



COOKING WITH JAN

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EASY HEALTHY EATING 2018

GRILLED CHICKEN WITH TOMATO—CUCUMBER SALAD

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| <u>SALAD</u> | 1 CLOVE GARLIC | 1 TSP KOSHER SALT |
| | 1 TBLS OLIVE OIL | 1/4 LEMON, JUICED (ABOUT 1 TBLS) |
| | 1 CUP PEAR TOMATOES, SLICED | 1 CUCUMBER QUARTED & SLICED |
| | 3 PEPPERONCINI PEPPERS, MINCED | 1 TBLS CHOPPED FRESH DILL |
| | BLACK PEPPER | |
| <u>CHICKEN</u> | 4 CHICKEN BREASTS | OLIVE OIL COOKING SPRAY |
| | SALT & BLACK PEPPER | |

SMASH THE GARLIC CLOVES & SPRINKLE WITH 1 TSP SALT; MASH & SMEAR TO A COARSE PASTE. PUT THE PASTE IN A LARGE BOWL; STIR IN THE OLIVE OIL AND LEMON JUICE. ADD THE TOMATO SLICES, CUCUMBER SLICES, THE PEPPERS; SPRINKLE WITH THE DILL AND TOSS. ADD THE BLACK PEPPER TO TASTE, TOSS AGAIN & SET ASIDE. PREHEAT A GRILL PAN OR NONSTICK SKILLET; SPRAY THE CHICKEN WITH THE OLIVE OIL SPRAY, THEN SEASON WITH SALT & PEPPER. GRILL THE CHICKEN, IN BATCHES IF NECESSARY, TURNING ONCE, UNTIL COOKED THROUGH, ABOUT 2 MINUTES PER SIDE. PLACE EACH CHICKEN BREAST ONTO A SERVING PLATE & TOP WITH THE SALAD.

CHICKEN—PEANUT STIR FRY

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| 1 CUP BALSAMIC RICE | 3 TSPS SOY SAUCE |
| 1 TBLS + 2 TSPS CORNSTARCH | 1 TBLS + 1 TSP RICE VINEGAR |
| 1 LB SKINLESS, BONELESS CHICKEN BREASTS | 2 TSPS PACKED BROWN SUGAR |
| 2 TBLS PEANUT OR VEGETABLE OIL | 1 PIECE GINGER, PEELED & SLICED |
| 1 BUNCH SCALLIONS, ROUGHLY CHOPPED | 1 JALAPENO PEPPER, SEEDED & SLICED |
| 1 SMALL HEAD NAPA CABBAGE, CUT INTO 2" PIECES | 1/4 CUP ROASTED SALTED PEANUTS |

COOK RICE PER PACKAGE INSTRUCTIONS. WHISK TOGETHER 2 TSPS SOY SAUCE & 1 TBLS EACH OF THE CORNSTARCH & RICE VINEGAR; ADD THE CHICKEN & TOSS TO COAT. IN A SMALL BOWL, WHISK TOGETHER THE BROWN SUGAR, 1/3 CUP WATER & THE REMAINING 2 TSPS CORNSTARCH & 1 TSP EACH OF THE SOY SAUCE AND THE RICE VINEGAR. IN LARGE NONSTICK SKILLET, HEAT 1 TBLS PEANUT OIL OVER HIGH HEAT; ADD THE CHICKEN & STIR FRY UNTIL LIGHTLY GOLDEN, ABOUT 2-3 MINUTES. REMOVE WITH A SLOTTED SPOON AND PLACE IN BOWL. WIPE THE SKILLET WITH PAPER TOWEL, RETURN TO HIGH HEAT AND ADD THE REMAINING 1 TBLS OF PEANUT OIL. WHEN IT BEGINS TO SMOKE, ADD THE GINGER, SCALLIONS AND JALAPENO; STIR FRY FOR 45 SECONDS. ADD THE CABBAGE AND STIR FRY UNTIL CRISP-TENDER, 3-5 MINUTES. STIR THE BROWN SUGAR MIXTURE; ADD TO THE PAN ALONG WITH THE CHICKEN; STIR FRY UNTIL THE SAUCE IS THICK AND THE CHICKEN IS COOKED THROUGH, 1-2 MINUTES. ADD IN THE PEANUTS; SERVE WITH THE RICE. MAKES 4 SERVINGS. THIS RECIPE IS A FAVORITE OF MINE, EASY & DELICIOUS!

SALMON—APPLE BURGERS

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| 1 CUP APPLE CIDER | 2 APPLES, PEELED & COARSELY GRATED |
| 1 SMALL RED ONION, FINELY CHOPPED | 3 TBLS APPLE CIDER VINEGAR |
| 1 TBLS CURRY POWDER | SALT & PEPPER |
| 1/4 CUP FINELY CHOPPED CILANTRO, PLUS LEAVES | 2 + TBLS MAYONNAISE |
| 1/4 CUP PANKO BREADCRUMBS | 1 1/4 LBS SKINLESS SALMON |
| 2 TSPS UNSALTED BUTTER | 4 POTATO BUNS, SPLIT & TOASTED |

COMBINE THE CIDER, APPLES, ONIONS, 2 TBLS VINEGAR, 1 TSP CURRY POWDER AND SALT & PEPPER TO TASTE IN SAUCEPAN; BRING TO A BOIL. COOK UNTIL LIQUID EVAPORATES, ABOUT 12 MINUTES. COOL SLIGHTLY; ADD IN 2 TBLS OF THE CHOPPED CILANTRO. PULSE 3/4s OF THE SALMON IN A FOOD PROCESSOR UNTIL FINELY GROUND; ADD THE REMAINING SALMON AND PULSE UNTIL CHOPPED. PUT INTO A BOWL; ADD IN THE PANKO, MAYONNAISE AND THE REMAINING SHALLOT, 2 TBLS CILANTRO, 1 TBLS VINEGAR AND 2 TSPS CURRY POWDER. ADD THE SALT & PEPPER; FORM INTO 4—1/2" THICK PATTIES. MELT THE BUTTER IN A LARGE NONSTICK SKILLET OVEN MEDIUM HIGH HEAT; ADD THE PATTIES & COOK UNTIL BROWNEED AND COOKED THROUGH, ABOUT 2-3 MINUTES PER SIDE. BUTTER THE BUNS, ADD THE SALMON MIXTURE, ADDITIONAL MAYONNAISE, THE APPLE RELISH & ADDITIONAL CILANTRO, IF DESIRED. SERVE WITH CHIPS AND A GREEN SALAD. MAKES 4 SERVINGS.

SKINNY LEMON BARS

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| 1 CUP FLOUR | 1/2 CUP BUTTER, SOFTENED |
| 1/4 CUP POWDERED SUGAR | 1 CUP WHITE SUGAR |
| 2 TSP GRATED LEMON PEEL | 2 TBLS LEMON JUICE |
| 1/2 TSP BAKING POWDER | 1/4 TSP SALT |
| 2 LG EGGS | |

PREHEAT OVEN TO 350 DEGREES. IN MEDIUM BOWL, MIX TOGETHER THE FLOUR, BUTTER & 1/4 CUP POWDERED SUGAR WITH A SPOON. PRESS MIXTURE INTO AN UNGREASED 8X8" BAKING PAN, BUILDING UP 1/2" EDGES. BAKE THE CRUST 20 MINUTES; REMOVE FROM THE OVEN. IN MEDIUM MIXING BOWL, BEAT THE REMAINING INGREDIENTS, WITH ELECTRIC MIXER ABOUT 3 MINUTES OR UNTIL LIGHT AND FLUFFY; POUR OVER THE HOT CRUST. BAKE 25-30 MINUTES OR UNTIL NO INDENTATIONS REMAIN WHEN TOUCHED LIGHTLY IN CENTER. COOL COMPLETELY IN PAN ON A WIRE RACK, ABOUT 1 HOUR. DUST WITH ADDITIONAL POWDERED SUGAR, IF DESIRED. CUT INTO BARS WHEN SERVING.

