

Culinary Comforts Class
July 2019
Weight Loss Smart Phone Apps

Summer Melon Salad

Ingredients:

½ cup plain 2% reduced-fat Greek yogurt
2 Tbsp. chopped fresh flat-leaf parsley
1 Tbsp. White balsamic vinegar
1 Tbsp. Olive oil
2 tsp. Honey
2 tsp. Lime juice, fresh
Black pepper to taste
Dash of crushed red pepper
2/3 cup honeydew melon balls
2/3 cup watermelon balls
2/3 cup cantaloupe balls
1 cherry radish, cut into thin slices
2 center-cut bacon slices, cooked & crumbled
12 small fresh basil leaves
Romaine lettuce, 1 #, torn into bite size pieces

Directions:

Spread yogurt in a circle on a large serving platter.
Top yogurt with romaine lettuce.
Combine parsley, vinegar, oil, honey, lime juice, black pepper & red pepper in a medium bowl, stirring with a whisk. Add all of the melon balls & radish to bowl, toss gently.
Using a slotted spoon, mound melon mixture on top of the romaine (reserve the vinegar mixture). Sprinkle evenly with bacon.
Drizzle with 2 Tbsp. Reserved vinegar mixture; discard remaining vinegar mixture. Sprinkle evenly with basil leaves.
Serves: 4. (1/2 cup mixture on the romaine).
Cal: 100, Fat: 3.9 g, Protein: 4 g, CHO: 11 g, Fiber: 3 g, Sodium: 175 mg

Pork & Brussel Sprouts Stir-Fry

Ingredients:

½ cup slivered almonds
2 Tbsp. Olive oil
1 large carrots, cut into matchsticks
1 # pork tenderloin, sliced thinly
1 # Brussel sprouts, halved
1 medium onion, chopped
1 small cauliflower head, cut into florets
4 cloves garlic, sliced thickly
1 cup water
2 Tbsp. Hoisin sauce
1 Tbsp. Soy sauce

Directions:

Heat a large wok over high heat, stir fry nuts, until toasted. Remove from wok immediately.

Heat 2 tsp. Of oil in the wok, stir-fry carrot & onion until browned lightly & just tender. Remove from wok; set aside.

Heat 1 Tbsp. Oil in wok, stir fry pork, in batches until browned & just cooked through. Set aside.

Heat remaining oil in wok, stir fry Brussel sprouts, cauliflower and garlic until golden. Add the water, simmer, loosely covered, until vegetables are just tender & water has evaporated. Return pork to wok with carrot mixture & sauces, stir fry until well coated & heated through.

Sprinkle stir fry with nuts.

Note: When stir frying, set out all of the ingredients before you start.

Serves: 4

Roasted Broccoli with Smashed Garlic

Ingredients:

1 ½ # broccoli florets, cut long with part of the stem
6 cloves garlic, smashed
2 Tbsp. Olive oil
Pepper, to taste

Directions:

Preheat oven to 450 degrees

In a baking dish, combine broccoli, olive oil, garlic & pepper.

Roast broccoli about 20 minutes, until broccoli is browned & tender.

Serves: 4

Calories: 126, Fat: 7.5b g, Carbohydrate: 13.5 g, Protein: 4.5 g, Fiber:
5.5 g

Sorbet with Fresh Mixed Berries

Ingredients:

Sorbet or gelato
Blueberries
Strawberries
Raspberries
Dark chocolate morsels, 2 cups

Directions:

Wash fresh fruit. Slice strawberries. Combine fruit together in a bowl. Just before serving, scoop 1/3 cup of sorbet or gelato in a cup. Top with a spoonful of berries.

Garnish: Melt dark chocolate in a double boiler and stir until smooth. Allow to cool about 10 minutes. Pour chocolate into a freezer baggie and form a decorator bag. Cut tip and drizzle designs onto waxed paper and freeze. Peel back frozen chocolate and use as a garnish for the dessert.

Make these ahead. Extras may be stored in a zip-loc bag.