

Asparagus Salad with Sweet Pepper Confetti



Ingredients:

- 1/3 cup olive oil
- 2 tbsp. red wine vinegar
- 1 tsp. Dijon or grainy mustard
- 2 cloves garlic, minced
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 pounds asparagus
- 1/2 red pepper, diced
- 1/2 yellow pepper, diced

Preparation:

Add the olive oil, red wine vinegar, Dijon mustard, garlic, salt, and pepper to a small screw-top jar or plastic container. Shake it and set aside. To serve the asparagus cold, have a large bowl of ice water by the side of the stove. Bring a medium pot of lightly salted water to a rapid boil over high heat. Plunge the asparagus into the boiling water. Cook until it is tender but still firm, about 2 to 4 minutes after the water returns to a simmer, depending on the thickness of the asparagus. Drain and plunge it into the ice water. After about 5 minutes, drain and pat dry. Fan out the asparagus, tips facing the same direction, then drizzle with the dressing and sprinkle with the pepper "confetti." If you prefer to serve this warm, drain the asparagus thoroughly after boiling and lay it out directly on the platter.

Easy Baked Chicken and Cabbage

Ingredients:

Chicken whole, halved or pieces
Cabbage sliced
Mini Carrots
Garlic
Poultry Seasoning
Paprika
Salt or substitute
Pepper
Butter flavored cooking spray

Heat oven to 425 degrees

Spray roaster pan with cooking spray.

Slice cabbage and lay in bottom of roaster

Season with salt, pepper, and garlic

Spray cabbage with cooking spray

Add mini carrots on top, season with garlic, salt, pepper and spray with cooking spray.

Season chicken with garlic, poultry seasoning, paprika, salt & pepper then place chicken on top of vegetables.

Spray with butter flavored cooking spray.

Cook uncovered for 15 minutes until chicken starts to brown, reduce heat to 375 and cover. Cook until chicken is done.

Use a meat thermometer or until juices run clear when pricked with fork. (Approximately 45 minutes to 1 hour for half chicken or 4 pieces)

Marshmallow Treats

3 tablespoons butter or margarine
1 package (10 oz., about 40) regular marshmallows
- OR -
4 cups miniature marshmallows
6 cups cereal

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

MICROWAVE DIRECTIONS:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

Note

- For best results, use fresh marshmallows.
- 1 jar (7 oz.) marshmallow crème can be substituted for marshmallows.
- Diet, reduced calorie or tub margarine is not recommended.
- Store no more than two days at room temperature in airtight container.
- To freeze, place in layers separated by wax paper in airtight container. Freeze for up to 6 weeks. Let stand at room temperature for 15 minutes before serving.

Leg of Lamb



Ingredients:

- 1 sirloin end leg of lamb, boned, and trussed
- 4 cloves garlic
- 8 fresh mint leaves
- 1 tablespoon brown sugar
- 1 tablespoon kosher salt
- 2 teaspoons black pepper
- 5 tablespoons strong mustard, such as Dijon
- 2 tablespoons canola oil
- 2 sprigs fresh rosemary

Preparation:

Roughly chop the garlic cloves in the food processor. Add the mint and repeat. Add the brown sugar, salt, pepper, mustard, and oil and blend to a paste. Spread the paste evenly on the meat side of the roast. Roll the leg into a roast shape and tie with cotton butcher's twine. Fire 2 quarts (1 chimney's worth) of charcoal (natural chunk is best). When charcoal is lightly covered with gray ash, split the coals into 2 piles and move them to the far sides of the cooker. Close the lid and allow the grate to heat. Then, place the lamb, skin side up, on the middle of the hot grate. Add the rosemary sprigs to the charcoal briquettes and close the lid and grill. After 20 minutes, flip the roast and rotate it 180 degrees. Insert the probe thermometer into the roast and continue to grill until it reaches an internal temperature of 135 degrees, about 25 to 30 minutes. Remove the roast at 135 degrees. Remove the butcher's twine from the roast. Cover with foil and rest it for 15 minutes before serving.

You will need:

1/3 cup	Kraft Zesty Italian Dressing
1/4 cup	Red Onion
1&1/2 tbsp	Jalapeno
1/2 cup	Cilantro
1med size	Naval Orange
2lbs	Strawberries

Prepping Produce

1. Place red onion on the cutting board and use knife to cut both ends off. Discard ends. Remove the outer layer of the onion and dice.
2. Set cilantro bunches on the cutting board and use a knife to finely dice cilantro.
3. Set jalapenos on the cutting board, cut the tops of and discard. Use a knife to dice jalapenos.
4. Next use knife to cut leaves/stems from 2 cartons of strawberries. Dice strawberries into small pieces. Place in a bowl
5. Next peel 1 orange. Dice the orange sections into small pieces. Add to strawberries.

Kraft Pourables Strawberry Salsa

Use measuring cups & spoons to pour 1/3 cup of Kraft Zesty Italian dressing, 1/4 cup of chopped cilantro, and 2 1/2 tbsp. of chopped jalapenos into the blender and blend on the chop setting until smooth.

Add 1/4 cup of chopped onions and 1/4 cup of chopped cilantro. Stir with a spoon.

Pour the Kraft Zesty Italian mixture from the blender into the bowl, of fruit and stir with spoon.

Grilled Steak with Beets & Radicchio

Peppery radicchio mellows a bit on the grill and is offset wonderfully by the sweet beets and earthy goat cheese dressing. Rib-eye or filet mignon would also be a delicious choice in this recipe.

Serves: 6

Preparation time: 30 minutes

2 tablespoons crumbled goat cheese or feta cheese

2 teaspoons white-wine vinegar or champagne vinegar

1/4 teaspoon dry mustard

1 tablespoon minced shallot

2 teaspoons minced fresh parsley

1/4 teaspoon kosher salt, divided

1/4 teaspoon freshly ground pepper, divided

3-1/2 teaspoons extra-virgin olive oil, divided

1 small head radicchio, halved, cored and each half quartered

1 8-ounce can baby beets, drained

8 ounces New York strip (loin) steak, trimmed and cut into 2 portions

1. Preheat grill to high.

2. Place cheese in a medium bowl and mash with the back of a spoon until creamy. Add vinegar, dry mustard, shallot, parsley, 1/8 teaspoon salt and 1/8 teaspoon pepper; whisk to combine. Slowly drizzle in 2 teaspoons oil and whisk until blended.

3. Thread radicchio chunks and beets onto skewers and drizzle with 1 teaspoon oil. Rub steaks with the remaining 1/2 teaspoon oil. Season the steaks and skewered vegetables with the remaining 1/8 teaspoon salt and pepper.

4. Grill the steaks 3-4 minutes per side for medium-rare. Grill the vegetable skewers, turning frequently, until the radicchio is wilted and lightly charred, 5-7 minutes. Transfer the steaks to a plate; let rest for 5 minutes. Remove the vegetables from the skewers. Serve steaks and vegetables with the sauce.

Grilled Apples with Cheese & Honey

Dessert meets the cheese plate when you drizzle grilled apples and flavorful cheese with honey and toasted pecans for a quick and healthy finish to any meal for two. This is a good chance to try some exotic honeys — their nuances will shine in this simple dessert.

Serves: 2

Preparation time: 20 minutes

Ingredients

- 1 large or 2 small tart apples, peeled and sliced into 1/2-inch-thick rounds
- 2 teaspoons almond or canola oil
- 1 teaspoon confectioners' sugar
- 1 ounce sharp Cheddar or Parmigiano-Reggiano cheese
- 2 tablespoons chopped pecans, toasted
- 4 teaspoons honey

Preparation

1. Preheat grill or grill pan to medium heat. Toss apple slices with oil and sugar in a large bowl. Grill the apple slices until just tender and lightly marked, turning once, about 6 minutes. Shave cheese into thin strips with a vegetable peeler. Top the apple slices with a sprinkling of cheese and nuts and drizzle with honey.

Grilled Artichokes

Preparing fresh artichokes shouldn't be intimidating; our step-by-step guide will have boiled or grilled chokes on your table in less than an hour.

Serves: 6

Preparation time: 50 minutes

2 lemons

4 large artichokes (3 to 3-1/2 pounds total)

1 tablespoon extra-virgin olive oil

Salt and freshly ground pepper to taste

Preparation

1. Fill a Dutch oven with water; add the juice of 1 lemon. Trim leaves from the top of an artichoke. Remove the outer layer(s) of leaves from the stem end and snip all remaining spiky tips from the outer leaves. Trim an inch off the bottom of the stem and use a vegetable peeler to remove the fibrous outer layer. As each artichoke is prepared, drop it into the lemon water to prevent it from turning brown.
 2. When all the artichokes are prepared, cover the pan and bring to a boil. Boil until the base of the stem can be pierced with a fork, 12-15 minutes. Transfer to a cutting board and let stand until cool enough to handle, about 10 minutes.
 3. Meanwhile, preheat grill to medium. Slice the artichokes in half lengthwise. Scoop out the choke and first few inner layers in the center until the heart is revealed. Brush each half with oil and sprinkle with salt and pepper. Grill the artichokes until tender and lightly charred, about 5 minutes per side. Transfer to a serving platter, squeeze half a lemon over them and garnish with the remaining lemon half cut into 4 wedges. Serve warm, at room temperature or chilled.
- variation: For boiled artichokes, add 5 minutes to the cooking time in Step 2. Serve whole or cut in half and scoop out the chokes.

Asian-Style Grilled Tofu with Greens

Look for Asian greens (tatsoi, mizuna and/or pea shoots) packaged as a salad mix. They're slightly more bitter than many spring greens and will stand up well to this aromatic, vinegary dressing. Black bean-garlic sauce, a savory, salty sauce used in Chinese cooking, is made from fermented black beans, garlic and rice wine. It can be found in the Asian-food section of large supermarkets or at Asian markets.

Serves: 6

Preparation time: 45 minutes

Ingredients

For the dressing:

1 small carrot, peeled and coarsely chopped

1/2 cup prepared carrot juice

2 tablespoons white or yellow miso

2 tablespoons rice vinegar

2 tablespoons canola oil

1 tablespoon coarsely chopped fresh ginger

1/2 teaspoon minced garlic

For the tofu with greens:

28 ounces water-packed firm tofu, drained and rinsed

2 tablespoons honey

2 tablespoons canola oil

2 tablespoons reduced-sodium soy sauce

1 tablespoon black bean-garlic sauce

2 teaspoons minced garlic

10 ounces mixed Asian greens or baby spinach

Preparation

To prepare dressing:

1. Purée carrot, carrot juice, miso, vinegar, oil, ginger and garlic in a blender or food processor until smooth.

To prepare tofu:

1. Slice each tofu block crosswise into 5 slices; pat dry with paper towels. Combine honey, oil, soy sauce, black bean-garlic sauce and garlic in a small bowl. Spread half the marinade in a large baking dish and top with the tofu slices. Spread the remaining marinade over the tofu, covering completely.

2. Preheat grill to medium-high. Oil the grill rack. Grill the tofu until heated through, 2-3 minutes per side. To serve, toss greens with the dressing.

Divide among 6 plates and top with the tofu.

Grilled Chicken Tenders with Cilantro Pesto

Cook chicken tenders quickly on the grill and top with pesto made with cilantro and sesame seeds for a zesty, speedy dinner. Serve with quinoa and grilled asparagus.

Serves: 4

Preparation time: 35 minutes

Ingredients

1/4 cup lime juice

1/4 cup reduced-sodium soy sauce

1 tablespoon canola oil

1 teaspoon chili powder

1 pound chicken tenders

2 cups loosely packed fresh cilantro leaves (1-2 bunches)

2 scallions, sliced

2 tablespoons toasted sesame seeds

Preparation

1. Whisk lime juice, soy sauce, oil and chili powder in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add chicken to the remaining marinade; toss to coat. Marinate in the refrigerator for 20 minutes or up to 1 hour.
2. Preheat grill to medium-high.
3. Meanwhile, place cilantro, scallions, sesame seeds and the reserved marinade in a food processor and process until fairly smooth.
4. Oil the grill rack. Remove the chicken from the marinade (discard marinade) and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with the cilantro-sesame pesto.