



COOKING WITH JAN ~ MAY 31, 2017

RECIPES AT COBORNS & kokk.com website

LOW CARB RECIPES

MARINATED CHICKEN BREASTS

- | | |
|--------------------------------------|---------------------------------------|
| 1-2 TBLS BALSAMIC VINEGAR | 2-3 TSPS DRIED HERBS (THYME, OREGANO) |
| 1-2 TBLS DIJON MUSTARD | 2 TSPS GARLIC OR ONION POWDER |
| 1/4 CUP EXTRA VIRGIN OLIVE OIL | KOSHER SALT & BLACK PEPPER |
| 4 BONELESS, SKINLESS CHICKEN BREASTS | |

PUT VINEGAR, HERBS, MUSTARD, GARLIC/ONION POWDER AND OIL INTO LARGE RESEALABLE PLASTIC BAG. CLOSE THE BAG & SHAKE TO COMBINE ALL THE INGREDIENTS. OPEN THE BAG; PLACE CHICKEN BREASTS INTO THE BAG. CLOSE & SHAKE TO COAT EVENLY. PREHEAT GRILL OR GRILL PAN. WHEN HOT, PLACE THE CHICKEN ON THE GRILL/PAN AND COOK FOR 4 MINUTES PER SIDE OR UNTIL COOKED THROUGH. REMOVE TO SERVING PLATE; SERVE WITH GREEN SALAD OR VEGGIE.

TURKEY MEATLOAF

- | | |
|-----------------------------|----------------------------|
| 3/4 CUP OATMEAL | 1/2 CUP SKIM MILK |
| 1 ONION, PEELED | 2 LBS GROUND TURKEY BREAST |
| 1/2 CUP CHOPPED RED PEPPERS | 2 EGGS, BEATEN |
| 2 TSPS WORCESTERSHIRE SAUCE | 1/4 CUP KETCHUP |
| 1/2 TSP SALT | BLACK PEPPER |
| 8 OZ CAN TOMATO SAUCE | |

PREHEAT OVEN TO 350 DEGREES. IN SMALL BOWL, MIX TOGETHER THE OATMEAL & MILK. THINLY SLICE 1/4 OF THE ONION AND SET ASIDE; FINELY CHOP THE REMAINING ONION. IN LARGE MIXING BOWL, COMBINE THE TURKEY, OATMEAL MIXTURE, CHOPPED ONIONS, PEPPERS, EGGS, WORCESTERSHIRE SAUCE, KETCHUP, SALT AND PEPPER. MIX JUST UNTIL WELL COMBINED. PUT MIXTURE INTO A 9X13 BAKING DISH; SHAPE INTO A LOAF ABOUT 5" WIDE & 2 1/2" HIGH. POUR THE TOMATO SAUCE OVER THE TOP AND SPRINKLE WITH THE SLICED ONIONS. BAKE FOR 1 HOUR OR UNTIL MEAT THERMOMETER READS 160 DEGREES. REMOVE FROM OVEN; LET REST 10-15 MINUTES BEFORE SLICING. MAKES 6-7 SERVINGS.

BAKED SALMON

- | | |
|---|--------------------------|
| 4—5 OZ SALMON FILLETS | 2 TSP + 2 TBLS OLIVE OIL |
| SALT & PEPPER | 3 TOMATOES, CHOPPED |
| 2 SHALLOTS, CHOPPED | 2 TBLS FRESH LEMON JUICE |
| 1 TSP EACH DRIED OREGANO & THYME | |

PREHEAT OVEN TO 400 DEGREES. SPRINKLE SALMON WITH 2 TSPS OLIVE OIL, SALT & PEPPER. IN BOWL, MIX TOGETHER THE CHOPPED TOMATOES, SHALLOTS, 2 TBLS OIL, LEMON JUICE & HERBS; SALT & PEPPER TO TASTE. PLACE A SALMON FILLET, OILED SIDE DOWN, ONTO A SHEET OF FOIL. WRAP THE ENDS TO FORM A SPIRAL SHAPE; TOP WITH THE TOMATO MIXTURE. FOLD THE SIDES OVER THE FISH, COVERING COMPLETELY; SEAL THE PACKETS CLOSED. PLACE ON LARGE BAKING SHEET. REPEAT WITH THE REMAINING FILLETS; BAKE JUST UNTIL THE SALMON IS COOKED THROUGH, ABOUT 25 MINUTES. TRANSFER THE FOIL PACKETS TO SERVING PLATES; OPEN PACKETS & ENJOY.

CHERRY ALMOND CHOCOLATE CLUSTERS

- | | |
|--------------------------------------|------------------------|
| 1 CUP TOASTED ALMONDS | 1/2 CUP DRIED CHERRIES |
| 6 OZS DARK CHOCOLATE, FINELY CHOPPED | |

COARSELY CHOP THE ALMONDS & CHERRIES; IN BOWL, TOSS TOGETHER. LINE A BAKING SHEET WITH WAXED PAPER. MELT 1/2 OF THE CHOCOLATE IN DOUBLE BOILER; ONCE MELTED & SMOOTH, REMOVE FROM HEAT. STIR IN THE REMAINING CHOCOLATE AND MIX UNTIL WELL BLENDED AND SMOOTH. PLACE PAN WITH CHOCOLATE OVER ANOTHER PAN OF WARM WATER; THIS WILL KEEP THE CHOCOLATE AT THE RIGHT TEMPERATURE AS YOU MAKE THE CLUSTERS. STIR THE ALMONDS & CHERRIES INTO THE MELTED CHOCOLATE. SPOON OUT HEAPING TABLESPOON-SIZE CLUSTERS ONTO THE BAKING SHEET, ABOUT 1" APART. PUT INTO THE REFRIGERATOR TO SET FOR ABOUT 15 MINUTES. STORE & SERVE AT ROOM TEMPERATURE. MAKES ABOUT 12 CLUSTERS.

PORK CHOPS with RICE & VEGGIES

- | | |
|---|------------------------------------|
| 6 THICK PORK CHOPS | 2 CANS CREAM OF MUSHROOM SOUP |
| 1 3/4 CUPS CHICKEN BROTH | 2 CUPS UNCOOKED INSTANT BROWN RICE |
| 1 LB BAG FROZEN BABY PEAS, CARROTS, PEA PODS & CORN, THAWED & DRAINED | |

SPRAY SKILLET WITH COOKING SPRAY; HEAT OVER MEDIUM HEAT. COOK PORK CHOPS ABOUT 5 MINUTES, TURNING ONCE, UNTIL BROWN. REMOVE FROM SKILLET; COVER TO KEEP WARM. IN SAME SKILLET, HEAT SOUP, VEGGIES & BROTH TO BOILING, STIRRING OCCASIONALLY. ADD IN RICE & REDUCE HEAT; COVER & SIMMER FOR 5-6 MINUTES. TOP WITH PORK; COVER & SIMMER ANOTHER 5 MINUTES OR UNTIL PORK IS SLIGHTLY PINK IN CENTER AND RICE IS TENDER. REMOVE TO SERVING PLATES & SERVE.