



COOKING WITH JAN

RECIPES AT COBORN'S & kokk.com ~ January 10, 2018

"NEW YEAR, NEW YOU, NEW RECIPES"

SKINNY GARLIC SHRIMP PASTA

8 OZS UNCOOKED MULTIGRAIN ANGEL HAIR PASTA
1 1/2 CUPS HALVED CHERRY TOMATOES
1/2 CUP FINELY CHOPPED ONIONS
1/4 TSP RED PEPPER FLAKES
1/4 CUP REDUCED SODIUM CHICKEN BROTH
1/8 TSP BLACK PEPPER
1 1/2 LBS FRESH SHRIMP, PEELED, DEVEINED & SHELLS REMOVED
2 TBLs BUTTER

4 CUPS BABY SPINACH
3 TSPS OLIVE OIL
3 CLOVES GARLIC, CHOPPED
1/2 CUP DRY WHITE WINE
1/4 TSP SALT
3 TBLs FRESH PARSLEY, CHOPPED

IN LARGE SAUCEPAN OR DUTCH OVEN, COOK PASTA AS DIRECTED ON PACKAGE. DRAIN; RETURN TO THE SAUCEPAN. ADD THE SPINACH, TOMATOES & 2 TSPS OF OLIVE OIL; STIR WELL AND COVER TO KEEP WARM. WHILE PASTA IS COOKING, IN SKILLET, HEAT REMAINING 1 TSP OIL; ADD ONIONS AND COOK FOR 1 MINUTE. ADD THE SHRIMP, GARLIC & PEPPER FLAKES; COOK & STIR FOR ABOUT 2 MINUTES. ADD IN THE WINE, BROTH, SALT & PEPPER; COOK UNTIL SHRIMP ARE PINK & FIRM. REMOVE FROM HEAT; ADD IN THE PARSLEY & THE BUTTER & STIR UNTIL BUTTER IS MELTED. ADD SHRIMP MIXTURE TO PASTA; TOSS TO MIX. INSTEAD OF THE WHITE WINE, ANOTHER 1/2 CUP OF CHICKEN BROTH MAY BE USED. MAKES 6 SERVINGS.

BAKED SPAGHETTI SQUASH & CHEESE

5 1/2 CUPS COOKED SPAGHETTI SQUASH
1 TBLs OLIVE OIL
1/4 CUP FLOUR
1 CUP LOW SODIUM CHICKEN BROTH
4 CUPS BABY SPINACH
SALT & PEPPER TO TASTE

1 TBLs BUTTER
1/4 CUP MINCED ONION
2 CUPS SKIM MILK
8 OZS REDUCED FAT MILD CHEDDAR
1/8 CUP GRATED PARMESAN

PREHEAT OVEN TO 375 DEGREES. CUT SQUASH IN HALF, REMOVE & DISCARD SEEDS; PLACE ON BAKING SHEET, CUT SIDE DOWN & BAKE UNTIL TENDER, ABOUT 1 HOUR. SEPARATE THE STRANDS OF SQUASH WITH FORK, PLACE IN BOWL & DISCARD THE SHELL. SQUEEZE OUT ANY EXCESS LIQUID IF NECESSARY. HEAT THE BUTTER & OIL; ADD ONIONS & COOK FOR ABOUT 2 MINUTES. ADD IN THE FLOUR; REDUCE HEAT TO LOW & COOK, STIRRING CONSTANTLY FOR 3-4 MINUTES. ADD MILK & CHICKEN BROTH, CONTINUE WHISKING; RAISE HEAT UNTIL MIXTURE COMES TO A BOIL & BECOMES SMOOTH & THICK. SEASON TO TASTE WITH SALT & PEPPER. ONCE THICKENED, REMOVE FROM HEAT; ADD CHEDDAR CHEESE & MIX WELL UNTIL CHEESE IS MELTED. ADJUST SALT & PEPPER TO TASTE; ADD COOKED SPAGHETTI SQUASH & BABY SPINACH. POUR INTO BAKING DISH & SPRINKLE WITH PARMESAN CHEESE ON TOP. BAKE UNTIL BUBBLY & GOLDEN, ABOUT 25-30 MINUTES.

SKINNY CREAMY CHICKEN ENCHILADAS

1 TBLs OLIVE OIL
2 TSPS FINELY CHOPPED GARLIC
2 CUPS REDUCED SODIUM CHICKEN BROTH
1/8 TSP BLACK PEPPER
2 CUPS SHREDDED COOKED CHICKEN BREAST
1 CUP SHREDDED MEXICAN CHEESE BLEND
1/4 CUP CHOPPED FRESH CILANTRO
3/4 CUP CHOPPED TOMATOES
SALSA (OPTIONAL)

1/2 CUP CHOPPED ONIONS
3 TBLs FLOUR
1/2 TSP GROUND CUMIN
1/2 CUP REDUCED FAT SOUR CREAM
1 CUP FROZEN CORN, THAWED
1 CAN CHOPPED GREEN CHILIES
8—6/7" CORN OR FLOUR TORTILLAS
1/4 CUP SLICED GREEN ONIONS

PREHEAT OVEN TO 350 DEGREES; SPRAY 9X13" BAKING PAN WITH COOKING SPRAY. IN SKILLET, HEAT OIL OVER MEDIUM HEAT; ADD ONIONS & GARLIC & COOK 3-4 MINUTES UNTIL ONIONS ARE TENDER. IN MIXING BOWL, MIX TOGETHER THE BROTH, FLOUR, CUMIN & BLACK PEPPER UNTIL WELL BLENDED. SLOWLY ADD TO THE HOT MIXTURE, STIRRING CONTANTLY. COOK, STIRRING OCCASIONALLY, 5-6 MINUTES UNTIL THE MIXTURE COMES TO A BOIL & THICKENS SLIGHTLY. REMOVE FROM HEAT; ADD SOUR CREAM AND STIR UNTIL WELL BLENDED. IN ANOTHER BOWL, MIX TOGETHER THE CHICKEN, CORN, 1/2 CUP OF THE MEXICAN CHEESE BLEND, THE CHILES, CILANTRO & 1/2 CUP OF THE PREPARED SAUCE. PLACE 2 TORTILLAS AT A TIME ON A MICROWAVABLE PLATE; COVER WITH PAPER TOWEL & MICROWAVE ON HIGH FOR 10-15 SECOND OR UNTIL SOFTENED. SPOON 1/3 CUP CHICKEN MIXTURE DOWN CENTER OF EACH; ROLL UP AND ARRANGE, SEAM SIDE DOWN, IN BAKING DISH. TOP THE ENCHILADAS WITH THE REMAINING SAUCE; COVER WITH FOIL. BAKE 30-35 MINUTES OR UNTIL SAUCE IS BUBBLY; REMOVE FROM OVEN. UNCOVER; SPRINKLE WITH THE REMAINING 1/2 CUP CHEESE. LET STAND 5 MINUTES BEFORE SERVING. WHEN SERVING, TOP WITH GREEN ONIONS & TOMATOES. A DOLLOP OF SOUR CREAM OR SALSA MAY BE ADDED TO THE TOP IF DESIRED. MAKES 8 SERVINGS.