

Grilled Shrimp in Lettuce Leaves with Serrano-Mint Sauce

INGREDIENTS

- 1 pound large shrimp (about 36), peeled and deveined
- 3 tablespoons canola oil
- Salt and freshly ground pepper
- 12 leaves green curly leaf lettuce
- Serrano-Mint Sauce, recipe follows
- Chili oil, for drizzling, optional
- Fresh cilantro leaves

Serrano-Mint Sauce:

- 1 cup tightly packed mint leaves, plus more for garnish
- 2 serrano chiles, chopped
- 4 cloves garlic, chopped
- One 1-inch piece fresh ginger, peeled and chopped
- 2 teaspoons sugar
- 1/4 cup white wine vinegar
- 2 tablespoons fish sauce
- Salt

DIRECTIONS

1. Preheat the grill to medium-high. In a large bowl, toss shrimp in oil and season with salt and pepper. Grill the shrimp for 1 to 2 minutes on each side or until just cooked through. Be careful not to overcook the shrimp, or they will be tough and rubbery. Remove from the grill.
2. Place about 3 shrimp in each lettuce leaf. Drizzle with the Serrano-Mint Sauce and with a little chili oil, if desired. Sprinkle with a few cilantro leaves. Roll up the lettuce leaves, and eat immediately.

Serrano-Mint Sauce:

1. Place all ingredients, except for salt, in a blender. Pulse until smooth. Season, to taste.

10-Minute White Bean Soup with Toasted Cheese and Tomato

INGREDIENTS

- 1/2 cup dry white wine
- 2 sprigs fresh rosemary, each about 6 inches long
- 2 sprigs fresh thyme
- 2 1/2 cups low-sodium chicken or vegetable broth
- Two 15-ounce cans of cannellini or other white beans, strained and rinsed
- 1 small shallot, peeled, trimmed and halved
- 1 small garlic clove, peeled, trimmed and halved
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter

- Kosher salt and freshly ground black pepper
- 4 slices crusty sourdough bread (each about 1-inch thick; 8 ounces total),
- 3/4 cup shredded part-skim mozzarella cheese
- 2 plum tomatoes, seeded and chopped (about 1 cup)
- 1/4 cup grated Parmesan

DIRECTIONS

1. Position a rack about 4 inches from the broiler heat source, and preheat. Bring the wine, rosemary, thyme and 2 cups of the chicken broth to a boil in a covered medium saucepan over high heat. Reduce to a bare simmer.
2. Puree the beans, shallots, garlic, oil, butter, remaining 1/2 cup chicken broth, 1/2 teaspoon salt, a few grinds of pepper and 1/2 cup of the simmering broth in a blender until completely smooth and emulsified, about 2 minutes.
3. Meanwhile, lay the bread slices on a rimmed baking sheet, and top evenly with the mozzarella. Broil until the tops are browned and bubbling, 1 to 2 minutes; remove from the oven. Divide the tomatoes evenly among the toasts, and top with the parmesan.
4. Remove the herb sprigs from the simmering broth; set aside. Whisk the bean puree into the broth, and return it to a gentle boil. Ladle the soup into bowls, and garnish with the reserved herb sprigs and a few grinds of black pepper. Serve with the cheese toasts.

Cracked Pepper Potato Chips with Onion Dip

INGREDIENTS

For the Chips:

- 3 large russet potatoes (2 1/4 pounds total) sliced into 1/8-inch thick rounds
- 2 tablespoons olive oil
- 2 teaspoons coarsely ground black pepper
- Salt

For the Dip:

- 2 teaspoons olive oil
- 1 small onion, minced
- 2 scallions, thinly sliced, greens and whites separated
- 1 1/4 cups nonfat Greek style yogurt or 1 2/3 cups regular nonfat plain yogurt
- 1/4 cup mayonnaise
- 3/4 teaspoon onion powder
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Make chips: Toss potatoes in a large bowl with 2 tablespoons of oil, and pepper until well coated. Preheat oven to 450 degrees F. Arrange potato slices in 1 layer on 2 cookie sheets. Bake for 20 to

25 minutes until chips are crisped and lightly browned. Remove from oven, season with salt and cool.

2. Make dip: Heat oil over medium heat and add onions and scallion whites. Cook, stirring often, until golden brown and soft, about 10 minutes. Remove from heat and allow to cool.
3. If using regular yogurt, place it in a strainer lined with a paper towel and set the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.
4. Combine onions with thickened or Greek-style yogurt, mayonnaise, onion powder, garlic powder, salt, pepper and scallion greens and stir well to incorporate. Chill for 1 hour to let flavors meld. Serve with chips.
5. Excellent source of: Vitamin C
6. Good source of: Potassium