



Recipe book

appetizer

side dish

main course

soup

vegetarian

bread, cake, & pie

appetizer





Cal: 252 | Fat: 11 | Protein: 10 | Carbs: 53 | Sodium: 1

directions

1. Bring 1/2 gallon of salted water to a boil. Add the penne and cook until al dente, about 7 to 9 minutes. Drain and set aside.
2. Meanwhile, bring the chicken stock to a boil in a skillet large enough to hold the vegetables. Add the vegetables to the chicken stock and steam, covered for about 3 to 4 minutes.
3. When the vegetables are just tender, add the penne and the olive oil and toss until it is heated through.
4. Divide the pasta and vegetables evenly among 4 warmed plates or bowls. Sprinkle with Parmesan cheese and basil. Adjust the salt and pepper to taste.

Eggplant Sauté with Shallots, Basil and Oregano

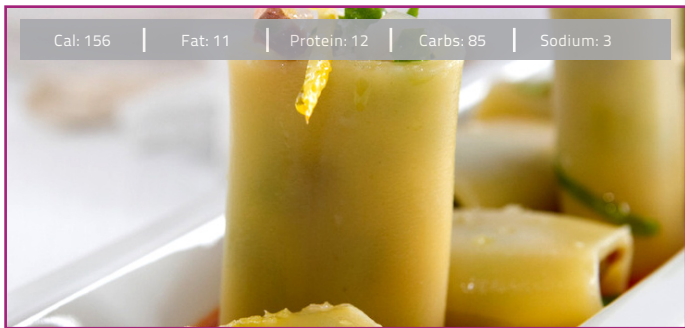
Prep time	Cook time	Ready in	Serves
15 min	15 min	30 min	3

ingredients

- 1 pound penne rigate
- 1 cup Basic Chicken Stock (see recipe), or low-sodium canned
- 1/2 pound summer squash, seeded and julienned
- 1/2 pound zucchini, seeded and julienned
- 1/4 pound sugar snap peas
- 1/2 teaspoon olive oil
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup fresh basil leaves, thinly sliced
- salt to taste
- freshly ground black pepper

side dish





directions

1. Bring 1/2 gallon of well-salted water to a boil. Add the orzo and cook until al dente, about 7 minutes. Drain well and let cool.
2. Place the orzo in a large bowl. Add the tomatoes, olives, vinegar and olive oil. Mix well. Add the fresh herbs. Season with salt and pepper to taste.
3. Spray a grill with non-stick cooking spray and preheat the grill.
4. Grill over high heat, turning once until the shrimp are opaque and browned on the edges, about 5 minutes, total.

Orzo Salad with Grilled Shrimp

Prep time	Cook time	Ready in	Serves
15 min	10 min	25 min	6

ingredients

- 6 ounces orzo
- 3/4 cup chopped, fresh tomatoes
- 1/3 cup pitted, halved olives
- 1 1/2 tablespoons red wine vinegar
- 1/4 cup olive oil
- 1 1/2 tablespoons chopped, fresh parsley
- salt to taste
- freshly ground black pepper
- nonstick cooking spray
- 1 pound shrimp, peeled and deveined

main course





directions

1. Heat the olive oil in a 10" skillet over medium heat.
2. Add the garlic and shallot and cook for 1 minute.
3. Add the eggplant cubes, salt, pepper, oregano and basil and sauté with the olive oil mixture until the eggplant is slightly browned and becomes tender, about 4 to 6 minutes. Remove from the skillet, sprinkle with Parmesan cheese and serve.

Eggplant Sauté with Shallots, Basil and Oregano

Prep time	Cook time	Ready in	Serves
15 min	20 min	35 min	6

ingredients

- 2 teaspoons olive oil
- 1 teaspoon crushed garlic
- 1 shallot diced
- 4 cups cubed eggplant (1 inch cubes)
- salt to taste
- freshly ground black pepper
- 1 tablespoon freshly chopped basil
- 1 tablespoon freshly chopped oregano
- 2 tablespoons freshly grated Parmesan cheese

soups





directions

1. Preheat the grill or broiler. Grill or broil the corn until it turns golden brown. Set aside to cool.
2. Heat the oil in a soup pot over low heat. Add the onion, celery, thyme and bay leaf and cook until the vegetables are soft, about 10 minutes.
3. Meanwhile, slice the corn kernels from the cob.
4. Dice the potatoes and add them to the soup pot with the vegetable broth. Simmer until the potatoes are just tender, about 10 minutes. Add the milk, peppers, corn and dill and heat thoroughly. Remove and discard the thyme and bay leaf.

Vegetarian Corn Chowder

Prep time	Cook time	Ready in	Serves
10 min	22 min	32 min	1

ingredients

- 2 large ears of corn, shucked
- 1 teaspoon olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 sprig fresh thyme
- 1 bay leaf
- 1 1/2 cups low-sodium vegetable broth
- 6 small red potatoes
- 2 cups reduced fat (2%) milk
- 1 red pepper, diced
- 1 teaspoon chopped, fresh dill

vegetarian





Cal: 156 | Fat: 5 | Protein: 4 | Carbs: 56 | Sodium: 1.4

directions

1. Heat the olive oil in a 10" skillet over medium-low heat.
2. Add the garlic and cook for 1 minute.
3. Add the broccoli, salt and pepper and toss with the olive oil and garlic until the broccoli turns bright green and becomes tender. Remove from the skillet and serve.

Broccoli Sauté with Garlic and Olive Oil

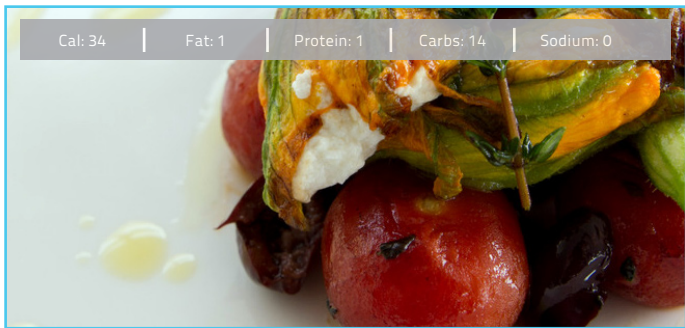
Prep time	Cook time	Ready in	Serves
5 min	10 min	15 min	2

ingredients

- 1 tablespoon olive oil
 - 1 teaspoon crushed garlic
 - 4 cups broccoli florets
 - salt to taste
 - freshly ground black pepper
- Cooking Instructions

dessert





Cal: 34

Fat: 1

Protein: 1

Carbs: 14

Sodium: 0

directions

1. Place all the ingredients in a small saucepan. Cover the pear with a piece of parchment paper or weigh it down with a plate so that it stays immersed in the liquid.
2. Bring to a simmer over medium-low heat. Cook until the pear is tender when pierced with a knife, about 20 to 30 minutes. (Pears can be made ahead and stored in their syrup in the refrigerator for up to 1 week. The flavors will intensify.)
3. Remove the pear from the liquid and set aside. Continue to simmer the liquid for about 30 minutes, until it has a syrup-like consistency.

Merlot Poached Dessert Pears

Prep time

15 min

Cook time

20 min

Ready in

35 min

Serves

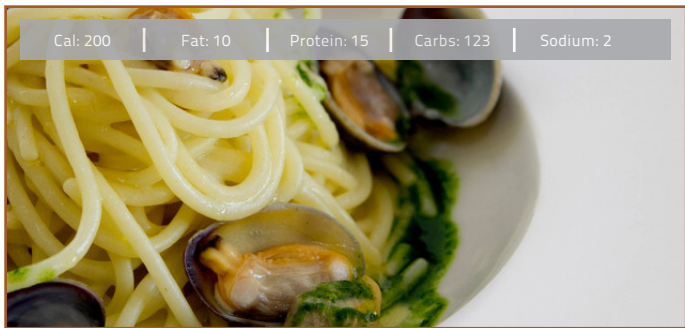
6

ingredients

- 1/3 cup water
- 1/3 cup good quality merlot
- 2/3 cup sugar
- 1 Bosc pear, peeled
- 4 peppercorns
- 1/2 cinnamon stick
- 1 whole clove

bread, cake, & pie





directions

1. Bring the water and milk to a boil in the top of a double boiler, then stir in the hominy and add a dash of salt. Cook on top of the double boiler, stirring constantly, until the grits thicken, about 5 minutes. (If not using a double boiler, cook in a saucepan over very low heat for about the same amount of time.)
2. Cover, and cook until the grits are tender, about 1 hour. (If the grits get too thick, just add water to thin them.) Stir in the butter and pecans. Sprinkle with brown sugar. Serve hot.

Grits with Pecans and Brown Sugar

Prep time	Cook time	Ready in	Serves
15 min	20 min	35 min	6

ingredients

- 2 cups water
- 2 cups skim milk
- 1 cup hominy
- 1 pinch salt
- 2 teaspoons corn-oil margarine
- 2 tablespoons chopped pecans
- 1 tablespoon brown sugar

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