



COOKING WITH JAN ~ January 8, 2020

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

MEDITERRANEAN LAYERED SALAD

DRESSING

1/2 CUP OLIVE OIL

1 TBLS CHOPPED PARSLEY

1/2 TSP SALT

3 TBLS LEMON JUICE

1 1/2 TSPS HONEY

1/4 TSP EACH PEPPER & RED PEPPER FLAKES

SALAD

8 CUPS CHOPPED ROMAINE

1 1/2 CUP CHERRY TOMATOES

6 OZ JAR ARTICHOKE HEARTS

1 RED ONION, THINLY SLICED

8 OZ PREPARED HUMMUS

3 1/2 CUPS CHOPPED ENGLISH CUCUMBERS

1/2 CUP CHOPPED KALAMATA OLIVES

1 CUP FETA CHEESE, CRUMBLD

CUT THE CHERRY TOMATOES IN HALF; DRAIN & CHOP THE ARTICHOKE HEARTS. IN BOWL, STIR TOGETHER THE DRESSING INGREDIENTS UNTIL WELL BLENDED. ARRANGE THE LETTUCE ON A LARGE SERVING PLATTER; DRIZZLE WITH 3 TBLS OF THE DRESSING. PLACE SMALL DOLLOPS OF HUMMUS EVENLY OVER THE LETTUCE, THEN LAYER THE TOMATOES, CUCUMBERS, ARTICHOKE HEARTS, ONIONS, BLACK OLIVES & THE FETA CHEESE OVER TOP. SERVE WITH THE REMAINING DRESSING. MAKES 12 SERVINGS. 190 CALORIES, 10 GRAMS CARBS, 3 GRAMS PROTEIN.

PEPPERONI STUFFED CHICKEN BREASTS

CHICKEN

4 BONELESS, SKINLESS CHICKEN BREASTS

1/2 CUP SHREDDED MOZZARELLA

COOKING SPRAY

12 SLICES TURKEY PEPPERONI

1/4 CUP PANKO BREAD CRUMBS

SALAD

2 CUPS MIXED SALAD GREENS

1/4 CUP LIGHT BALSAMIC DRESSING

PREHEAT OVEN TO 375 DEGREES; LINE COOKIE SHEET WITH FOIL. PLACE THE CHICKEN BREASTS FLAT ON A CUTTING BOARD. WITH KNIFE, CUT A LENGTHWISE SLIT IN EACH CHICKEN BREAST, FORMING A POCKET BUT KEEPING THE OTHER 3 SIDES INTACT. STUFF EACH WITH THE PEPPERONI & MOZZARELLA, PRESSING THE EDGES OF EACH CHICKEN BREAST TO SEAL. PLACE ON COOKIE SHEET; SPRAY TOPS OF CHICKEN WITH THE COOKING SPRAY. SPRINKLE THE BREAD CRUMBS EVENLY OVER THE CHICKEN; SPRAY AGAIN WITH THE COOKING SPRAY. BAKE 20-25 MINUTES OR UNTIL THE JUICE OF CHICKEN RUNS CLEAR WHEN THICK PART IS CUT. SHOULD REACH AT LEAST 165 DEGREES. SERVE THE CHICKEN WITH THE SALAD GREENS TOSSED WITH THE DRESSING. MAKES 4 SERVINGS. 300 CALORIES, 8 GRAMS CARBS, 34 GRAMS PROTEIN.

HONEY MUSTARD TURKEY WITH SNAP PEAS

1 LB UNCOOKED TURKEY BREAST SLICES

1 CUP BABY CUT CARROTS, CUT LENGTHWISE

1/2 CUP DIJON & HONEY POULTRY MARINADE

2 CUPS FROZEN SUGAR SNAP PEAS

PLACE TURKEY SLICES IN SHALLOW GLASS DISH. POUR THE MARINADE OVER TOP; TURN SLICES TO COAT EVENLY. COVER THE DISH & LET STAND 10-15 MINUTES AT ROOM TEMPERATURE. SPRAY 10" SKILLET WITH COOKING SPRAY; HEAT OVER MEDIUM HIGH HEAT. DRAIN MOST OF THE MARINADE FROM THE TURKEY; COOK TURKEY IN SKILLET ABOUT 5 MINUTES, TURNING ONCE, UNTIL BROWNED. ADD THE CARROTS, LIFTING THE TURKEY SLICES TO PLACE CARROTS ON BOTTOM OF SKILLET, TOP TURKEY WITH SNAP PEAS. COVER & SIMMER ABOUT 7 MINUTES OR UNTIL CARROTS ARE TENDER & TURKEY IS NO LONGER PINK IN CENTER. MAKES 4 SERVINGS. 185 CALORIES, 12 GRAMS CARBS, 30 GRAMS PROTEIN.

SKINNY CHICKEN TORTILLA CASSEROLE

1 CAN CREAM OF CHICKEN SOUP

8 OZS SOUR CREAM

8 CORN TORTILLAS TORN INTO BITE SIZE PIECES

1 CUP CHOPPED TOMATOES

2 1/2 CUPS CHICKEN BREAST, COOKED & SHREDDED

1 CAN CHOPPED GREEN CHILIES

1/2 CUP SKIM MILK

1 CUP GREEN PEPPERS, CHOPPED

1 1/2 CUPS SHREDDED CHEDDAR CHEESE

PREHEAT OVEN TO 350 DEGREES; SPRAY 9X13" GLASS BAKING PAN WITH COOKING SPRAY. IN BOWL, MIX THE SOUP, CHILES, SOUR CREAM & MILK UNTIL WELL BLENDED. STIR IN THE CHICKEN, TORTILLAS, PEPPERS, TOMATOES & 1 CUP OF THE CHEESE. SPOON & SPREAD MIXTURE INTO THE BAKING PAN. COVER WITH FOIL, BAKE 40 MINUTES; UNCOVER, SPRINKLE WITH THE REMAINING CHEESE. RETURN TO OVEN & BAKE, UNCOVERED, 5-10 MINUTES LONGER OR UNTIL CHEESE IS MELTED & MIXTURE IS BUBBLY. LET STAND FOR 5 MINUTES. MAKES 8 SERVINGS. 270 CALORIES, 22 GRAMS CARBS, 21 GRAMS PROTEIN.