

# FOOD

Eating In

## ORANGE BEEF STIR-FRY

**2 oranges, zested & juiced**

**2 tablespoons orange-garlic sauce**

**2 tablespoons soy sauce**

**2-lb. flank steak, trimmed, or a hanger steak**

**Salt & freshly ground black pepper**

**2 tablespoons vegetable oil**

**PREP TIME: 10 min**

**COOKING TIME: 20 min**

**6 scallions, ends trimmed & thinly sliced**

**4 garlic cloves, minced**

**1 tablespoon sliced ginger**

**1 onion**

**1 yellow pepper**

**1 pre-cut pack julienned carrots**

**1 pack bean sprouts**

**1 cup white or brown rice**

**1.** Whisk the orange-garlic sauce, orange juice, zest and soy sauce. Then, place them together in a small bowl and set it aside. Cut the beef lengthwise along the grain into 3 or 4 pieces that are 2 inches wide each. Slice each piece of beef across the grain into paper-thin pieces, about 1/8-inch thick. Pat the beef dry; add to the marinade bowl.

**2.** Heat 1 tablespoon of the oil in a medium non-stick wok over high heat until it begins smoking. Add half the meat, garlic and ginger, and cook, stirring rarely, until well browned. (About 5 minutes.) Remove to a plate. Then, repeat for the rest of the meat.

**3.** Wash the rice three times and add to a medium sauce pan with water. Place on medium-low heat. Cook the rice until it's light and fluffy. (About 30 minutes.)

**4.** Return the skillet to the stove over medium-low heat. Add the remaining 1 tablespoon of oil, half of the scallions, the garlic and ginger, and cook until just fragrant and starting to color (30 seconds). Stir in the peppers, onions and carrots, and cook, stirring occasionally, until wilted. (About 4 minutes.) Add in the sprouts. Remove the pan from the heat, add the beef and accumulated juices, and marinade the liquid, if any remains. Toss to coat and cook 2 minutes, transferring to a serving platter. Serve immediately sprinkled with the remaining scallions.

A Recipe By  
Casey Colaneri

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A Recipe By  
*Angela Daidone*

## FRENCH TOAST WITH BLUEBERRY COMPOTE

PREP TIME: 15 min

COOKING TIME: 30 min

### COMPOTE

**2 cups** fresh or frozen blueberries

**1 cup** sugar

**1 teaspoon** lemon juice

### TOAST

**12 thick slices** of bread (challah bread, sandwich bread or Texas toast is fine)

**3 eggs**

**1 cup** milk or half-and-half

**1 tablespoon** vanilla extract

**½ teaspoon** ground cinnamon

**1 tablespoon** sugar

**2 tablespoons** confectioners sugar

**1.** Wash the blueberries, removing any stems. If you're using frozen berries, rinse under cool water and drain. Mix the blueberries with sugar and lemon juice in a small pot and cook over medium heat until bubbling (about 10 minutes), stirring constantly. Add a few teaspoons of water if the compote is too thick. Reduce heat and cook another 2-3 minutes. Remove from heat. (*Note: Cook the compote before starting on the toast. You can also cook berries the night before; storing them in the refrigerator. Use chilled.*)

**2.** To make the French toast, whisk together the eggs, milk, cinnamon, vanilla and sugar until smooth.

**3.** Heat a lightly oiled or buttered griddle, or large frying pan, over medium heat. Soak the bread slices in the egg mixture. Cook on each side until golden brown.

**4.** Lightly sprinkle the warm toast with confectioners sugar and top with a generous spoonful of blueberry compote. Spoon a dollop of whipped cream on top for an extra treat!

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# LEAN VEGGIE FRITTATA

PREP TIME: 10 min

COOKING TIME: 20 min

A Recipe By *Casey Colaneri*

**1 small zucchini, diced (1-inch)**  
**1 red bell pepper, seeded & diced**  
**1 yellow bell pepper, seeded & diced**  
**1 red onion, diced**  
**1 cup chopped asparagus**  
**1/4 cup olive oil**  
**Sea salt & freshly ground black pepper**  
**2 teaspoons minced garlic (2 cloves)**  
**10 large farm-fresh eggs (egg whites only)**  
**1 cup ricotta cheese**  
**1/4 cup freshly grated Parmesan cheese**  
**1/3 cup chopped scallions, green tops only (1 bunch)**  
**1/4 lb. sliced fresh mozzarella (optional)**  
**1/4 cup chopped zucchini blossoms (optional)**

**1.** Preheat the oven to 425 degrees.

**2.** Place the zucchini, peppers, onion and asparagus in a sauté pan. Drizzle with the olive oil, sprinkle with 1½ teaspoons of salt and ½ teaspoon of pepper, and toss well. Cook for about 5 minutes, then add the garlic. Toss again and cook for another 2 minutes. Meanwhile, in a large bowl, whisk together the eggs, the ricotta and the Parmesan.

**3.** In a 10-inch ovenproof non-stick sauté pan, add the sautéed vegetables and toss with the scallions. Pour the egg mixture over the vegetables and cook for 2 minutes over medium-low heat without stirring. Transfer the pan to the oven and bake the frittata for 20 to 30 minutes, until puffed and set in the middle. Sprinkle with the mozzarella and broil for another 2 minutes, until the cheese is just melted and colored. Cut into 8 wedges and serve hot or warm. Then, garnish with the chopped zucchini blossom.



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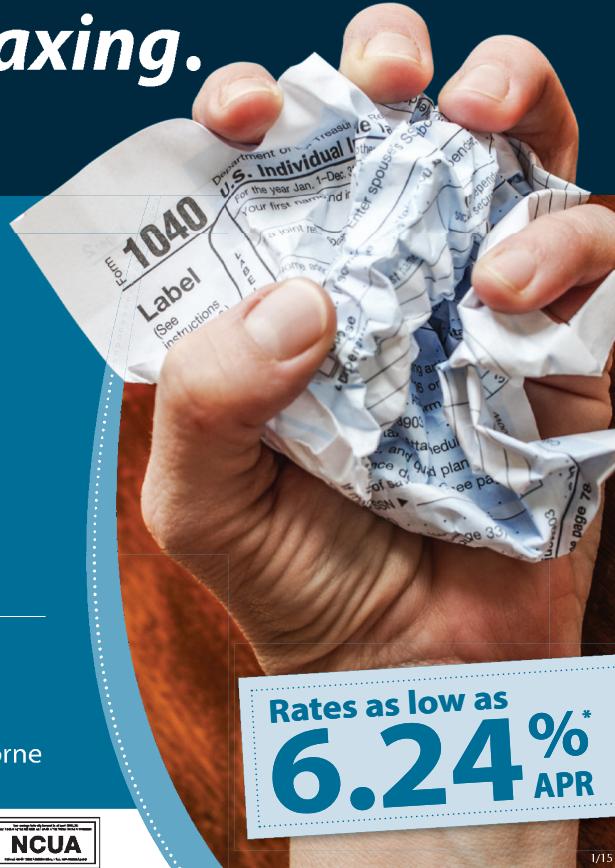
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