Roast Pineapple a Poivre

Steamed Artichokes

Roasted Parslied New Potatoes

Roast Pork Loin with Wilted Baby Greens and Roasted Garlic Vinaigrette

Lemon Angel Cake with **Raspberry Sauce**

Roast Pineapple a Poivre

This recipe serves: 6

Preparation time: 10 minutes
Cooking time: 10 minutes

Ingredients

1 fresh pineapple, peeled, halved, cored and cut into ¼" slices
freshly ground black pepper

Cooking Instructions

1. Generously spray a large ovenproof skillet with a non-stick cooking spray.

2. Add the pineapple slices in one layer and cook over medium heat until the fruit renders its juices and begins to sizzle. Turn the pineapple over and cook for another 3 minutes. You may have to do this step in two batches.

3. Sprinkle the fruit with pepper and place under the broiler for about 30 seconds just to brown the edges.

Nutrition Facts

Serving Size 4 slices of pineapple
Amount Per Serving
Calories 39
Total Fat 0 g
Saturated Fat 0 g
Protein 0 g
Total Carbohydrate 10 g
Dietary Fiber 1 g
Sodium 1 mg
Percent Calories from Fat 7%
Percent Calories from Protein 3%
Percent Calories from Carbohydrate 90%

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Steamed Artichokes

This recipe serves: 4

Preparation time: 10 minutes
Cooking time: 30 minutes

Ingredients

4 large artichokes
1 lemon, cut into quarters

Cooking Instructions

1. Slice about 1” from the artichoke tops and trim the stems. Remove the outer leaves and trim any hard, spiky points with scissors.

2. Put about 2 inches of water in a large pot and insert a rack or steam basket into the pot. Bring the water to a boil. Meanwhile, prepare an ice bath.

3. Place the artichokes on the rack and steam uncovered, until the bottom is tender and the outer leaves can be pulled off easily, about 25 to 30 minutes.

4. Remove the artichokes from the rack with a large spoon and plunge them into the ice bath.

5. Drain and refrigerate until serving time.

6. Place one whole artichoke on 4 chilled plates and serve with a lemon wedge over each artichoke.

Nutrition Facts

Serving Size 1 artichoke
Amount Per Serving
Calories 78
Total Fat 0 g
Saturated Fat 0 g
Protein 5 g
Total Carbohydrate 18 g
Dietary Fiber 9 g
Sodium 152 mg
Percent Calories from Fat 2%
Percent Calories from Protein 23%
Percent Calories from Carbohydrate 75%

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Roasted Parslied New Potatoes

This recipe serves: 6

Preparation time: 5 minutes
Cooking time: 20 minutes

Ingredients
12 red Bliss potatoes
1 tablespoon olive oil
salt and pepper to taste
2 tablespoons chopped parsley

Cooking Instructions

1. Preheat the oven to 350°F.

2. Wash the potatoes and cut them in quarters. Toss with the olive oil and a generous amount of salt and pepper.

3. Roast in the oven until tender, about 20 minutes. (Large potatoes will take longer.)

4. Sprinkle with parsley and serve.

Nutrition Facts

Serving Size 2 potatoes
Amount Per Serving
Calories 311
Total Fat 3 g
Saturated Fat 0 g
Protein 8 g
Total Carbohydrate 67 g
Dietary Fiber 6 g
Sodium 187 mg
Percent Calories from Fat 7%
Percent Calories from Protein 10%
Percent Calories from Carbohydrate 83%

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Roast Pork Loin with Wilted Baby Greens and Roasted Garlic Vinaigrette

This recipe serves: 6

Preparation time: 25 minutes
Cooking time: 1 hour 30 minutes

Ingredients

For the Roasted Garlic Vinaigrette:
6 cloves roasted garlic (see recipe)
1 tablespoon minced shallots
2 tablespoons Dijon mustard
2 tablespoons red wine vinegar
1 teaspoon fresh tarragon
salt to taste
freshly ground black pepper
2 tablespoons extra virgin olive oil
4 tablespoons chicken stock

For the pork:
1 boneless pork loin, about 2 ½ pounds
salt to taste
freshly ground black pepper
1 tablespoon minced, fresh herbs (thyme, rosemary or tarragon)
1 cup dry white wine
4 cups baby greens (frisee, watercress, and spinach)

Cooking Instructions
For the vinaigrette:

1. Squeeze the roasted garlic cloves and mash with a mortar and pestle, or with a fork.

2. Put the garlic in a food processor and add the mustard, vinegar, salt and pepper and puree.

3. Slowly add the olive oil and stock through the feed tube, and puree until the vinaigrette is creamy. If it is too thick, add a teaspoon of stock until the consistency is correct.

4. Add the shallots and tarragon. Adjust salt and pepper to taste. Set aside.

For the pork:

1. Preheat the oven to 350°F.

2. Place the pork loin in a roasting pan and sprinkle with the herbs, salt and pepper.

3. Pour the wine into the bottom of the pan and baste occasionally. Roast the pork for about 1 ½ hours or until a meat thermometer reads 160°F.

4. Let the meat rest about 15 minutes before slicing.

5. To serve, place the baby greens on warmed plates and top with two slices of pork. Drizzle two tablespoons of the dressing over the pork and greens.

Nutrition Facts

Serving Size 6 ounces pork plus greens
Amount Per Serving
Calories 346
Total Fat 13 g
Saturated Fat 4 g
Protein 46 g
Total Carbohydrate 2 g
Dietary Fiber 1 g
Sodium 665 mg
Percent Calories from Fat 34%
Percent Calories from Protein 54%
Percent Calories from Carbohydrate 2%

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Roasted Garlic

This recipe makes: 1 roasted garlic bulb

Preparation time : 5 minutes
Cooking time : 20 minutes

Ingredients
1 bulb of garlic
drizzle of olive oil

Cooking Instructions

1. Slice off the top of the garlic bulb, just enough to barely expose the garlic inside each clove.

2. Place the bulb in an ovenproof dish and drizzle with olive oil.

3. Place the dish, uncovered in a 350° F oven for 15 to 20 minutes until the garlic is golden brown and soft.

4. Let cool.

Nutrition Facts

Serving Size 1 bulb
Amount Per Serving
Calories 48
Total Fat 1 g
Saturated Fat 0 g
Protein 2 g
Total Carbohydrate 10 g
Dietary Fiber 1 g
Sodium 5 mg
Percent Calories from Fat 9%
Percent Calories from Protein 15%
Percent Calories from Carbohydrate 76%

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Lemon Angel Cake

This recipe serves: 14

Preparation time: 10 minutes
Cooking time: 1 hour

Ingredients
1 cup cake flour
1 ½ cups superfine granulated sugar
1 ¼ cups egg whites (about 10 large egg whites), at room temperature
1 ¼ teaspoons cream of tartar
¼ teaspoon salt
1 teaspoon vanilla extract
1 teaspoon grated lemon zest

Cooking Instructions

1. Preheat the oven to 350°F.

2. Sift the flour twice with ½ cup of the sugar.

3. With an electric mixer on high speed, beat the egg whites, cream of tartar and salt until soft peaks form when the mixer is removed from the batter.

4. Add half of the remaining sugar and beat for 1 minute. Add the remaining sugar, 2 tablespoons at a time, beating after each addition.

5. Stir in the vanilla, and add lemon zest.

6. Fold the flour and sugar mixture into the egg whites, ¼ cup at a time, until just incorporated.

7. Put the batter in an ungreased 10” tube pan and bake until the cake is a light golden brown and springy to the touch, about 1 hour. Invert the pan and let the cake cool completely before removing from the pan.

Nutrition Facts

Serving Size 1 slice (1/14 of cake)
Amount Per Serving
Calories 128
Total Fat 0 g
Saturated Fat 0 g
Protein 3 g
Total Carbohydrate 29 g
Dietary Fiber 0 g
Sodium 78 mg
Percent Calories from Fat 1%
Percent Calories from Protein 10%
Percent Calories from Carbohydrate 89%

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Raspberry Sauce

This recipe makes: 8 servings

Preparation time: 15 minutes

Ingredients
1 cup raspberries, fresh or frozen
juice of ½ lemon
sugar (2 –4 tablespoons, to taste)

Cooking Instructions

1. Puree the berries in a blender with the lemon juice. Blend in the sugar by the tablespoonful, tasting after each addition, until the desired degree of sweetness is reached.

2. Strain through a fine strainer, pressing with a rubber spatula to release the juices.

Nutrition Facts

Serving Size about 1 tablespoon
Amount Per Serving
Calories 20
Total Fat 0 g
Saturated Fat 0 g
Protein 0 g
Total Carbohydrate 5 g
Dietary Fiber 1 g
Sodium 0 mg
Percent Calories from Fat 4%
Percent Calories from Protein 3%
Percent Calories from Carbohydrate 94%

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