

COOKING WITH JAN ~ MARCH 8, 2017

WEEKLY RECIPES AT COBORNS

LENTEN MEAL RECIPES

HONEY GRILLED SHRIMP

1/2 TSP GARLIC POWDER
2 TBLS DRY WHITE WINE
1/4 CUP BUTTER, MELTED
1/3 CUP + 2 TBLS WORCESTERSHIRE SAUCE
1 LB LG SHRIMP, PEELED & DEVEINED WITH TAILS ATTACHED
SKEWERS

1/4 TBLS BLACK PEPPER
2 TBLS ITALIAN SALAD DRESSING
1/4 CUP HONEY

IN LARGE BOWL, MIX TOGETHER GARLIC POWDER, BLACK PEPPER, 1/3 CUP WORCESTERSHIRE SAUCE, WINE AND SALAD DRESSING; ADD SHRIMP AND TOSS TO COAT. COVER; MARINATE IN THE REFRIGERATOR FOR 1 HOUR. PREHEAT GRILL FOR HIGH HEAT; THREAD SHRIMP ONTO SKEWERS, PIERCING ONCE NEAR THE TAIL AND ONCE NEAR THE HEAD. DISCARD ANY OF THE MARINADE THAT REMAINS. IN ANOTHER BOWL, MIX TOGETHER THE HONEY, MELTED BUTTER AND THE REMAINING 2 TBLS WORCESTERSHIRE SAUCE; SET ASIDE FOR BASTING. LIGHTLY OIL THE GRILL GRATES; GRILL SHRIMP FOR 2-3 MINUTES PER SIDE OR UNTIL OPAQUE. BASTE OCCASIONALLY WITH THE HONEY-BUTTER SAUCE WHILE GRILLING. SERVE OVER WHITE RICE AND WITH A GREEN SALAD.

GRILLED SALMON WITH DILL SAUCE

4 SLICES BACON
1/3 CUP MAYONNAISE
1 TSP FRESHLY GRATED LEMON ZEST
4 SLICES TOMATO
1 LB FILLET SALMON, CUT INTO 2 PORTIONS

1 TBLS OLIVE OIL
1 TSP DRIED DILL WEED
4 SLICES BREAD, TOASTED
2 LEAF LETTUCE LEAVES

COOK THE BACON IN LARGE, DEEP SKILLET UNTIL EVENLY BROWNED, ABOUT 10 MINUTES. DRAIN THE BACON SLICES ON A PAPER-TOWEL LINED PLATE. PREHEAT OUTDOOR GRILL TO MEDIUM HIGH HEAT AND LIGHTLY OIL THE GRILL GRATES; EVENLY COAT THE SALMON WITH THE OLIVE OIL. COOK THE SALMON ON THE GRILL, SKIN SIDE DOWN, FOR ABOUT 5 MINUTES; FLIP AND COOK THE OTHER SIDE UNTIL SKIN CAN EASILY BE LIFTED OFF THE FLESH, ABOUT 5 MINUTES MORE. FLIP THE SALMON ONCE MORE AND CONTINUE COOKING UNTIL SALMON FLAKES EASILY WITH A FORK, ANOTHER 2-3 MINUTES. WHISK THE MAYONNAISE, DILL & LEMON ZEST IN A SMALL BOWL; DIVIDE BETWEEN 2 OF THE TOASTED BREAD SLICES. TOP EACH WITH 1 PORTION OF COOKED SALMON, 2 TOMATO SLICES, 2 BACON SLICES, 1 LETTUCE LEAF AND A REMAINING SLICE OF TOASTED BREAD. SERVE WITH A GREEN VEGETABLE OR FRUIT. MAKES 2 SANDWICHES.

SEAFOOD-SPINACH LASAGNA

9 UNCOOKED LASAGNA NOODLES
6 OZ CAN COOKED CRABMEAT
3 CLOVES GARLIC, FINELY CHOPPED
10 OZ JAR ALFREDO PASTA SAUCE
16 OZS RICOTTA CHEESE
3 CUPS SHREDDED ITALIAN CHEESE BLEND
1 CUP BAY SCALLOPS, CUT INTO BITE-SIZE PIECES
9 OZ BOX FROZEN SPINACH, THAWED AND SQUEEZED DRY
1 CUPS MEDIUM SHRIMP, DEVEINED AND PEELED, TAIL SHELLS REMOVED

1 TBLS BUTTER
1 CUP CHOPPED ONIONS
8 OZS CREAM CHEESE WITH CHIVES
1/3 CUP DRY WHITE WINE
1/4 CUP CHOPPED BASIL LEAVES
1 EGG, SLIGHTLY BEATEN

PREHEAT OVEN TO 350 DEGREES; SPRAY 9X13 BAKING DISH WITH COOKING SPRAY. COOK & DRAIN THE NOODLES AS DIRECTED ON PACKAGE. IN SKILLET, MELT BUTTER; ADD SCALLOPS AND COOK FOR 2 MINUTES, STIRRING CONSTANTLY UNTIL FIRM AND OPAQUE. WITH SLOTTED SPOON, REMOVE THE SCALLOPS TO A MEDIUM SIZED BOWL. ADD CRABMEAT AND SHRIMP; COVER AND REFRIGERATE. IN THE SAME SKILLET, COOK ONIONS & GARLIC 4-5 MINUTES, STIRRING OCCASIONALLY, UNTIL ONIONS ARE SOFTENED. REDUCE HEAT TO LOW; STIR IN CREAM CHEESE UNTIL SOFTENED; BEAT IN ALFREDO SAUCE AND WINE WITH A WIRE WHISK, REMOVE FROM HEAT. IN BOWL, STIR TOGETHER THE RICOTTA CHEESE, 2 CUPS OF CHEESE BLEND, THE SPINACH, BASIL & EGG; SET ASIDE. SPREAD 1/2 OF THE CREAM CHEESE SAUCE INTO THE BAKING DISH; TOP WITH 3 NOODLES, THEN SPREAD 1/2 OF THE RICOTTA CHEESE MIXTURE & 1/3 OF THE SEAFOOD MIXTURE OVER THE NOODLES. TOP WITH 2/3 CUPS OF THE CREAM CHEESE SAUCE; 3 NOODLES, REMAINING RICOTTA MIXTURE, 1/2 THE REMAINING SEAFOOD MIXTURE & 2/3 CUP OF THE CREAM CHEESE SAUCE. TOP WITH THE REMAINING NOODLES, THE SEAFOOD AND THE CREAM CHEESE MIXTURE. COVER WITH FOIL; BAKE 40 MINUTES, THEN UNCOVER AND SPRINKLE WITH THE REMAINING 1 CUP CHEESE BLEND. BAKE, UNCOVERED, ABOUT 10 MINUTES LONGER OR UNTIL CHEESE IS MELTED. LET STAND FOR 10-15 MINUTES BEFORE CUTTING & SERVING. MAKES 12 SERVINGS!