

Carb Class - March 27, 2004

Serves: 1

Chicken Francois
Belgian Endive Stuffed with Herbed Cheese
Dessert Crepes
Dottie Lou's Boned Chicken - Reduced Fat
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Caramelized Onions
Frittata - Spinach & Mushroom

Chicken Francois

Servings: 4

- 4 chicken breast, no skin, no bone, R-T-C**
- 1 cup herb stuffing mix**
- 2 cups chicken stock, heated**
- 2 teaspoons seasoned salt**
- 1 teaspoon paprika**
- 2 teaspoons parsley, chopped**
- 1/4 cup Mushroom Brown Sauce**

Pour chicken stock into herb stuffing mix until well moistened. This is the filling for the chicken. Set aside any stock not used.

Cut a pocket in the chicken breast and stuff with filling.

Mix the remaining stock with seasoned salt, paprika and parsley. Coat stuffed breast in this mixture.

Grill or bake the chicken in a 350 oven for 30 minutes.

Carve after serving. Top with mushroom sauce.

Per Serving (excluding unknown items): 340 Calories; 7g Fat (19.2% calories from fat); 54g Protein; 10g Carbohydrate; 1g Dietary Fiber; 144mg Cholesterol; 2059mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Belgian Endive Stuffed with Herbed Cheese

Servings: 16

- 2 heads belgian endive, leaves separated, washed and dried**
- 8 ounces Boursin cheese, room temperature**

In the cup of each leaf, spoon approximately 1 teaspoon of cheese.

Garnish with a small sliver of fruit, vegetable or herb.

Per Serving (excluding unknown items): 68 Calories; 6g Fat (76.5% calories from fat); 2g Protein; 3g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 109mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

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.

Dottie Lou's Boned Chicken - Reduced Fat

Servings: 8

- 8 ounces ham, Smithfield, thinly sliced**
- 8 each chicken breast, no skin, no bone, R-T-C**
- 4 slices bacon, cut in half**
- 8 ounces sour cream, light**
- 1 can cream of mushroom soup**

Line dish with sliced ham.

Place chicken breasts on top of ham. Place one piece of bacon on top of each breast.

Combine sour cream and soup. Pour over chicken.

Bake uncovered at 275 for 3 hours.

Per Serving (excluding unknown items): 374 Calories; 12g Fat (30.8% calories from fat); 59g Protein; 3g Carbohydrate; trace Dietary Fiber; 165mg Cholesterol; 685mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Sauteed Chicken with Shitake Pan Sauce

1 each chicken breast, no skin, no bone, R-T-C
1/4 cup white wine
1 tablespoon onion, chopped
2 tablespoons canola oil, divided
2 each shiitake mushrooms, julienned
1 cup chicken broth
2 tablespoons butter, divided
salt and pepper

Heat a pan over medium-high heat. Add half of the oil.

Salt and pepper chicken breast and add to pan. Caution: it will splatter.

Cook 5 minutes or until golden and then turn and cook another 5 minutes.

Remove from pan and cover with foil or keep warm.

Add the other half of the oil.

Add mushrooms and saute just until they begin to wilt. Remove mushrooms and set aside.

Add half the butter to the pan and allow to melt.

Add the chopped onion and sweat for 2-3 minutes.

Add white wine to hot pan to deglaze. Allow wine to cook down until nearly dry. (About 1T or so.)

Add chicken broth. Reduce by half.

Once reduced, whisk in remaining butter.

Plate chicken and top with mushrooms. Pour sauce through a strainer and on top of mushrooms and chicken.

Per Serving (excluding unknown items): 826 Calories; 58g Fat (66.3% calories from fat); 58g Protein; 8g Carbohydrate; 1g Dietary Fiber; 206mg Cholesterol; 1127mg Sodium. Exchanges: 1/2 Grain(Starch); 8 Lean Meat; 0 Vegetable; 10 Fat.

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.

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.

Squash Casserole

Servings: 12 (original recipe serves 9)

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

2 2/3 cups squash, summer, sliced 1/4" thick
1/4 cup onion, minced
2 2/3 tablespoons butter
salt and pepper, to taste
1 1/3 cans Cream of Mushroom soup
1 1/3 cups sour cream
2 cups Herb-seasoned stuffing cubes
1 1/3 carrot, grated

1. Cook squash, butter, onion, salt and pepper in a little bit of water until the squash is fork tender. Drain.

2. In a 2 quart casserole dish, combine soup directly from can and sour cream. Combine well.

3. Grate the carrot into the casserole.

4. Stir in 1 cup of stuffing mix.

5. Stir in the cooked squash and onions. Combine all ingredients well.

6. Top the casserole with the remaining 1/2 cup of stuffing mix.

7. Bake at 350 for 30-45 minutes or until well heated and browned.

Per Serving (excluding unknown items): 120 Calories; 9g Fat (67.1% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 290mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Faux Potatoes

Servings: 4

4 cups cauliflower flowerets
1 ounce butter
1 ounce half and half
salt and pepper, to taste

Remove from water and drain.

Place cauliflower in the bowl of a food processor or blender and add butter and half and half. Puree until smooth.

Serve immediately.

Per Serving (excluding unknown items): 85 Calories; 7g Fat (66.6% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 18mg Cholesterol; 91mg Sodium. Exchanges: 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Balsamic Vinaigrette

Servings: 8

1/4 cup fresh cilantro leaves, washed and patted dry
1/4 cup balsamic vinegar
1 ounce honey
1 teaspoon mustard
1/2 cup olive oil
salt and pepper, to taste

Puree cilantro, balsamic vinegar, honey and mustard in a food processor.

With the machine still running, slowly drizzle in olive oil and allow mixture to emulsify.

Per Serving (excluding unknown items): 132 Calories; 14g Fat (89.6% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Carmelized Onions

Servings: 2

1 small onion, sliced 1/4" thick
1 tablespoon margarine
1 tablespoon sugar
3 tablespoons balsamic vinegar

In a saute pan, melt butter over medium-low heat.

Add onions and cook slowly until onions become clear.

Add sugar and vinegar. Cook until onions begin to take on a rich brown color.

Remove from heat.

Per Serving (excluding unknown items): 99 Calories; 6g Fat (49.5% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 69mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Frittata - Spinach & Mushroom

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 spinach, chopped and wilted
16 ounces mushrooms, sliced
1 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.

Per Serving (excluding unknown items): 232 Calories; 18g Fat (67.6% calories from fat); 12g Protein; 7g Carbohydrate; 1g Dietary Fiber; 164mg Cholesterol; 128mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.