



COOKING WITH JAN ~ MAY 17, 2017

RECIPES AT COBORNS & kokk.com ~ Low-Carb Recipes

MARINATED FLANK STEAK

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| 1 1/4 LBS BEEF FLANK STEAK | 2 TBLS OLIVE OIL |
| 1 TBLS BALSAMIC VINEGAR | 2 CLOVES GARLIC, MINCED |
| 2 TBLS CRUMBLLED BLUE CHEESE | 2 TBLS LOWFAT BUTTERMILK |
| DASH WORCESTERSHIRE SAUCE | 1 MEDIUM RED ONION |
| 1/2 TSP SALT | 12 RADICCHIO LEAVES |
| 1/4 TSP BLACK PEPPER | 2 TBLS FRESH PARSLEY, CHOPPED |

PLACE STEAK PIECES BETWEEN 2 PIECES OF PLASTIC WRAP OR PARCHMENT PAPER AND POUND TO 1/4" THICKNESS. CUT INTO 4 EQUAL PIECES, DIAGONALLY, AGAINST THE GRAIN. IN A SMALL BOWL, WHISK TOGETHER 1 TBLS OF THE OLIVE OIL, THE BALSAMIC VINEGAR, SUGAR & GARLIC. PUT THE STEAK INTO A SEALABLE PLASTIC BAG WITH THE MARINADE AND LET SIT FOR 30 MINUTES AT ROOM TEMPERATURE OR 1 HOUR IN THE REFRIGERATOR. IN ANOTHER SMALL BOWL, COMBINE THE BLUE CHEESE AND BUTTERMILK WITH FORK, MASHING UNTIL CREAMY. STIR IN THE WORCESTERSHIRE AND SET ASIDE. SPRAY A LARGE GRILL PAN WITH COOKING SPRAY AND PREHEAT OVER MEDIUM-HIGH HEAT. CUT THE ONION INTO 1/4" ROUNDS; BRUSH BOTH SIDES WITH THE REMAINING OLIVE OIL AND PLACE ON GRILL PAN. GRILL AT 6-7 MINUTES PER SIDE; SEPARATE INTO RINGS AND SET ASIDE. REMOVE THE MEAT FROM THE MARINADE AND SEASON BOTH SIDES WITH SALT & PEPPER; DISCARD THE MIXTURE. COOK THE MEAT ON THE GRILL PAN FOR ABOUT 3 MINUTES PER SIDE FOR MEDIUM RARE. ARRANGE 3 RADICCHIO LEAVES AND THE A SERVING OF ONIONS ON EACH SERVING PLATE. TOP WITH A PIECE OF STEAK; DRIZZLE WITH THE BLUE CHEESE SAUCE AND GARNISH WITH THE PARSLEY. MAKES 4 SERVINGS.

SALMON WITH LEMON, CAPERS & ROSEMARY

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| 4—6 OZ SALMON FILLETS | 1/4 CUP OLIVE OIL |
| 1/2 TSP SALT | 1/2 TSP BLACK PEPPER |
| 1 TBLS MINCED ROSEMARY LEAVES | 8 LEMON SLICES |
| 1/2 CUP MARSALA OR WHITE WINE | 4 TSPS CAPERS |
| ALUMINUM FOIL | |

BRUSH TOP & BOTTOM OF SALMON FILLETS WITH THE OLIVE OIL; SEASON WITH SALT, PEPPER AND ROSEMARY. PLACE EACH PIECE OF SALMON ON A PIECE OF FOIL LARGE ENOUGH TO FOLD OVER AND SEAL. TOP WITH 2 LEMON SLICES, 1 TBLS LEMON JUICE, 2 TBLS WINE AND 1 TSP OF CAPERS. WRAP THE SALMON TIGHTLY IN THE FOIL PACKETS MAKING SURE WELL SEALED. PLACE ON A GRILL PAN OVER MEDIUM-HIGH HEAT OR PREHEAT A GAS OR CHARCOAL GRILL. COOK FOR 10 MINUTES OR TO DESIRED DONENESS. SERVE IN THE FOIL PACKETS. DELICIOUS WAY TO HAVE SALMON; I HAVE MADE WITHOUT THE CAPERS AND IT IS STILL VERY GOOD. MAKES 4 SERVINGS.

BUFFALO CHICKEN SALAD

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| 2—OZ BONELESS, SKINLESS CHICKEN BREAST HALVES | 2 TSPS OLIVE OIL |
| 2 TBLS HOT SAUCE OF CHOICE | 8 CUPS ROMAINE IN 1" STRIPS |
| 4 CELERY STALKS, THINLY SLICED | 4 CARROTS, GRATED |
| 2 SCALLIONS, GREEN PART ONLY, SLICED | BLUE CHEESE DRESSING |

PREHEAT THE OVEN BROILER. PUT CHICKEN BETWEEN 2 SHEETS OF WAXED PAPER AND POUND WITH Mallet TO AN EVEN THICKNESS OF 3/4"; CUT CHICKEN CROSSWISE INTO 1/2" STRIPS. COMBINE THE HOT SAUCE AND THE OLIVE OIL; ADD CHICKEN STRIPS AND TOSS UNTIL CHICKEN IS WELL COATED. ARRANGE THE CHICKEN ON BAKING SHEET AND BROIL UNTIL COOKED THROUGH, ABOUT 4-6 MINUTES, TURNING ONCE. IN LARGE BOWL, COMBINE THE ROMAINE STRIPS, CELERY, SHREDDED CARROTS AND SCALLIONS.; TOSS WITH THE BLUE CHEESE DRESSING UNTIL COATED TO TASTE. DIVIDE THE GREENS ON 4 SALAD PLATES; TOP WITH THE CHICKEN STRIPS. SERVE WITH EXTRA HOT SAUCE IF DESIRED. MAKES 4 SERVINGS.

NO-BAKE CHEWY TRUFFLE COOKIES

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| 1 CUP DRIED DATES, CHOPPED | 1 CUP WATER |
| 1 TBLS FRESH LEMON JUICE | 2 TBLS HONEY OR AGAVE SYRUP |
| 2 TBLS LOW-FAT CHUNKY PEANUT BUTTER | 1 TBLS BUTTER |
| 2 TBLS UNSWEETENED COCOA POWDER | 1/4 TSP KOSHER SALT |
| 1 1/4 CUPS WHOLE WHEAT GRAHAM CRACKER CRUMBS | 1/2 CUP OATMEAL (NOT INSTANT) |
| 1/2 CUP OF EACH FOR COATING: COCONUT FLAKES, CHOPPED PEANUTS, GRANOLA | |

COMBINE DATES, WATER AND LEMON JUICE IN SAUCEPAN; SIMMER UNTIL MIXTURE RESEMBLE A PASTE, ABOUT 15-20 MINUTES. ADD IN THE HONEY, PEANUT BUTTER, COCOA POWDER, BUTTER AND SALT; STIR IN THE CRACKER CRUMBS AND OATMEAL, REMOVE FROM HEAT. SPRAY BAKING SHEET WITH COOKING SPRAY; DROP LEVEL TSPS OF MIXTURE ONTO PAN. REFRIGERATE UNTIL CHILLED & SET, ABOUT 20 MINUTES. ROLL COOKIES IN DESIRED COATINGS; FLATTEN SLIGHTLY WITH BOTTOM OF GLASS. REFRIGERATE UNTIL FIRM; SERVE CHILLED. MAKES ABOUT 2 DOZEN COOKIES.