 676 mg sodium,  
36 g carb. (5 g fiber, 7 g sugars),  
32 g pro. Exchanges: 1 vegetable,  
1.5 starch, 4 lean meat, 1 fat.

3. Meanwhile, for sauce, in a small bowl combine yogurt, mint, and garlic. To serve, thinly slice pork and divide among four serving plates. Top with yogurt mixture.

PER SERVING: 174 cal., 5 g total fat (2 g sat. fat),  
76 mg chol., 236 mg sodium, 4 g carb. (1 g fiber,  
3 g sugars), 26 g pro. Exchanges: 4 lean meat.

#### **Pita Bread Wedges**

Preheat oven to 350°F. Wrap 2 whole wheat pita bread rounds in foil. Bake about 10 minutes or until warm. To serve, cut each round into six wedges. Place three wedges on each plate. Makes 4 servings (3 wedges each).

PER SERVING: 83 cal., 0 g total fat, 0 mg chol.,  
161 mg sodium, 17 g carb. (1 g fiber, 0 g sugars),  
3 g pro. Exchanges: 1 starch.

#### **Crisp Vegetables**

Cut 2 medium red sweet peppers into strips to make 2 cups. Cut 1 large cucumber into sticks to make 2 cups. Place ½ cup sweet pepper strips and ½ cup cucumber sticks on each plate. Makes 4 servings (1 cup each).

PER SERVING: 27 cal., 0 g total fat, 0 mg chol.,  
3 mg sodium, 6 g carb. (2 g fiber, 3 g sugars),  
1 g pro. Exchanges: 1 vegetable.

#### **Hummus**

Using one 7-ounce container roasted red pepper hummus, spoon 3 tablespoons hummus onto each plate. Makes 4 servings (3 tablespoons each).

PER SERVING: 92 cal., 6 g total fat (0 g sat. fat),  
0 mg chol., 276 mg sodium, 9 g carb.  
(1 g fiber, 1 g sugars), 2 g pro. Exchanges:  
0.5 starch, 1 fat.

## Beth's Melt in Your Mouth Barbecue Ribs (Oven)

By Not-2-Sweet on January 06, 2005



387 Reviews



Prep Time: 15 mins Total Time: 3 hrs 15 mins Servings: 8

### Ingredients

5 1/3 lbs pork ribs  
1 cup light brown sugar  
1 1/3 teaspoons hickory smoke salt  
1 1/3 tablespoons paprika  
1 1/3 tablespoons garlic powder  
2/3 teaspoon ground red pepper (optional)  
2 2/3 cups of your favorite barbecue sauce ( mine is Sweet Baby Ray)

### Directions

1. Preheat oven to 300 degrees f.
2. Peel off tough membrane that covers the bony side of the ribs.
3. Mix together the sugar and spices to make the rub.
4. Apply rub to ribs on all sides.
5. Lay ribs on two layers of foil, shiny side out and meaty side down.
6. Lay two layers of foil on top of ribs and roll and crimp edges tightly, edges facing up to seal.
7. Place on baking sheet and bake for 2-2 1/2 hours or until meat is starting to shrink away from the ends of the bone.
8. Remove from oven.
9. Heat broiler.
10. Cut ribs into serving sized portions of 2 or 3 ribs.
11. Arrange on broiler pan, bony side up.
12. Brush on sauce.
13. Broil for 1 or 2 minutes until sauce is cooked on and bubbly.
14. Turn ribs over.
15. Repeat on other side.
16. Alternately, you can grill the ribs on your grill to cook on the sauce.

© 2014 Scripps Networks, LLC. All Rights Reserved. <http://www.food.com/107786>

536-4137

1/29/2014 1:42 PM

# 30-Minute Skillet Lasagna

so good

6 servings

Savory, cheesy lasagna cooks up in a skillet in 30 minutes in this easy, delicious, stovetop variation!

## Ingredients

- 1 (28 oz.) can petite diced tomatoes
- Water
- 1 (8 oz.) can tomato sauce
- 2 tablespoons sugar
- 1 tablespoon extra-virgin olive oil
- 5 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 1 pound ground beef
- Garlic salt and freshly ground black pepper
- 5 tablespoons chopped fresh Italian herbs (such as basil, oregano, thyme, parsley), divided
- 8 ounces bow-tie pasta (farfalle)
- 1 cup shredded mozzarella
- 1/2 cup plus 2 tablespoons grated Parmesan cheese
- 1 cup ricotta cheese

## Directions

1. Pour can of diced tomatoes (with juices) into a 1-quart liquid measuring cup. Add water to mixture measures 4 cups. Stir in tomato sauce and sugar; set aside.
2. Heat a large skillet over medium heat. Add olive oil; tilt pan to coat. Add garlic and red pepper flakes and stir for 30 seconds, or until fragrant. Add ground beef and cook until done. Drain grease, season meat with garlic salt and pepper, to taste, and stir in 3 tablespoons of finely chopped herbs.
3. Scatter pasta over meat and pour tomato mixture over pasta without stirring. Cover and let simmer. Reduce heat to medium-low and continue to simmer, covered, stirring every 5 minutes. Cook until pasta is tender, for about 20 to 25 minutes.
4. Remove skillet from heat and stir in mozzarella and 1/2 cup Parmesan. Taste and adjust seasonings, adding more garlic salt, pepper, and/or sugar, if necessary. Remove from heat. Dollop heaping tablespoons of ricotta all over surface of pasta mixture. Cover and allow to stand for 5 minutes. Sprinkle with remaining fresh herbs and Parmesan.

## Tips, Tricks, & Variations

I use a 5 1/2-quart saute pan when making this recipe, but any large, deep skillet (with a lid) work.

Each time you stir the lasagna, push down on the pasta so that it's all submerged in tomato sauce before recovering with the lid.

If sauce is evaporating too quickly during 20 minute simmering time, additional tomato sauce or water may be stirred in as needed.

Use your favorite fresh herbs. You may use all basil or a combination of basil, oregano, thyme and parsley. If you don't have fresh herbs, you may use dried (but use less since dried herbs are concentrated).

Be sure to taste and adjust seasonings at the end before topping with the ricotta. If the tomato sauce is too acidic, add a bit more sugar.

<http://www.fivehearthouse.com/2014/08/17/30-minute-skillet-lasagna/>

---

http://fivehearthouse.com ~ All recipes and images on Five Heart Home are copyright protected. Please do not use without my permission. If you would like to feature this recipe, please rewrite the directions in your own words and give proper attribution by linking back to this blog.

## Chicken Lettuce Wraps

by Chrissy Teigen



great

Aubrie Pick

### Ingredients

#### *The sauce*

- 3 tablespoons Thai sweet chili sauce
- 3 tablespoons hoisin sauce
- 3 tablespoons light soy sauce
- 2 tablespoons Sriracha
- 2 tablespoons vegetable oil
- 1 teaspoon sesame oil
- 1 1/2 tablespoons unseasoned rice vinegar
- 2 tablespoons minced garlic (about 4 cloves)
- 1 tablespoon minced fresh ginger

#### *The filling*

- 1 pound ground chicken
  - 3 tablespoons vegetable oil
  - 8 scallions, thinly sliced, whites and greens kept separate
  - 1 tablespoon minced garlic (about 2 cloves)
  - 1 tablespoon minced fresh ginger
  - 1/2 pound white mushrooms, trimmed, cleaned, and finely chopped
  - 1/2 cup finely diced canned water chestnuts
  - 1 small red bell pepper, finely chopped
- 2 heads butter lettuce, leaves separated

### Directions

**MAKE THE SAUCE:** In a bowl, combine the chili sauce, hoisin, soy sauce, Sriracha, vegetable oil, sesame oil, vinegar, garlic, and ginger.

**MAKE THE FILLING:** In a bowl, mix 2 tablespoons of the sauce into the ground chicken.

In a large skillet, heat 2 tablespoons of the vegetable oil over medium-high heat. When shimmering-hot, add the chicken and cook, breaking up the meat with a wooden spoon, until browned, 5 to 6 minutes. Transfer the meat to a plate and set aside.

Add the remaining 1 tablespoon oil to the skillet, then add the scallion whites, garlic, and ginger and cook, stirring, for 1 minute.

Add the mushrooms and cook, stirring, until they release their liquid, 3 to 4 minutes. Return the chicken to the pan, then add the water to 4 minutes. Stir in the scallion greens.

Transfer the mixture to a bowl and set out with the lettuce leaves.

1 of 2 Cook time: 15 minutes  
Yield: Serves 6

05/05/2017 08:47 AM

it This!

# Teriyaki Salmon Burgers

Burger patties can be made out of anything that can be ground up and bound together, from bison to black beans to ostrich. It's a fine line between gimmicky and gourmet, but a few proteins are particularly well-suited to stand in for beef in the burger-making business: lamb, turkey, tuna, and salmon. The latter takes well to sweet and spice, the better for cutting through the healthy fats that abound in salmon. Be mindful of the cooking time, though, because overcooked salmon is a drag. Think of salmon like ground beef: It's best when cooked to medium, so that the fish emerges juicy and tender rather than dry and chewy.

#### You'll Need:

- 1 lb salmon, finely chopped
- 1 egg
- ½ cup bread crumbs (preferably panko), plus more if needed
- 4 scallions, thinly sliced
- 1 Tbsp soy sauce
- Asian-style chili sauce like sriracha to taste
- 2 Tbsp teriyaki sauce, plus more for serving
- 4 whole-wheat sesame seed buns, toasted
- 1 cup Asian Slaw (page 340)

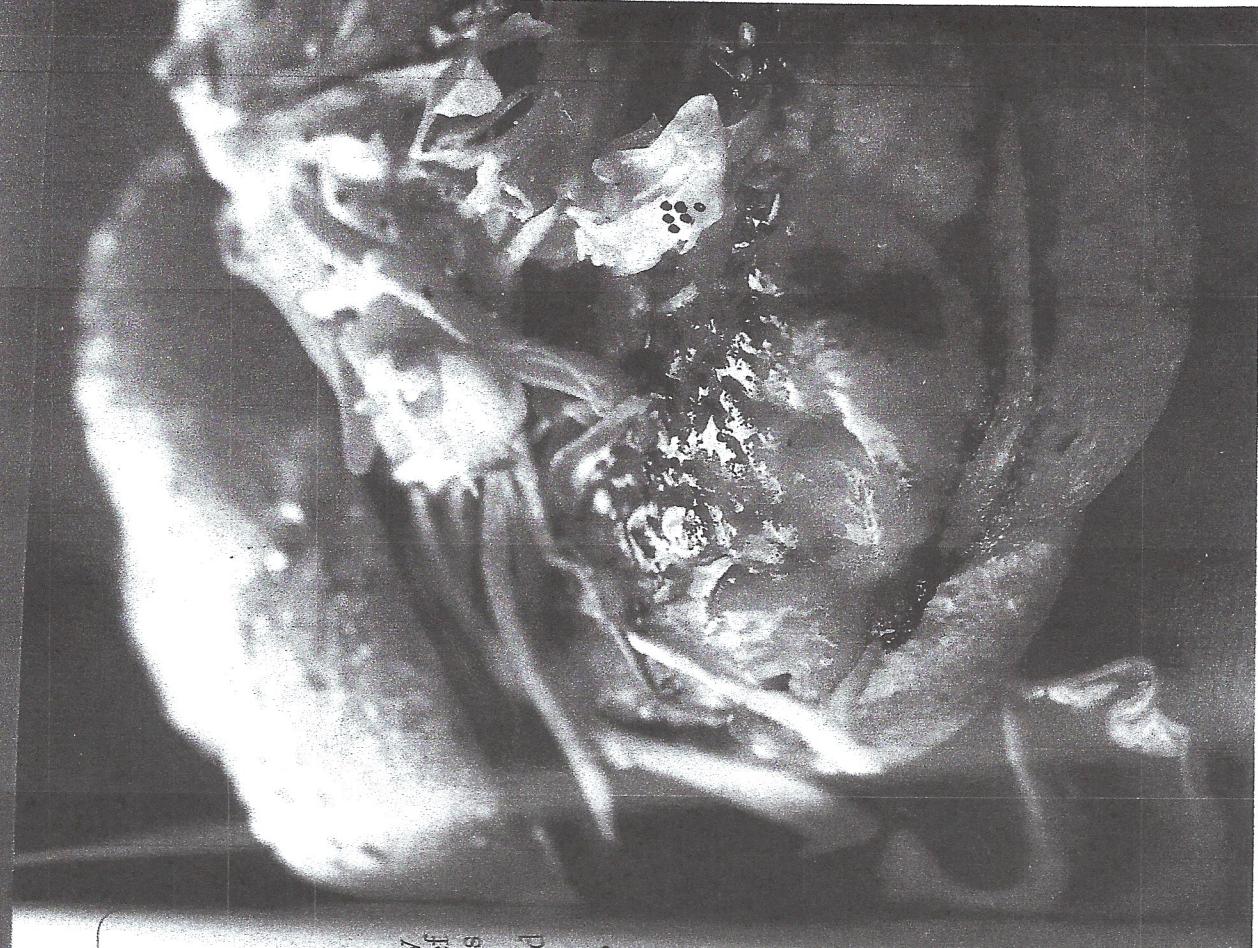
#### How to Make It:

- Preheat a grill or grill pan over medium heat. Combine the salmon, egg, bread crumbs, scallions, soy sauce, and chili sauce in a bowl and mix thoroughly. Use your hands to gently form 4 patties. The mixture will be very moist, but if the mixture is too loose to form patties, stir in more bread crumbs until it firms up enough to shape.
- Brush the tops of the burgers with about half the teriyaki sauce and place on the grill, sauce side down. Grill for about 4 minutes, until the meat firms up and easily pulls away from the grill. Brush the tops with the remaining teriyaki sauce and flip. Continue grilling for 4 minutes longer, until the burgers are cooked all the way through.
- Divide the burgers among the buns, brush with a bit of additional teriyaki sauce, and top with generous piles of the slaw.

Make 4 servings

Per Serving:  
**\$3.13**

350 calories  
11 g fat (2 g saturated)  
910 mg sodium





## beef po'boys

1 yellow onion, chopped  
6 oz. cremini mushrooms  
3 garlic cloves, peeled and minced  
2 Tbs. chopped fresh flat-leaf parsley  
1 beef chuck roast, 3–4 lb.  
Salt and freshly ground pepper, to taste  
3 Tbs. vegetable oil  
1 Tbs. veal demi-glace  
1 qt. beef stock  
Mayonnaise for serving  
6 long French rolls, split  
Shredded iceberg lettuce for serving  
Thinly sliced tomatoes for serving  
Hot sauce for serving

In food processor, puree onion, mushrooms, garlic and parsley until smooth. Season beef with salt and pepper. In stovetop-safe insert of slow cooker over medium-high heat, warm oil. Brown beef on all sides; transfer to plate. Reserve 1 Tbs. fat in insert; set insert over medium heat. Cook onion mixture 7–10 minutes. Stir in demi-glace and 1 cup stock. Return beef to insert; add remaining stock. Set insert on slow-cooker base. Cover and cook on high 6–8 hours.

Transfer beef to cutting board; when cool, shred meat. Skim fat off cooking liquid; return beef to liquid.

Spread mayonnaise on cut sides of rolls. Divide beef among bottom halves of rolls; top with lettuce and tomatoes. Cover with top half of rolls. Serve with hot sauce. Serves 6.

Williams-Sonoma Kitchen



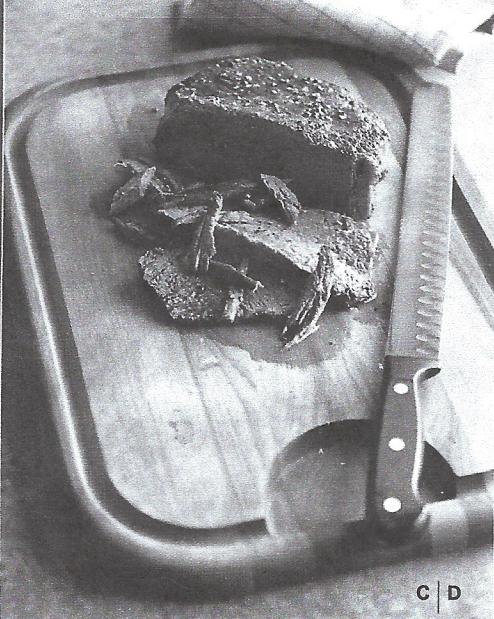
A New Orleans favorite since the 1920s, po'boy sandwiches were reputedly created as a free meal for striking transportation workers ("poor boys") and typically included fried oysters or shrimp. Today, some of the city's finest po'boys can be found at the Parkway Bakery & Tavern, famous for a version that combines ethereal New Orleans-style French bread, sliced roast beef and rich, savory gravy. Following Hurricane Katrina, the Parkway continued to serve as a local meeting place. When floodwaters soaked the building, owner Jay Nix operated the restaurant from travel trailers, serving up thousands of his signature po'boys to hungry workers and residents.

## d. reversible birch carving boards

**new** Handcrafted from North American yellow birch, these reversible boards prove doubly useful in the kitchen. One side features a well and deep channel for capturing juices. The reverse side is ideal for all-purpose chopping and has a shallow groove to catch juices and seeds. The boards are made in Vermont by John McLeod Ltd., specialists in finely made wooden kitchen wares. Exclusive

Small 17" x 12" #06-9501875 \$49.00

Medium 20" x 15" #06-9479924 \$59.00



C | D



## e. Peugeot Nancy acrylic mills

These clear acrylic mills from France dispense freshly ground salt or pepper with a twist of the wrist. You can easily adjust the grind from ultra-fine to coarse by turning the stainless-steel knob atop each. The mills feature Peugeot's masterfully engineered grinding mechanisms – long considered among the finest available. 7" high.

Salt #06-4187613 \$26.00

Pepper #06-4187589 \$26.00

# Linda's Texas Chili

- ◆ 2 lbs. Ground Beef
- ◆ 1 Med. Onion, minced
- ◆ 1 - 3 oz. Jar Hormel Bacon Pieces
- ◆ 6 Jalapeno Peppers, minced\*
- ◆ 6 Cloves Garlic, minced
- ◆ 1 Tbl. Worcestershire
- ◆ 4 Tbl. Chili Powder\*
- ◆ 2 tsp. Salt
- ◆ 1 tsp. Pepper
- ◆ Tabasco to taste\*
- ◆ 1 Tbl. Oregano
- ◆ 1 Tbl. Basil
- ◆ 1 Tbl. Cumin
- ◆ 2 Tbl. Worcestershire
- ◆ 1 - 8 oz. can Tomato Paste
- ◆ 2 - 8 oz. cans Tomato Sauce
- ◆ 20 oz. can Tomatoes, processed
- ◆ 3 cups Beer
- ◆ 2 - 15 oz. can Kidney Beans

Sauté beef in onion and bacon in large chili pot. Add jalapeno peppers, garlic and worcestershire, sauté. Add remaining ingredients, simmer all day. Regulate liquid. Serve over rice, topped with grated sharp cheddar cheese.

Note: For Christmas '94 and the sake of your Maryland stomachs, I cut all the "HOT" ingredients in half.

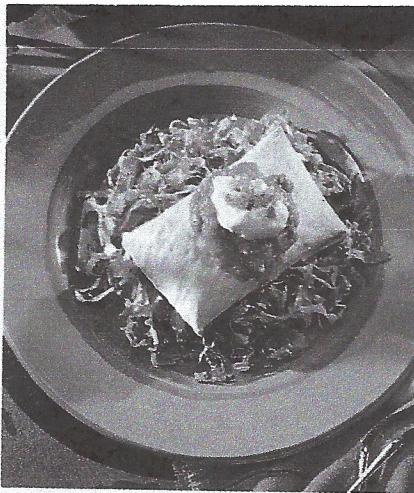
*low fat*

blended with Mexican spices and green chiles. Wrap  $\frac{1}{2}$  cup of the meat filling in a warm flour tortilla, and bake until crisp. When shopping for flour tortillas, choose those made with oil instead of lard, a saturated fat that contains cholesterol.

### OVEN-FRIED BEEF CHIMICHANGAS

- 1 (2-pound) lean top sirloin steak, trimmed of all fat  
Vegetable cooking spray  
1 cup chopped onion  
2 cloves garlic, minced  
1 (4-ounce) can chopped green chiles, undrained  
1 teaspoon ground cumin  
 $\frac{1}{2}$  teaspoon dried oregano  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon dried crushed red pepper  
8 (8-inch) flour tortillas  
8 cups shredded lettuce  
1 cup picante sauce  
 $\frac{1}{2}$  cup nonfat sour cream alternative  
Garnish: chopped green onions

Place sirloin steak in an ovenproof Dutch oven coated with cooking



Oven-Fried Beef Chimichangas is featured on a bed of lettuce topped with picante sauce, nonfat sour cream alternative, and green onions.

spray. Cover and bake at  $325^{\circ}$  for  $1\frac{1}{2}$  to 2 hours or until tender. Remove steak from Dutch oven, and let cool to touch.

Pour pan juices through a gravy skimmer; reserve pan juices, and discard fat. Shred meat, and combine with reserved pan juices; set aside.

Cook onion and garlic in a large, nonstick skillet coated with cooking spray over medium-high heat, stirring

constantly, until tender. Add meat mixture, green chiles, and next 4 ingredients; cook over low heat, stirring often, 10 to 15 minutes.

Heat tortillas according to package directions. Place about  $\frac{1}{2}$  cup beef mixture just below center of tortilla. (Keep remaining tortillas warm.) Fold in left and right sides of tortillas to partially enclose filling. Fold remaining edges to form a rectangle. Repeat procedure with remaining tortillas and beef mixture.

Place filled tortillas on a baking sheet coated with cooking spray. Bake at  $425^{\circ}$  for 10 minutes or until crisp and lightly browned. Serve with shredded lettuce, picante sauce, and nonfat sour cream alternative. Garnish, if desired. Yield: 8 servings (308 calories per chimichanga with 1 cup shredded lettuce, 2 tablespoons picante sauce, and 1 tablespoon nonfat sour cream alternative).

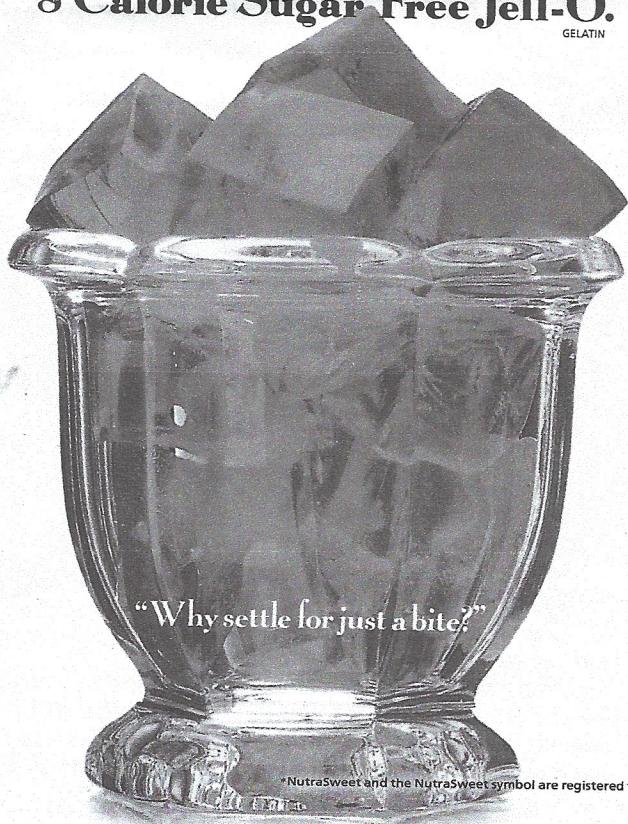
□ 30.3 grams protein, 8.5 grams fat, 27.7 grams carbohydrate, 76 milligrams cholesterol, 575 milligrams sodium, and 61 milligrams calcium.

Tracy Rogers  
Hattiesburg, Mississippi

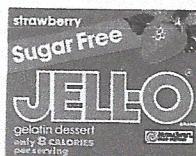
## Presenting 8 Calorie Sugar Free Jell-O.<sup>®</sup>

GELATIN

(Actual Size)



"Why settle for just a bite?"



NUTRASWEET<sup>®</sup>  
SUGAR FREE

\*NutraSweet and the NutraSweet symbol are registered trademarks of The NutraSweet Company. © 1992 Kraft General Foods, Inc.

*Yukon  
love*



## Pesto Pasta with Green Beans and Potatoes

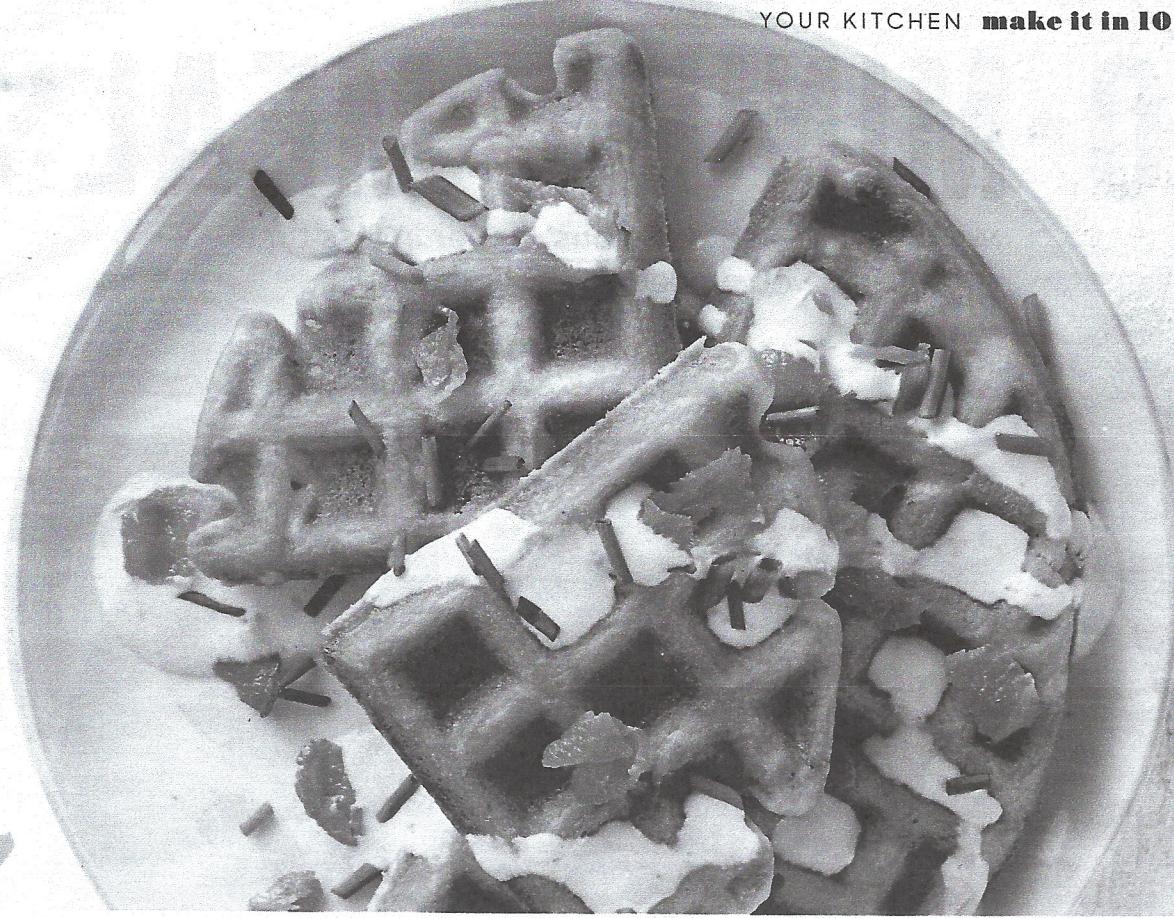
hands-on time: 15 minutes | total time: 40 minutes | makes 4 servings

- 1 1-pound box linguine or spaghetti
- 8 ounces Yukon gold potatoes (peeled if desired)
- 1 tablespoon kosher salt
- 10 ounces green beans, ends trimmed
- 1 cup store-bought pesto
- 1/4 cup (1 ounce) grated Parmesan
- 1/4 cup pine nuts, toasted (optional)

Cook the pasta according to the package directions. Meanwhile, place the potatoes and salt in a large saucepan. Add enough cold water to cover. Bring to a boil. Reduce heat and simmer until the potatoes are almost but not quite tender, about 15 minutes. Add the beans and cook until tender, about 5 minutes. Drain the potatoes and green beans in a colander. Let cool slightly. Cut the potatoes into a 1/2-inch dice and cut the green beans into 1-inch pieces. Place the pasta in a large bowl and add the potatoes, green beans, pesto, Parmesan, and pine nuts (if using). Toss to combine.

### Tip

There's thin-ski like Yukon, sure to s...



## RANCH 4 TASTY WAYS

### Savory Bacon & Chive Waffles

Make **waffle batter** as package directs, replacing half of any added liquid with **Best-Ever Ranch**. Fold in 5 slices cooked **bacon**, crumbled. Cook waffles in waffle iron. Serve topped with additional ranch and crumbled bacon, if desired.

**SERVES 4**

### Herbed Grilled Drumsticks

In gallon-size resealable plastic bag, toss 3 lbs. **chicken drumsticks** with 1 c. **Green Goddess Ranch** and 1 tsp. **salt**. Seal bag and refrigerate at least 3 hrs. or up to overnight. Wipe off excess marinade. Grill on med. 12 to 18 min., turning occasionally.

**SERVES 4**

### Warm Cheddar Corn Dip

In med. bowl with mixer on med., beat 4 oz. **cream cheese**, softened; 1 c. frozen (thawed) corn; ¾ c. **Spicy Chipotle Ranch**; and ½ c. shredded **Mexican-blend cheese**. Transfer to 2-c. ovenproof baking dish and top with ½ c. shredded Mexican-blend cheese. Bake at 375°F 10 min. or until bubbling. Serve with **tortilla chips**. Makes about 1½ c.

**SERVES 4**

### Avocado & Goat Cheese Twice-Baked Spuds

On baking sheet, bake 4 med. **russet potatoes**, poked with knife all over, at 425°F 1 hr. or until tender. Cool slightly; cut into halves lengthwise. With spoon, scrape potato into med. bowl, leaving ¼-in. rims. To bowl, add ½ c. **Avocado-Lime Ranch**, ¼ c. crumbled **goat cheese** and ¼ tsp. **salt**; mash until mostly smooth. Spoon into potato halves; top with another ¼ c. cheese and spray with **nonstick cooking spray**. Bake 20 min. or until browned on top.

**SERVES 8**

### SWITCH IT UP

#### AVOCADO-LIME

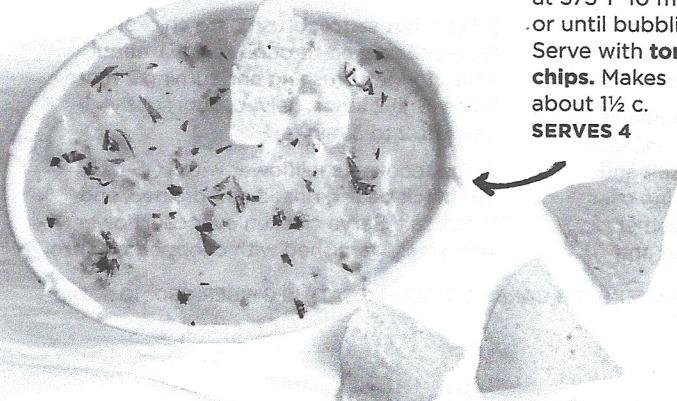
In step 1, replace lemon juice with 3 Tbsp. **lime juice** and replace salt with 3 Tbsp. **soy sauce**; replace yogurt and Dijon with 1 sm. ripe **avocado**. Makes about 2 c.

#### SPICY CHIPOTLE

In step 1, add 2 sm. **chipotles in adobo**. In step 2, replace parsley with **cilantro**. Makes about 2½ c.

#### GREEN GODDESS

In step 1, add 4 **anchovies** (or 2 tsp. **anchovy paste**). In step 2, add ¼ c. packed **basil** and 3 Tbsp. **tarragon**. Makes about 2½ c.



a bit different

### SLOW-COOKED TERIYAKI RIBS

Sprinkle 1 lg. rack **baby back ribs** ( $2\frac{1}{2}$  lbs.), cut into pairs, with  $\frac{1}{2}$  tsp. **pepper**; place in slow cooker bowl with  $\frac{1}{2}$  c. **teriyaki sauce**. Cover; cook on High 4 hrs. or Low 7 hrs. until tender. Cut ribs apart. Simmer  $\frac{1}{2}$  c. teriyaki sauce, 1 Tbsp. **balsamic vinegar** and 2 cloves **garlic**, pressed, uncovered on med.-high 5 min.; brush onto cooked ribs. Serve with **slaw**. Garnish with **sesame seeds** if desired.

**SERVES 4 WITH SLAW.**  
ABOUT 495 CALS, 30 G PROTEIN, 20 G CARBS, 32 G FAT (11 G SAT), 1 G FIBER, 1,100 MG SODIUM.



**DIY Teriyaki**  
Simmer  $\frac{1}{2}$  c. lower-sodium soy sauce with 2 Tbsp. rice wine vinegar and  $\frac{1}{4}$  c. brown sugar.

October 2011 CH 149



### Pappchen's Chicken with White Dill Sauce

(Pap's)

One whole chicken (washed, skinned, and all fat removed) or chicken breasts (if you prefer white meat only).

Put in boiling water till cooked; cool. Take out all bones. Can leave pieces as they are, or cut them up.

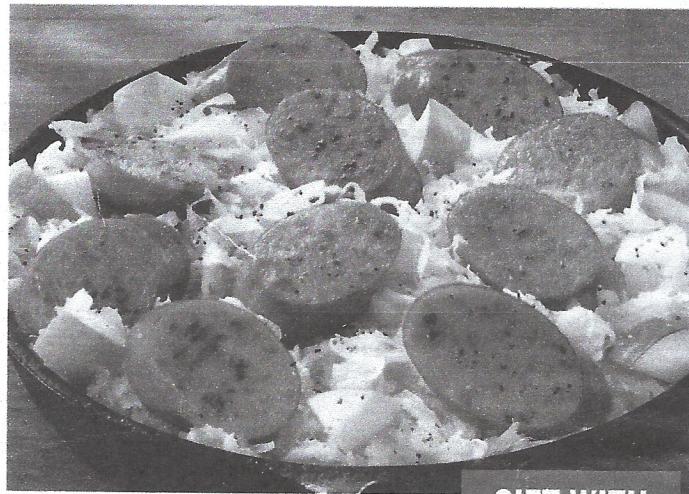
Fresh mushrooms, sliced, gently sautéed in olive oil, till golden. Add chicken, sour cream, dill (fresh), 1-2 pressed lemons, broth (kept from boiling chicken was needed to thin to desired consistency), salt and pepper. Note: Sour cream use up to 24 oz., depending on preferred consistency. Heat up. Serve with Rice or Kasha (Buckwheat).

Quick method: Instead of mushrooms use 1 can condensed mushroom soup, then you might need more lemon to make up the tang.

PRESENTED BY HILLSHIRE FARM®

# CELEBRATE Oktoberfest!

To take the guesswork out of your Oktoberfest-inspired weekday meal, Hillshire Farm® Smoked Sausage presents a delicious and festive recipe your family will savor!



## Almost Mongolian Beef Satay Skewers

12 skewers (soaked if wooden)

### SATAY

**1/2 lb. beef flank steak**  
**2 tsp. cornstarch**  
**3 Tbsp. lower-sodium soy sauce**  
**1 Tbsp. dark brown sugar**  
**3 cloves garlic, minced**  
**1 tsp. toasted sesame oil**  
**1 lime, cut into sm. wedges**

### SATAY SAUCE

**1/4 c. ketchup**  
**1 Tbsp. honey**  
**1 tsp. Sriracha hot sauce**

1. To make the satay, place steak on cutting board. Holding chef's knife at 45-degree angle to cutting board, slice steak against grain into twelve  $\frac{1}{4}$ -in.-thick and  $1\frac{1}{4}$ -in.-wide strips.
2. In med. bowl, mix cornstarch with 1 Tbsp. soy sauce until completely dissolved. Stir in brown sugar, garlic, sesame oil and remaining 2 Tbsp. soy sauce. Add beef slices, turning to coat. Cover and refrigerate at least 20 min. or up to overnight.
3. Make satay sauce: Whisk together ketchup, honey, Sriracha,  $\frac{1}{2}$  tsp. kosher salt and freshly cracked black pepper to taste.
4. Line baking sheet with foil. Remove steak from marinade; blot dry with paper towels. Discard marinade. Thread 1 piece meat onto each skewer; arrange on prepared baking sheet.
5. Adjust oven rack 3 in. from heat source; preheat broiler on High. Brush both sides of meat with satay sauce; broil satay 3 to 4 min. or until browned. Turn skewers; broil 2 to 4 min. to brown other side. Serve with lime wedges. Serves 4.

## GIFT WITH PURCHASE!

The first 10 shoppers who send in a proof of purchase on any Hillshire Farm® Smoked Sausage product will receive an Oktoberfest stein.\*



## SWEET AND SOUR SAUERKRAUT AND KIELBASA

**1 package Polska Kielbasa**  
**1 Tbsp. vegetable oil**  
**2 c. drained sauerkraut**  
**1/2 c. dark brown sugar**  
**1/4 c. Dijon mustard**  
**1/4 tsp. dried thyme (Optional)**  
**2 McIntosh apples, skins on, cored and cut into thin wedges**

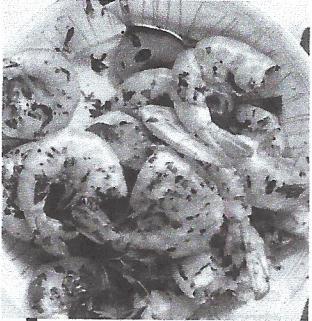
**Salt and ground black pepper to taste**

1. Cut each sausage into 4 equal lengths, then cut each section lengthwise, but not all the way through, so sausage lies flat. Heat oil in a large non-stick skillet over medium heat until hot. Cook sausages 4 minutes per side or until lightly browned. Remove from skillet and keep warm.
2. Lightly toss sauerkraut, brown sugar, Dijon mustard and thyme (if desired) to combine. Fold in apple slices; pour into same skillet and top with sausage.
3. Cover and cook 5 minutes over medium heat or until apples are tender. Add salt and pepper to taste.

For more menu inspirations, visit [HillshireFarm.com/recipes](http://HillshireFarm.com/recipes).

\*Purchase any Hillshire Farm® Smoked Sausage product by October 31, 2016. Send in your receipt to Barbara Semmel, Oktoberfest GWP, Good Housekeeping Magazine, 300 W. 57th Street, 28th Floor, New York, NY 10019.





### Old Bay Peel-n-Eat Shrimp

PREP 5 MINUTES  
TOTAL 30 MINUTES

1. Heat grill on high. Toss 1½ lbs. shell-on deveined shrimp (16- to 20-ct.) with 1 Tbsp. olive oil and 1½ tsp. Old Bay Seasoning.
2. Thread shrimp onto skewers and grill until opaque, turning over once, 3 to 5 min.
3. Remove shrimp from skewers and transfer to lg. bowl. Sprinkle with ¼ c. chopped parsley and 1½ tsp. Old Bay Seasoning; toss to combine. Serve immediately.

**SERVES 4** About 160 cals, 27 g protein, 5 g total fat (1 g sat), 790 mg sodium.



### Chicken Souvlaki Skewers

PREP 15 MINUTES  
TOTAL 25 MINUTES

- 1 lb. skinless, boneless chicken breasts, cut into 1-in. chunks
- 3 Tbsp. olive oil
- ½ tsp. ground coriander
- ½ tsp. dried oregano
- 1 pt. grape tomatoes
- 2 cloves garlic, chopped
- 3 Tbsp. fresh lemon juice plus wedges for serving
- ½ head romaine lettuce, shredded
- 4 green onions, thinly sliced
- ½ c. dill, chopped
- 4 pitas, warmed

1. Heat grill on med.-high. Toss chicken with 1 Tbsp. oil, then coriander, oregano and ¼ tsp. each kosher salt and pepper. Thread onto skewers.
2. Place tomatoes and garlic on lg. piece heavy-duty foil.

Sprinkle with 1 Tbsp. oil and ¼ tsp. each kosher salt and pepper. Fold and crimp foil to form pouch.

3. Place pouch and skewers on grill. Cook, shaking pouch and turning skewers occasionally, until chicken is cooked, 8 to 10 min. Just before removing from grill, brush chicken with 1 Tbsp. lemon juice.

4. Meanwhile, in bowl, toss lettuce, onions and dill with remaining 2 Tbsp. lemon juice, 1 Tbsp. oil and ¼ tsp. each kosher salt and pepper.

5. Serve chicken, tomatoes and salad with pitas and lemon.

**SERVES 4** About 415 cals, 30 g protein, 42 g carbs, 14 g fat (2 g sat), 5 g fiber, 750 mg sodium.

A large advertisement for a natural meat and cheese product. At the top, a banner says "TRY IT, YOU'LL SPY IT". Below it, the headline reads "GRAB & GO JUST GOT NATURAL". A sub-headline says "MEAT & CHEESE PLATES". To the right, a circular seal for "NATURAL SLOW ROASTED TURKEY BREAST WHITE CHEDDAR CHEESE WHOLE WHEAT CRACKERS" is shown, featuring a leaf logo and the text "17G PROTEIN", "NO ARTIFICIAL INGREDIENTS", "NO ARTIFICIAL PRESERVATIVES", "NO ADDED HORMONES", and "NO ADDED FLAVORS OR COLORS". At the bottom, a box highlights "17g OF PROTEIN" and "NO ARTIFICIAL INGREDIENTS".



## Creamy Chicken and Bacon with Herbed Puff Pastry

With a rich cheese sauce, crispy bacon, and a buttery puff pastry top, our latest take on chicken pot pie is even more decadent than the original.

ACTIVE 45 MIN. - TOTAL 45 MIN.

SERVES 4

- 4 boneless, skinless chicken breasts (about 1 1/2 lb.)
- 3 cups chicken stock
- 1 tsp. kosher salt, divided
- 1 frozen puff pastry sheet, thawed (1/2 of 17.3-oz. pkg.)
- 1 large egg, lightly beaten
- 12 parsley leaves
- 1/4 tsp. black pepper

- 2 (6-oz.) pkg. steam-in-bag fresh English peas or 3 cups frozen English peas
- 4 bacon slices
- 3 Tbsp. salted butter
- 1 cup chopped Vidalia or other sweet onion (from 1 medium onion)
- 1/2 cup (1/4-inch) diagonally sliced celery (from 1 large stalk)
- 1/4 cup all-purpose flour
- 1/2 cup heavy cream
- 2 oz. fontina cheese, shredded (about 1/2 cup)

1. Preheat oven to 400°F. Place chicken, stock, and 1/2 teaspoon of the salt in a large saucepan; bring to a boil over high. Reduce heat to medium-low; cover and cook until chicken is cooked through, about 15 minutes. Remove from heat, and let stand

about 20 minutes. Remove chicken from stock, reserving 2 1/2 cups of the stock. Coarsely shred chicken.

2. Meanwhile, place puff pastry sheet on a baking sheet lined with parchment paper. Cut pastry sheet into 4 squares; separate squares. Brush squares lightly with egg; top each square with 3 parsley leaves, pressing gently to adhere. Sprinkle with pepper. Bake on oven rack in bottom third of preheated oven until dough is puffed and golden brown, 12 to 14 minutes.

3. Cook peas according to package directions; keep warm.  
4. Cook bacon in a large skillet over medium-high until crisp, about 6 minutes. Remove bacon to a paper towel-lined plate, reserving drippings in skillet; crumble bacon. Add butter to hot drippings in skillet, and cook over medium until butter melts, about 1 minute. Add onion and celery; cook, stirring often, until onion is tender and celery is tender-crisp, about 8 minutes. Add flour, and cook, stirring constantly, about 1 minute. Stir in cream and reserved 2 1/2 cups stock; bring to a simmer, stirring often. Stir in peas, cheese, chicken, bacon, and remaining 1/2 teaspoon salt; reduce heat to medium-low, and cook until mixture is thickened and thoroughly heated, about 10 minutes.  
5. Divide mixture among 4 shallow bowls, and top each with a puff pastry square. Serve immediately. **SL**

32

## Toad-in-the-Hole

(sausages baked in batter)

- 1 cup all-purpose flour**
- 2 eggs**
- 1 cup milk**
- 1/2 teaspoon salt**
- Freshly ground pepper**
- 1 pound small pork sausages**

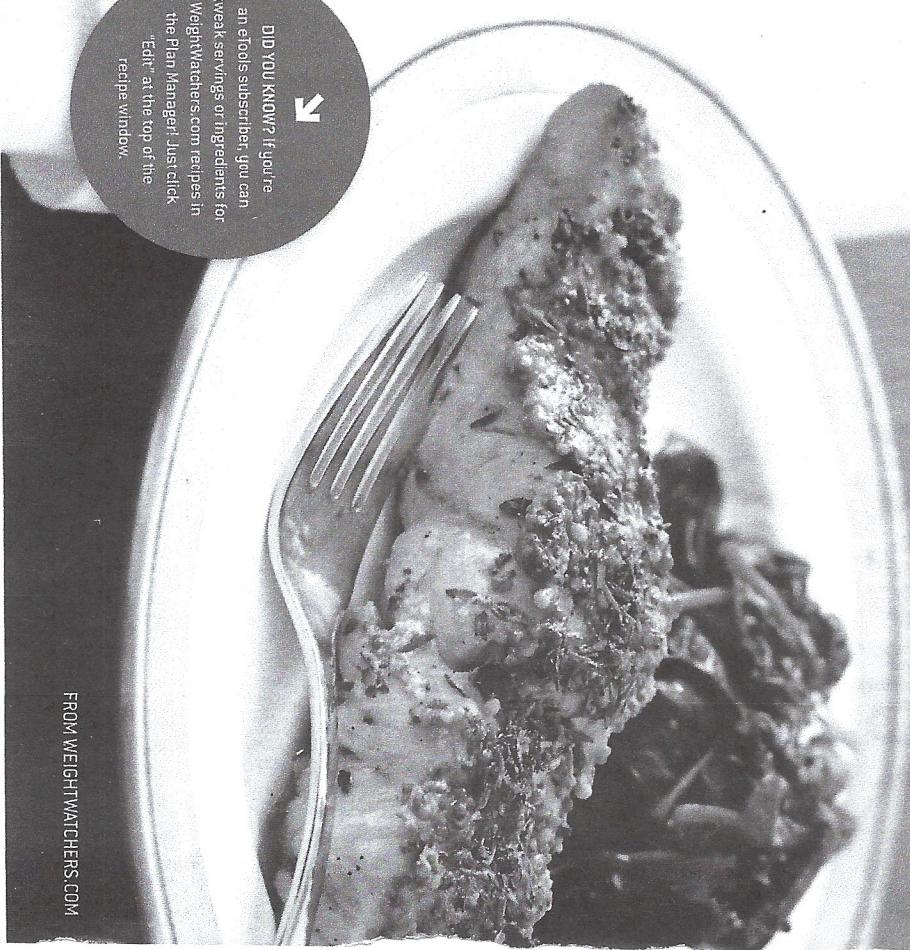
*Preheat the oven to 400°. In a blender, combine flour, eggs, milk, salt, and pepper, and blend at high speed for 2 or 3 seconds. Turn off the machine and scrape down the sides of the jar. Blend again for 45 seconds. Refrigerate the batter for an hour.*

*Place the sausages in a heavy skillet and prick them several times with a fork. Sprinkle them with 3 teaspoons of water, cover the pan tightly, and cook over low heat for 4 minutes. Uncover, increase the heat to medium, and cook, turning frequently, until the water is evaporated and the sausages begin to brown in their own fat.*

*Arrange the cooked sausages at least an inch apart in a baking tin or dish about 6 by 10 inches. Moisten them with 2 teaspoons of their own drippings.*

*Pour the batter over sausages. Bake in the center of the oven for 30 minutes, or until the batter rises over the top of the pan and is crisp*

DID YOU KNOW? If you're an eTools subscriber, you can tweak servings or ingredients for WeightWatchers.com recipes in the Plan Manager! Just click "Edit" at the top of the recipe window.



## Grilled Salmon With Mustard-Herb Crust

The herb crust gives the fish incredible flavor and locks in moisture. A fabulous way to reap the benefits of salmon's heart-healthy fats.



PER SERVING | PREP: 8 MIN | COOK: 12 MIN | SERVES 4

3 Tbsp fresh, chopped rosemary leaves  
3 Tbsp fresh thyme leaves, stems removed  
1 tsp freshly ground black pepper  
2 sprays cooking spray

1 1/4 lbs uncooked Atlantic salmon fillets, with or without skin, though skinless recommended  
[four 5-ounce pieces]  
4 Tbsp regular or grainy Dijon mustard