



Healthy Eating

COOKING WITH JAN ~ JANUARY 9, 2019

Recipes at Coborns and kokk.com

TIME FOR SKINNY & LITE ENTREES

SKINNY CRUNCHY ASIAN SALAD

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| <u>DRESSING</u> | 1/3 CUP CANOLA OIL | 1/3 CUP RICE VINEGAR |
| | 3 TBLS WHITE SUGAR | 3/4 TSP SALT; 1/2 TSP BLACK PEPPER |
| <u>SALAD</u> | 3 OZ PKG RAMEN NOODLES | 16 OZ BAG COLESLAW MIX |
| | 1/2 CUP SLICED GREEN ONIONS | 1/2 CUP SLICED ALMONDS |
| | 1 RED PEPPER CUT INTO STRIPS | 1 1/2 CUP SEEDLESS ORANGES |
| | 2 CUPS FRESH BABY SPINACH LEAVES | |

PEEL & COARSELY CHOP ORANGES; WASH & COARSELY CHOP SPINACH LEAVES. IN LARGE BOWL, BEAT DRESSING INGREDIENTS WITH WIRE WHISK UNTIL SUGAR IS DISSOLVED & MIXTURE IS WELL BLENDED. BREAK UP RAMEN NOODLES (CAN USE ANY FLAVOR) IN BAG BEFORE OPENING; DISCARD THE SEASONING PACK. ADD NOODLES & REMAINING SALAD INGREDIENTS, EXCEPT ORANGES & SPINACH LEAVES, TO DRESSING; TOSS TO MIX WELL. STIR IN ORANGES & SPINACH; SERVE IMMEDIATELY OR REFRIGERATE UP TO 8 HOURS. SHREDDED CHICKEN, GRAPE TOMATOES AND/OR CHOPPED CELERY CAN BE ADDED FOR EXTRA FLAVOR. MAKES 15 SERVINGS.

CITRUS SMOTHERED PORK CHOPS

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| 4 BONELESS PORK CHOPS, 3/4" THICK | 1/2 TSP SALT; 1/4 TSP BLACK PEPPER |
| 2 TBLS OLIVE OIL | 1 ONION, HALVED & THINLY SLICED |
| 2 TBLS FLOUR | 1 1/4 CUPS CHICKEN BROTH |
| 1 TSP GRATED ORANGE ZEST | 1/4 CUP ORANGE JUICE |
| 1 TBLS LIME JUICE | 1 TSP WHITE SUGAR |

SEASON PORK CHOPS WITH THE SALT & PEPPER. IN SKILLET, HEAT 1 TBLS OF THE OIL TO MEDIUM HIGH HEAT. ADD PORK CHOPS; COOK 4-5 MINUTES PER SIDE OR UNTIL GOLDEN BROWN ON BOTH SIDES, THEN TRANSFER TO PLATE. REDUCE HEAT TO MEDIUM; ADD REMAINING 1 TBLS OF OIL TO SKILLET. ADD THE ONIONS; COOK 8-10 MINUTES, STIRRING OCCASIONALLY, UNTIL BROWNEED & SOFTENED. ADD FLOUR; COOK & STIR 1 MINUTE. STIR IN BROTH & ORANGE ZEST; SPOON SAUCE OVER TOP OF PORK. REDUCE HEAT TO LOW; COVER & SIMMER 5-7 MINUTES OR UNTIL PORK IS COOKED THROUGH (AT LEAST 145 DEGREES). TRANSFER PORK CHOPS TO YOUR SERVING PLATTER. ADD ORANGE JUICE, LIME JUICE & THE WHITE SUGAR TO THE SAUCE IN THE SKILLET. COOK & STIR ABOUT 1 MINUTE OR UNTIL HOT; POUR OVER THE PORK CHOPS & SERVE WITH GREEN SALAD AND/OR FRUIT. MAKES 4 SERVINGS.

CHICKEN & VEGGIE LO MEIN

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| 6 OZS UNCOOKED SPAGHETTI | 1/3 CUP ASIAN SESAME DRESSING |
| 3 TBLS SOY SAUCE | 2 TSPS GRATED GINGERROOT |
| 1/4 TSP CRUSHED RED PEPPER FLAKES | 1 TBLS VEGETABLE OIL |
| 20 OZ PKG BONELESS, SKINLESS CHICKEN THIGHS | 1/4 TSP SALT |
| 1 RED PEPPER CUT INTO STRIPS | 6 OZ PKG SNOW PEAS, ENDS TRIMMED |
| 10 OZ PKG MATCHSTICK CARROTS | 3/4 CUP GREEN ONIONS, THINLY SLICED |

COOK SPAGHETTI AS DIRECTED ON PKG; DRAIN & RINSE WITH COLD WATER, THEN SET ASIDE. IN 1 CUP GLASS MEASURING CUP, MIX SESAME DRESSING, SOY SAUCE, GINGERROOT & RED PEPPER FLAKES; SET ASIDE. CUT CHICKEN INTO BITE SIZE PIECES; IN DUTCH OVEN, HEAT OIL TO MEDIUM HIGH HEAT, ADD CHICKEN & SALT, COOK 4-5 MINUTES UNTIL BROWNEED ON 1ST SIDE. STIR; COOK 2-4 MINUTES LONGER, STIRRING FREQUENTLY, UNTIL CHICKEN IS NO LONGER PINK IN CENTER. USING SLOTTED SPOON, REMOVE CHICKEN TO MEDIUM BOWL & SET ASIDE. ADD PEPPERS, SNOW PEAS, CARROTS AND GREEN ONIONS TO DUTCH OVEN. COOK 5-7 MINUTES, STIRRING FREQUENTLY, UNTIL VEGGIES ARE CRISP-TENDER. REDUCE HEAT; ADD SESAME DRESSING, COOKED SPAGHETTI & CHICKEN TO VEGGIES, TOSSING TO COAT WITH SAUCE. COOK & STIR 2-3 MINUTES OR UNTIL HEATED THROUGH. SERVE IMMEDIATELY, MAKES 6 SERVINGS.

LOW-FAT CANDY BAR ANGEL CAKE

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| 1 WHITE ANGEL FOOD CAKE MIX | 1 CUP FAT-FREE SKIM MILK |
| 2 CUPS REDUCED FAT COOL WHIP, THAWED | 1 HEATH CANDY BAR, CHOPPED |
| 4 SERVING SIZE MILK CHOCOLATE INSTANT PUDDING MIX | |

BAKE & COOL CAKE AS DIRECTED ON PACKAGE USING TUBE PAN. REMOVE FROM PAN; SPLIT CAKE INTO 2 LAYERS, HORIZONTALLY, USING A SERRATED KNIFE. BEAT MILK & PUDDING MIX WITH WIRE WHISK OR MIXER, UNTIL WELL BLENDED; FOLD IN THE COOL WHIP. SPREAD HALF OF THE CHOCOLATE MIXTURE BETWEEN CAKE LAYERS, THEN SPREAD OTHER HALF OVER TOP. REFRIGERATE AT LEAST 1 HOUR BUT NO LONGER THAN 24 HOURS. SPRINKLE CHOPPED CANDY BAR OVER TOP JUST BEFORE SERVING. REFRIGERATE ANY LEFTOVER CAKE; MAKES 12 SERVINGS. CHOCOLATE COOL WHIP CAN BE USED IF DESIRED. LOW-FAT BUT VERY YUMMY!