

# Herb Presentation 07-27-2004

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Hummus

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## Carrot-Ginger Dressing

Servings: 16

**1/2 pound carrot, chopped**

**1/4 cup water**

**1/4 cup rice vinegar**

**3 tablespoons fresh ginger, minced peeled**

**1 tablespoon soy sauce**

**1 tablespoon sesame oil**

**1 shallot, chopped**

**1 tablespoon sherry**

**1/2 cup peanut oil**

In a blender, combine the carrot, water, vinegar, ginger, soy sauce, sesame oil, shallot and sherry and puree. While the motor is running, drizzle in the oil until incorporated. Store in the refrigerator until ready to use.

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*Per Serving (excluding unknown items): 76 Calories; 8g Fat (88.8% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 69mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.*

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## Cilantro Butter

Servings: 8

**4 ounces butter, softened**

**2 tablespoons confectioner's sugar**

**1 teaspoon cilantro, chopped**

1. Mix all ingredients together.
2. Chill for 1/2 hour.

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*Per Serving (excluding unknown items): 109 Calories; 12g Fat (92.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 117mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.*

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## Citrus Vinaigrette

Servings: 8

**1 large orange, zested and juiced**

**1/8 cup white wine vinegar**

**1 medium lemon, zested and juiced**

**1 tablespoon honey**

**dash oregano**

**1/2 cup canola oil**

Combine all in a blender and puree.

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*Per Serving (excluding unknown items): 138 Calories; 14g Fat (85.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.*

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## Cumin and Chive Stuffed Eggs

Servings: 12

**6 large eggs**

**1 teaspoon cumin seeds, toasted and cooled**

**3 tablespoons mayonnaise**

**3 tablespoons plain yogurt**

**3 tablespoons thinly sliced fresh chives**

**Fresh lemon juice to taste**

Cover eggs with cold water by 1 inch in a saucepan and bring just to a boil. Remove from heat and let eggs stand, covered with lid, 17 minutes.

Finely grind cumin seeds in an electric coffee/spice grinder or with a mortar and pestle.

Drain eggs, then rinse with cold water until no longer hot to the touch.

Peel eggs, then halve lengthwise. Carefully remove yolks and mash in a bowl with a fork. Stir in mayonnaise, yogurt, 2 tablespoons chives, lemon juice, cumin, and salt and pepper to taste (filling will be loose).

Spoon yolk into whites and sprinkle with remaining tablespoon chives.

*Gourmet -- April 2001*

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*Per Serving (excluding unknown items): 60 Calories; 5g Fat (77.8% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 95mg Cholesterol; 49mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.*

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## Frittata - Broccoli & Bacon

Servings: 12

**8 each eggs**

**3 cups half and half**

**8 ounces broccoli, chopped**

**8 ounces swiss cheese, shredded**

**4 ounces cheddar cheese, shredded**

**8 ounces bacon, chopped**

**salt and pepper**

Preheat oven to 350.

Spray 9 x 13 casserole with pan spray

In a hot pan, add bacon and saute until crisp.  
Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined.  
Stir in broccoli, cheese and bacon mixture..

Season liberally with salt and pepper.

Pour mixture into greased dish.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

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*Per Serving (excluding unknown items): 344 Calories; 28g Fat (72.4% calories from fat); 19g Protein; 4g Carbohydrate; trace Dietary Fiber; 190mg Cholesterol; 474mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat.*

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## **Frittata - Lorraine**

Servings: 12

**8 each eggs**

**3 cups half and half**

**1 large onion, chopped**

**2 tablespoons parsley, chopped**

**2 tablespoons fresh tarragon, chopped**

**2 tablespoons fresh basil, chopped**

**8 ounces swiss cheese, shredded**

**8 ounces bacon, chopped**

**salt and pepper**

Preheat oven to 350.

Spray 9 x 13 casserole with pan spray

In a hot pan, add bacon and saute until mostly crisp.

Add onion & herbs to bacon and cook until clear and bacon is crisp. Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined.  
Stir in cheese and bacon mixture..

Season liberally with salt and pepper.

Pour mixture into greased dish.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

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*Per Serving (excluding unknown items): 307 Calories; 24g Fat (72.1% calories from fat); 17g Protein; 5g Carbohydrate; trace Dietary Fiber; 180mg Cholesterol; 413mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.*

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## **Frittata - Spinach & Mushroom**

Servings: 6

**4 each eggs**

**1 1/2 cups 2% low-fat milk**

**1/2 large onion, chopped**

**1 tablespoon parsley, chopped**

**1 tablespoon fresh tarragon, chopped**

**1 tablespoon fresh basil, chopped**

**4 ounces swiss cheese, shredded**

**4 ounces spinach, chopped and wilted**

**8 ounces mushrooms, sliced**

**1/2 fluid ounce extra virgin olive oil**

**salt and pepper, to taste**

Preheat oven to 350.

Spray 9 x 13 casserole with pan spray

Add onion & herbs to a little olive oil in a saute pan and cook until clear. Add mushrooms and saute lightly. Remove mixture to papertowels and drain.

Meanwhile, beat eggs with milk until well combined. Stir in cheese, vegetable and spinach mixture.

Season liberally with salt and pepper.

Pour mixture into greased dish.

Place filled crust in the oven for approximately 30 minutes to 45 minutes. Quiche will be ready when it stops jiggling freely and top springs back a bit when touched.

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*Per Serving (excluding unknown items): 182 Calories; 12g Fat (57.4% calories from fat); 13g Protein; 7g Carbohydrate; 1g Dietary Fiber; 147mg Cholesterol; 134mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.*

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## Ginger Glazed Carrots

Servings: 4

**1/2 pound carrots, peeled**

**1 1/2 ounces butter**

**1/4 cup sugar**

**1 teaspoon fresh ginger, chunked**

Cut the carrots into medium-sized chunks.

Place carrots in a pot and add enough water to cover.

Add sugar, butter and ginger.

Bring to a boil; simmer until carrots are fork-tender.

Remove carrots from water with slotted spoon.

Allow syrup to reduce into a glaze.

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*Per Serving (excluding unknown items): 147 Calories; 9g Fat (51.7% calories from fat); 1g Protein; 18g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 106mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.*

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## Ham and Fresh Basil Pinwheels

Servings: 24

**6 each flour tortillas (10 inch)**

**8 ounces cream cheese, softened**

**1/2 pound ham**

**4 ounces fresh basil**

**1 cup sun-dried tomatoes**

**12 leaves red leaf lettuce - rinsed**

Spread each tortilla lightly with cream cheese. Arrange two ham slices across the middle of each tortilla. Add a layer of fresh basil, then a layer of tomatoes. Do not place ingredients too close to tortilla edges. Add lettuce; use enough leaf lettuce to cover across the center of each tortilla, with some of the frilly leaf edge hanging over.

Starting at one end, tightly roll up each tortilla. Stick toothpicks in four evenly spaced spots of tortilla roll. Place tortilla rolls in a dish, cover, and refrigerate for 2 hours to chill.

Slice each roll into four evenly sized sandwiches, and serve as soon as possible.

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*Per Serving (excluding unknown items): 115 Calories; 6g Fat (43.9% calories from fat); 4g Protein; 12g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 282mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.*

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## Herb & Cheese Rolls

Servings: 36

**1 3/4 pounds bread flour**

**1/3 ounce yeast, instant**

**1/2 ounce salt**

**1/2 ounce sugar**

**16 ounces warm water**

**4 ounces cheddar cheese, shredded**

**1 tablespoon dried dill**

**1 tablespoon chives, chopped**

Combine flour, salt, yeast, sugar and herbs in large mixing bowl.

Add water and all but 1 ounce of cheese.

Knead for approximately 10 minutes or until smooth and elastic. In last round of kneading, add reserved cheese.

Place in oiled bowl and let rise until doubled (about 45

minutes)

Punch down dough and release all air bubbles.

Divide dough into 3 equal parts.

Let rest for 10-15 minutes.

Shape dough.

Let proof for 30-45 minutes.

Bake at 425 for 20 minutes or until golden brown.

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*Per Serving (excluding unknown items): 95 Calories; 1g Fat (13.7% calories from fat); 4g Protein; 17g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 173mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.*

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## Herbed Butter

Servings: 10

**1/2 cup butter, softened**

**1 teaspoon fresh parsley, chopped**

**1 teaspoon fresh tarragon, chopped**

**1 teaspoon fresh basil, chopped**

**pinch garlic, minced**

**pinch salt**

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*Per Serving (excluding unknown items): 81 Calories; 9g Fat (99.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 94mg Sodium. Exchanges: 0 Vegetable; 2 Fat.*

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## Herbed Endive Spears

Servings: 12

**1 bunch endive**

**4 ounces cream cheese, softened**

**1/2 teaspoon fresh basil leaves, chopped**

**1/2 teaspoon fresh parsley, chopped**

**1/2 teaspoon fresh oregano, chopped**

**1/2 clove garlic, pressed**

**pinch salt, to taste**

Whip all ingredients together, except endive.

Separate endive into individual leaves/spears.

Spoon a small amount onto the base of each endive spear.

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*Per Serving (excluding unknown items): 40 Calories; 3g Fat (71.8% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 37mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.*

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## Herbed Stuffing

Servings: 6

**2 cups herb-seasoned stuffing cubes**

**1/4 cup onion, minced**

**3 cups chicken stock**

**1/2 cup butter, melted**

\*\* Pepperidge Farms Dry Herb Stuffing Mix Recommended \*\*

1. Heat stock and butter together. Combine well.
2. Combine stuffing, onion and stock mixture.
3. Bake in a 350 oven for 10-15 minutes.

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*Per Serving (excluding unknown items): 186 Calories; 16g Fat (77.6% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 1495mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 3 Fat.*

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## Pasta Fagioli

Servings: 10

**1 pound Ground Round**

**2 stalks Celery, chopped**

**1 large Carrot, sliced**

**1 large Onion, chopped**

**1 tablespoon Basil, fresh, chopped**

**1 tablespoon Oregano, fresh, chopped**

**1 teaspoon Black Pepper, ground**

**1 teaspoon Salt**

**1 teaspoon Crushed Red Pepper**

**36 ounces Beef Stock**

**32 ounces Tomatoes, Canned, crushed**

**2 cloves Garlic, minced**

**16 ounces Kidney Beans, Canned, drained**

**16 ounces Navy Beans, Canned, drained**

**6 ounces Macaroni, dried**

1. Brown beef in the bottom of a large pot or small stock pot.
2. Combine celery, carrot and onion with browned beef. Sweat for 5 minutes.
3. Add basil, oregano, pepper, salt, crushed red pepper, beef stock, tomatoes and garlic. Stir. Cover and simmer for 15-20 minutes.
4. Add beans and macaroni. Cover and simmer for 10 minutes.
5. Serve hot.

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*Per Serving (excluding unknown items): 294 Calories; 9g Fat (26.6% calories from fat); 18g Protein; 35g Carbohydrate; 6g Dietary Fiber; 31mg Cholesterol; 1647mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fat.*

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## **Pastrami-Style Chicken**

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**

**4 each chicken breasts, no skin, no bone, R-T-C**

Heat grill or broiler (to 500).

Combine first 7 ingredients in small bowl or plate.

Sprinkle mixture evenly over chicken. Cover and

refrigerate for 15 - 30 minutes.

Broil for 15-20 minutes.

*Cooking Light, July 2004, p. 168*

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*Per Serving (excluding unknown items): 298 Calories; 6g Fat (19.6% calories from fat); 53g Protein; 5g Carbohydrate; trace Dietary Fiber; 144mg Cholesterol; 597mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.*

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## **Spicy Pork Tenderloin with Ginger-Maple Sauce**

Servings: 6

**2 teaspoons chili powder**

**1 1/4 teaspoons salt**

**1 teaspoon black pepper**

**1 teaspoon ground cinnamon**

**1 1/2 pounds pork tenderloin, trimmed**

**Cooking spray**

**2 tablespoons butter**

**1 cup chopped onion**

**2 tablespoons fresh ginger**

**1 cup low sodium chicken broth**

**1/2 cup maple syrup**

Preheat oven to 375°.

Combine first 4 ingredients in a small bowl; rub pork with spice mixture. Refrigerate 30 minutes.

Heat a large nonstick skillet coated with cooking spray over medium-high heat; add pork. Cook 6 minutes; brown on all sides.

Place on a broiler pan coated with cooking spray. Bake at 375° for 30 minutes or until thermometer registers 155°. Let stand 10 minutes before slicing.

While pork bakes, melt the butter in a medium saucepan over medium-high heat. Add the onion, and cook 10 minutes or until golden brown, stirring frequently.

Add ginger, and cook 4 minutes. Stir in broth and syrup, scraping pan to loosen browned bits.

Bring broth mixture to a boil; cook until reduced to 3/4

cup (about 10 minutes).

Cut pork into 1/4-inch-thick slices; serve with sauce.

Yield: 6 servings (serving size: 3 ounces pork and 2 tablespoons sauce)

*CookingLight.com*

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*Per Serving (excluding unknown items): 263 Calories; 8g Fat (27.3% calories from fat); 26g Protein; 22g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 638mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 1 Other Carbohydrates.*

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## Spring Chicken Salad

Servings: 6

**1 whole chicken, cooked and pulled**

**1 cup grapes, seedless and halved**

**1/4 cup mayonnaise**

**1/2 cup sour cream**

**2 tablespoons fresh tarragon, chopped**

**1 each shallot, minced**

**1 clove garlic, crushed**

**salt and pepper, to taste**

Pick cooked chicken from the bone, ensuring there are no bones in the chicken that has been pulled.

In a medium-size bowl, combine sour cream, mayonnaise, tarragon, shallot and garlic. Whisk together well.

Taste and adjust seasoning with salt and pepper.

Add chicken and grapes. Serve over salad greens.

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*Per Serving (excluding unknown items): 655 Calories; 51g Fat (70.3% calories from fat); 44g Protein; 4g Carbohydrate; trace Dietary Fiber; 238mg Cholesterol; 236mg Sodium. Exchanges: 6 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat.*

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## Summer Roasted Chicken

Servings: 4

**1 chickens, whole**

**salt and pepper, to taste**

**1 onion, cut in 1/2" cubes**

**1 carrot, cut in 1/2" cubes**

**1 celery stalk, cut in 1/2" cubes**

**2 cloves garlic**

**1 sprig sage**

**1 sprig thyme**

**1 sprig rosemary**

**1 sprig oregano**

**2 cups chicken stock**

**1 ounce butter**

In a large roasting pan, place onions, carrots, celery, garlic and herbs in the bottom.

Rinse chicken and cut in half, removing the back.

Rub chicken with butter and season with salt and pepper on both sides of the pieces.

Place chicken in pan. Bake 15 minutes at 425.

Reduce heat to 375 and cook for 15 minutes. Baste with juices. Continue to cook for another 15 minutes or until done. (180 in the thigh)

Remove from pan and allow to cool to the point where they can be handled.

Remove all bones except for wing and leg bones. (Optional)

Make a gravy from the veggies in the pan.

Reheat chicken in oven until 165 degrees. Serve with gravy.

*based on recipe by Chef Jack Shoop via Chef Dann Reid*

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*Per Serving (excluding unknown items): 608 Calories; 47g Fat (70.4% calories from fat); 36g Protein; 8g Carbohydrate; 3g Dietary Fiber; 157mg Cholesterol; 1291mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 6 Fat.*

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## Tarragon-Dill Salad Dressing

Servings: 2

**2 ounces olive oil**

**1 ounce tarragon vinegar**

**1/2 ounce sugar**

**1 teaspoon tarragon**

**1 teaspoon dill weed**

1. Combine all ingredients together in a tall-sided bowl.
2. Whisk ingredients until emulsified.

Serve immediately.

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*Per Serving (excluding unknown items): 284 Calories; 28g Fat (87.8% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates.*

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## **Hummus**

Servings: 8

**15 ounces garbanzo beans, drained and rinsed**

**1 clove garlic, chopped**

**1/2 cup extra virgin olive oil**

**1 teaspoon salt**

**1 tablespoon tahini**

**1 teaspoon lemon juice**

1. Combine beans, garlic, salt, tahini, lemon juice in food processor.  
Blend for about 5 seconds.
2. Add olive oil moderately slow while continuing to process.

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*Per Serving (excluding unknown items): 325 Calories; 18g Fat (47.9% calories from fat); 11g Protein; 33g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 281mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.*