



COOKING WITH JAN ~ January 15, 2020

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It's a New Year, a New Day, a New You!

CHICKEN & DIRTY RICE CASSEROLE

4 TSPS VEGETABLE OIL	1 CUP GREEN PEPPERS, CHOPPED
1 CUP ONIONS, CHOPPED	1/2 CUP CELERY, CHOPPED
2 TSPS CAJUN SEASONING	1 TSP PAPRIKA
1/8 TSP CAYENNE PEPPER	1 1/2 CUPS UNCOOKED INSTANT WHITE RICE
6 COOKED SAUSAGE LINKS, SLICED	14 OZ CAN FIRE ROASTED TOMATOES, UNDRAINED
1 1/2 CUPS CHICKEN BROTH	4 BONELESS, SKINLESS CHICKEN BREASTS
2 TBLs FRESH PARSLEY, CHOPPED	

PREHEAT OVEN TO 350 DEGREES; SPRAY 9X13" GLASS BAKING DISH WITH COOKING SPRAY. IN SKILLET, HEAT 2 TSPS OF OIL; ADD PEPPERS, ONIONS, CELERY, 1/2 TSP OF THE CAJUN SEASONING, PAPRIKA AND THE CAYENNE PEPPER. COOK 2-3 MINUTES, STIRRING OCCASIONALLY, UNTIL ONIONS START TO SOFTEN. ADD SAUSAGE; COOK 4-5 MINUTES OR UNTIL SAUSAGE IS HEATED THROUGH. ADD THE SAUSAGE MIXTURE, THE RICE, TOMATOES & BROTH TO THE BAKING DISH; STIR TO COMBINE. IN A BOWL, MIX THE CHICKEN, REMAINING 2 TSPS OF OIL & REMAINING 2 TSPS OF THE CAJUN SEASONING; STIR TO COAT. PLACE THE CHICKEN ON TOP OF RICE MIXTURE; COVER WITH FOIL. BAKE 45-50 MINUTES OR UNTIL JUICE OF THE CHICKEN RUNS CLEAR; TOP WITH THE PARSLEY. MAKES 4 SERVINGS. 400 CALORIES, 14 GRAMS FAT, 27 GRAMS CARBS AND 42 GRAMS PROTEIN.

TURKEY-CRANBERRY BACON RANCH PASTA SALAD

1 BOX SUDDENLY SALAD RANCH MIX	1/2 CUP MAYO OR SALAD DRESSING
1 CUP CELERY, SLICED	1 1/2 CUPS COOKED TURKEY BREAST, CUBED
1 CUP PROVOLONE CHEESE, CUBED	1/2 CUP SWEETENED DRIED CRANBERRIES
1/2 CUP SLICED ALMONDS, TOASTED	

FILL 3-QUART SAUCEPAN 2/3 FULL OF WATER; HEAT TO BOILING. ADD THE PASTA; BOIL, UNCOVERED, FOR 12 MINUTES, STIRRING OCCASIONALLY. DRAIN, THEN RINSE WITH COLD WATER TO COOL; DRAIN AGAIN. IN MIXING BOWL, COMBINE SEASONING MIX FROM THE SALAD BOX WITH THE MAYO/SALAD DRESSING. STIR IN THE TURKEY, CELERY, CRANBERRIES & CHEESE UNTIL WELL MIXED. ADD THE COOKED PASTA; TRANSFER TO SERVING PLATTER; TOP WITH ALMONDS. MAKES 7 SERVINGS. 400 CALORIES, 22 GRAMS FAT, 33 GRAMS CARBS & 18 GRAMS PROTEIN.

SWEET POTATO CARBONARA

2 LBS SWEET POTATOES, PEELED	3 LG EGGS, BEATEN
1 CUP GRATED PARMESAN CHEESE	1/4 TSP EACH SALT & PEPPER
1 TBLs OLIVE OIL	3 STRIPS CENTER CUT BACON, CHOPPED
8 OZ PKG SLICED MUSHROOMS	2 CLOVES GARLIC, MINCED
5 OZ PKG BABY SPINACH	

USING SPIRAL VEGETABLE SLICER OR JULIENNE PEELER, CUT SWEET POTATOES LENGTHWISE INTO LONG, THIN STRANDS (SHOULD HAVE ABOUT 12 CUPS OF SWEET POTATO NOODLES). COOK THE POTATOES NOODLES IN BOILING WATER, STIRRING OCCASIONALLY, UNTIL JUST STARTING TO SOFTEN BUT NOT TENDER, ABOUT 1 1/2-3 MINUTES. RESERVE 1/4 CUP OF THE COOKING WATER, THEN DRAIN. RETURN THE NOODLES TO THE POT OFF THE HEAT. COMBINE EGGS, PARMESAN CHEESE, SALT, PEPPER & RESERVED WATER IN A BOWL. POUR OVER THE NOODLES & GENTLY TOSS UNTIL EVENLY COATED. HEAT THE OIL IN SKILLET; ADD BACON STRIPS & MUSHROOMS & COOK, STIRRING OFTEN, UNTIL LIQUID HAS EVAPORATED AND THE MUSHROOMS ARE STARTING TO BROWN, ABOUT 6-8 MINUTES. ADD THE GARLIC; COOK, STIRRING, UNTIL FRAGRANT, ABOUT 1 MINUTE. ADD THE SPINACH; CONTINUE TO COOK UNTIL SPINACH HAS WILTED, ABOUT 1-3 MINUTES. ADD THE VEGETABLE TO THE NOODLES AND TOSS TO COMBINE. TOP WITH A GENEROUS SPRINKLE OF BLACK PEPPER. 312 CALORIES, 12 GRAM FAT, 37 GRAMS CARBS, AND 14 GRAMS PROTEIN. SERVING SIZE OF 1 2/3 CUP.

LOW CAL MOCHA COFFEE FRAPPE

1 FIBER ONE 90 CALORIE BROWNIE	1/2 CUP SUGAR FREE FROZEN YOGURT
1/4 CUP COLD PREPARED COFFEE	3 TBLs SUGAR FREE CHOCOLATE SYRUP
1/2 CUP ICE CUBES	

COMBINE THE INGREDIENTS IN YOUR BLENDER; BLEND UNTIL SMOOTH, HOPEFULLY NO ICE CHUNKS! POUR INTO SERVING GLASS & ENJOY! MAKES 1 SERVING. 200 CALORIES, 3 GRAMS FAT, 39 GRAMS CARBS & 5 GRAMS PROTEIN.