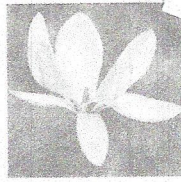


Helena's

Grilled Vegetable Lasagna



1/2 Zucchini

1/2 eggplant

1/2 each green, red or yellow
bell peppers

1/2 cup mushrooms

3 sheets fresh lasagna

fresh mozzarella cheese

1 onion 2 cloves of garlic

1/2 can of 796ml - 28 oz
of diced tomatoes

1/2 can tomato paste

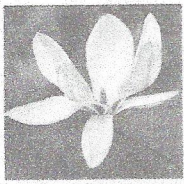
fresh parsley and fresh
basil olive oil, salt and pepper

Cut all the vegetables very
small (1/2"). In a bowl mix
all the vegetables with olive
oil salt and pepper.

Roast for about 30 to 40 min
oven 475

In a fry pan with olive oil
fry the onion with the garlic.
Add tomatoes, tomato paste
fresh parsley and basil salt
and pepper to taste.

Mix in the grilled vegetables



Nelma's Grilled Vegetable Lasagna

Add a little water
if needed.

Put some olive oil in a
lasagna pan.

Add some of the vegetables,
cheese, 1 sheet of lasagna,
more vegetables, cheese, 1 sheet
of lasagna, more vegetables,
cheese, last lasagna sheet
the rest of the vegetables and
the rest of the cheese.

Oven 375 40 to 45 m

Serve with fresh parmesan-
Reggiano cheese.

Chicken and Shrimp Paella

5x
Ken ♥
myrecipes

Yield

6 servings (serving size: 1 chicken thigh and about 1 cup rice mixture)

MARIE SIMMONS March 2004

COOKING LIGHT

This chicken and shrimp paella is a great recipe for enjoying traditional Spanish cuisine in the comfort of your own home.

Ingredients

- 6 chicken thighs (about 1 1/2 pounds), skinned
- 1 teaspoon chopped fresh or 1/4 teaspoon dried rosemary
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons vegetable oil
- 1 (4-ounce) link hot turkey Italian sausage
- 1 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 1/2 cups uncooked Arborio or Valencia rice
- 1/2 cup diced plum tomato
- 1 teaspoon Hungarian sweet paprika (bit less)
- 1/4 teaspoon saffron threads, crushed
- 1 garlic clove, minced
- 3 cups fat-free, less-sodium chicken broth
- 3/4 pound large shrimp, peeled and deveined
- 1 cup (1-inch) diagonally cut asparagus
- 1/2 cup frozen green peas, thawed

Nutritional Information

- Calories 433, • Calories from fat 15%, • Fat 7g,
- Saturated fat 1.6g, • Monounsaturated fat 2g, • Polyunsaturated fat 2.5g, • Protein 34.8g,
- Carbohydrate 52.8g, • Fiber 3g, • Cholesterol 156mg,
- Iron 3.2mg, • Sodium 787mg, • Calcium 73mg.

* Check freezer

How to Make It

Step 1 Preheat oven to 400°. 205°C

Step 2 Sprinkle chicken with rosemary, 1/2 teaspoon salt, and black pepper. Heat the oil in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until lightly browned. Remove chicken from pan; cover and keep warm.

Step 3 Remove casings from sausage. Add sausage to pan; cook 1 minute, stirring to crumble. Add onion and bell pepper; cook 7 minutes, stirring constantly. Add rice, tomato, paprika, saffron, and garlic; cook 1 minute, stirring constantly. Return chicken to pan. Add broth and 1/4 teaspoon salt; bring to a boil. Wrap handle of pan with foil; cover pan. Bake at 400° for 10 minutes. Stir in shrimp, asparagus, and peas. Cover and bake an additional 5 minutes or until shrimp are done.

Chef's Notes

Saffron, the exotic spice with a distinct, earthy flavor, gives this Spanish dish its characteristic yellow hue. It's a bit soupy when first prepared but quickly absorbs the liquid.

Sautéed Pork Tenderloin Medallions.

Pat dry & cut crosswise into 1-inch thick slices

1 pound pork tenderloin, the thicker ends

Season with:

Salt and ground black pepper to taste

Heat in a large skillet over high heat:

1½ teaspoons butter

1½ teaspoons olive oil

Add the tenderloin medallions in batches and pan-fry for 2 minutes, being careful not to crowd the pan. Cook for 1½ to 2 minutes. They will be well browned on the outside and moist and slightly pink in the center. Remove to plates or a platter. Pour off the excess fat from the pan and, if desired, serve with:

Sauce Piquant, 51, or Buttered Cider Sauce, 1049
Spoon the sauce over the medallions and serve.

PORK TENDERLOIN SCALOPPINE WITH CITRUS BALSAMIC SAUCE

4 servings

These scaloppine are cut thinner than medallions and cook very quickly, so do not walk away after you put them in the pan.

Pat dry:

1 pound pork tenderloin, cut crosswise into ½-inch-thick slices

Pound them to a little less than ¼ inch thick. Season with:

Salt and ground black pepper to taste

Heat in a large skillet over high heat:

1½ teaspoons butter

1½ teaspoons olive oil

Cook the scaloppine in batches for 30 to 60 seconds each side. They will be well browned on the outside and moist and slightly pink in the center. Remove the scaloppine to a warmed platter. Place the skillet over medium-high heat and add:

3 to 4 tablespoons minced scallions or shallots

1 tablespoon honey

Pinch of ground allspice

Cook, stirring, until the scallions or shallots are soft, 1 to 2 minutes. Increase the heat to high and add:

1 cup chicken stock

1 tablespoon strained fresh lemon juice

Boil, scraping up the browned bits from the bottom of the skillet with a wooden spoon, until reduced by half. Add and boil until the sauce thickens slightly, about 1 minute:

¼ cup heavy cream

Add:

1 tablespoon balsamic vinegar

Salt and ground black pepper to taste

Return the sauce to a boil, then spoon over the pork and serve immediately.

KENTUCKY-FRIED PORK TENDERLOIN

6 servings

In Kentucky, this spicy pork dish is usually served for breakfast, but it also makes a terrific sandwich or main course at dinner. Grill the tenderloin instead of pan-frying for a smokier taste.

In a small bowl, combine:

1 tablespoon sweet paprika

1½ teaspoons salt

1½ teaspoons ground black pepper

½ teaspoon garlic powder

½ teaspoon dried sage

½ teaspoon dried oregano

½ teaspoon dry mustard

½ teaspoon ground red pepper

Pat dry:

2 pork tenderloins (about 12 ounces each), cut into 6 crosswise pieces

Butterfly each piece by making a lengthwise cut along the side of the meat, holding the knife parallel to the surface. Do not cut all the way through the meat; leave a ½ inch intact on one side to form a hinge as you fold the piece open like a book and flatten it gently with your hand. Sprinkle evenly with the spice mixture and rub it in. Marinate for 30 to 60 minutes in the refrigerator. Heat in a large skillet over medium-high heat:

¼ inch vegetable oil

Dredge each tenderloin piece in:

½ cup all-purpose flour

Shake off the excess. Add the pieces to the skillet in batches and fry until nicely browned on one side, 3 to 4 minutes. Turn over and fry on the other side for 3 to 4 minutes. They should be well browned on the outside and moist and slightly pink in the center. Remove the pork to a platter and keep warm. Pour off all but 2 tablespoons of fat from the pan. Add:

1 cup milk

Heat just to a boil, scraping up any browned bits on the bottom of the pan. Pour the gravy over the pork. You can strain it if you wish. There is no need to add thickener; the flour from the pork is enough to create a gravy. For breakfast, serve with:

Biscuits, 789 to 791

For lunch, on:

Soft rolls

with:

Cole Slaw, 222

Sliced tomatoes

For supper, with:

Gratin Dauphinois, 413

Steamed or braised kale, chard, or mustard greens

PAN-ROAST

Whole pork tenderloin in a pan on top of a stove. If your oven is not adjusted the oven sauce makes it Pat dry:

2 pork tenderloins

Season with:

Salt and ground black pepper

Heat in a large skillet over high heat:

1½ teaspoons butter

1½ teaspoons olive oil

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

Brown well on the outside and cook, turning frequently, until the thermometer reads 150° to 160°. Remove to a platter, cover with foil, and let rest for 5 to 10 minutes. Pour off all but 2 tablespoons of fat from the pan. Heat in a large skillet over high heat:

1½ teaspoons butter

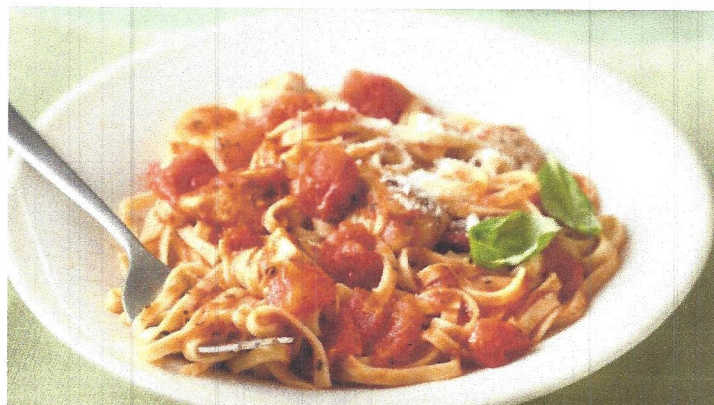


5**

Tomato-Basil Linguine with Chicken

★★★★★

Prep	Total	Ingredients	Servings
20 MIN	20 MIN	6	4



Ingredients

- 5 oz refrigerated linguine
- 4 boneless skinless chicken breasts, cut into 1-inch cubes
- 2 teaspoons chopped garlic in water (from 4.5-oz jar)
- 1 can (14.5 oz) diced tomatoes with Italian herbs, undrained
- 1 1/2 teaspoons dried basil leaves
- 1/4 cup grated Parmesan cheese

Steps

- 1 Cook linguine as directed on package. Drain; cover to keep warm.
- 2 Meanwhile, heat 10-inch nonstick skillet over medium-high heat. Add chicken and garlic; cook 5 to 8 minutes, stirring frequently, until chicken is no longer pink in center.
- 3 Stir in tomatoes and basil. Heat to boiling. Reduce heat to low; cover and simmer 5 minutes, stirring occasionally.
- 4 Gently stir in cooked linguine. Sprinkle with cheese.

© 2018 ®/TM General Mills All Rights Reserved



The Lady's Perfect Scrambled Eggs

Recipe courtesy of Paula Deen



The Lady's Perfect Scrambled Eggs

Total Time:

18 min

Prep: 10 min

Cook: 8 min

Yield:

4 servings

Level:

Easy

Ingredients

- ✓ 8 eggs
- ✓ 2 heaping tablespoons sour cream
- ✓ 1 tablespoon water
- ✓ Salt and freshly ground black pepper
- ✓ 2 tablespoons butter
- ✓ 1/2 to 3/4 cup grated cheddar cheese

ADD CHECKED ITEMS TO GROCERY LIST

Directions

In a medium size bowl, beat eggs, sour cream, water, and salt and pepper until fluffy. Using a nonstick frying pan, melt butter and cook eggs over low heat, stirring occasionally. Stir in the cheese. Cook until you reach desired consistency.

Serve hot with country ham and biscuits.

Recipe courtesy of Paula Deen

© 2016 Television Food Network, G.P. All Rights Reserved.