

Fast Food From Home

Caesar Salad
Crispy Chicken Parmesan
Red Pasta Sauce
Edamame
Grilled Pastrami-Style Salmon
Pork Tenderloin with Olive-Mustard Tapenade
Pasta with Vodka Sauce
Dessert Crepes

Caesar Salad

Servings: 4 (original Recipe serves 12)

Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

1 cup croutons, toasted

1/3 cup olive oil

1 1/3 cloves garlic, peeled

2 anchovy fillets, crushed

2 teaspoons dijon mustard

2/3 teaspoon Worcestershire sauce

1 head romaine lettuce, torn

1/2 cup parmesan cheese, grated

1 tablespoon lemon juice

1 tablespoon olive oil

1. Preheat oven to 300. Place croutons on baking sheet. Drizzle with 3 tablespoons olive oil. Toss to coat. Bake uncovered for 15 minutes.

2. Place garlic, lemon juice, anchovies, mustard and Worcestershire sauce in blender. Combine well.

3. While blender is running, slowly add 1 cup olive oil.

4. Tear romaine into bite-size pieces. Place in a large serving bowl. Toss with dressing.

5. Add croutons and cheese.

Per Serving (excluding unknown items): 302 Calories; 26g Fat (73.7% calories from fat); 9g Protein; 12g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 367mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Crispy Chicken Parmesan

Servings: 4

4 chicken breast, no skin, no bone, R-T-C, pounded thing

1/2 cup breadcrumbs

1/4 cup parmesan cheese, grated

1/2 teaspoon fresh basil

1/2 teaspoon fresh thyme

1/2 teaspoon fresh oregano

1/8 teaspoon black pepper

2 teaspoons olive oil

On a dinner plate, combine breadcrumbs, cheese, herbs and pepper. Mix well.

Rinse chicken, but do not dry.

Dredge chicken through crumb mixture.

Heat a saute pan over medium-high heat.

Add olive oil until it just begins to smoke.

Add chicken.

After a few seconds shake the pan to loosen from the bottom of the pan.

Cook until browned on each side and firm in the middle.

Drain on papertowels. Serve with Red Pasta Sauce.

Per Serving (excluding unknown items): 322 Calories; 10g Fat (28.8% calories from fat); 55g Protein; trace Carbohydrate; trace Dietary Fiber; 148mg Cholesterol; 218mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Red Pasta Sauce

Servings: 6

1 teaspoon olive oil

1 medium onion, chopped

5 cloves garlic, sliced thin

3 tablespoons balsamic vinegar

3 ounces tomato paste

1 tablespoon fresh basil, chiffonade

2 sprigs fresh thyme

1 teaspoon fresh oregano

1/2 teaspoon black pepper

28 fluid ounces crushed tomatoes

Heat a pan over medium-high heat. Add oil.

When oil just begins to smoke, add onions and garlic. Saute until onions begin to become clear.

Once onions start to turn, add basil and continue to cook until onions are mostly clear.

Deglaze pan with balsamic vinegar then add tomato paste. Cook about 5 minutes, stirring occasionally, until mixture has thickened.

Add remaining tomatoes, herbs, and pepper. Simmer for 15 minutes over low heat.

Per Serving (excluding unknown items): 77 Calories; 1g Fat (12.8% calories from fat); 3g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 301mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Fruit; 0 Fat.

Edamame

Servings: 3

12 ounces green soybeans, in shells

kosher salt

Place frozen beans in a plastic container and cover the bottom with water.

Cover and microwave on high for 3 minutes. Let sit for 1-2 minutes.

Drain and sprinkle with salt.

Per Serving (excluding unknown items): 167 Calories; 8g Fat (38.9% calories from fat); 15g Protein; 13g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Fat.

Grilled Pastrami-Style Salmon

Servings: 4

1 tablespoon dark brown sugar

1 teaspoon kosher salt

1 teaspoon garlic powder

1 teaspoon ground ginger

1 teaspoon ground coriander

1 teaspoon cracked black pepper

1/4 teaspoon ground allspice

1 1/2 pounds salmon fillet

1/2 teaspoon olive oil

Heat grill or broiler (to 500).

Combine first 7 ingredients in small bowl or plate.

Brush salmon (skin side down) with oil. Sprinkle mixture evenly over fish. Cover and refrigerate for 15 minutes.

Broil (skin side down) for 10 minutes.

Per Serving (excluding unknown items): 222 Calories; 7g Fat (27.4% calories from fat); 34g Protein; 5g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 586mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Pork Tenderloin with Olive-Mustard Tapenade

Servings: 4

1 pound pork tenderloin, cut crosswise in slices

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup kalamata olives, pitted and chopped

1/4 cup green olives, pitted and chopped

1 tablespoon fresh parsley, chopped

1 tablespoon Dijon-style mustard

2 teaspoons balsamic vinegar

1/2 teaspoon garlic, minced

Heat a large nonstick skillet over medium-high heat. Press pork pieces into 1/2-inch thick medallions.

Combine salt, pepper and fennel, rub evenly over pork. Lightly coat with cooking spray and add to pan.

Cook 4 minutes on each side until done.

While pork is cooking, combine olives and remaining ingredients. Serve olive mixture over pork.

Serving Size: 2 medallions and 2 tablespoons olive mixture.

Per Serving (excluding unknown items): 190 Calories; 9g Fat (43.1% calories from fat); 24g Protein; 2g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 680mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Pasta with Vodka Sauce

Servings: 6

1 quart pasta sauce

3/4 cup vodka

1/2 cup parmesan cheese

1/2 cup half and half

16 ounces pasta

Combine pasta sauce and vodka in a large saucepan over medium-high heat. Simmer until sauce begins to reduce (by about 25%).

Add cheese and stir until melted.

Add half and half (or cream) and heat until hot (or about 180 degrees F)

Per Serving (excluding unknown items): 401 Calories; 6g Fat (14.9% calories from fat); 13g Protein; 58g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 138mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Dessert Crepes

Servings: 18

1 cup strawberries, crushed

1 cup raspberries, crushed

4 tablespoons sugar

1 cup sour cream

1 cup cream cheese

1 tablespoon sugar

Crepe Batter - Basic

Prepare crepes (if purchased, warm for about 15 seconds in microwave) If making crepes, prepare as directed, set aside.

Cream together sour cream and cream cheese with a small amount of sugar. Set aside.

Slightly pulse strawberries and raspberries in a blender or food processor with a small amount of sugar.

Assembly:

Place a crepe on the plate. Dollop a heaping

tablespoon of cream mixture into the center of the crepe and follow with a dollop of the berry mixture. Fold the sides of the crepe over the center and garnish. Serve immediately.

Per Serving (excluding unknown items): 149 Calories; 9g Fat (55.1% calories from fat); 3g Protein; 13g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Crepe Batter - Basic

Servings: 18

1 cup all-purpose flour

1 1/2 cups milk

2 each eggs

2 tablespoons sugar

pinch salt

1 tablespoon canola oil

Combine dry ingredients.

Combine wet ingredients and pour into center of dry.

Whisk together until smooth.

Per Serving (excluding unknown items): 57 Calories; 2g Fat (31.6% calories from fat); 2g Protein; 8g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.
