

## **Culinary Comforts Class**

**December: Healthy Holiday Approach**

### **Menu**

**Green Salad with Cranberry Vinaigrette**

**Lemon-Butter Chicken Breasts**

**Sweet Potato Stacks with Sage Browned Butter**

**Acorn Squash Stuffed with Mushrooms & Rice**

**Savory Green Beans**

**Blueberry Trifle**

**Pomegranate Holiday Sparkler**

## Green Salad with Cranberry Vinaigrette

### Ingredients:

2/3 cups cranberries, thawed if frozen or fresh  
2 Tbsp. Honey, add more if needed  
½ cups walnuts  
3 Tbsp. Olive oil  
3 Tbsp. Red wine vinegar  
Kosher salt and black pepper to taste  
1 head butter lettuce, large leaves torn  
1 bunch watercress, trimmed & torn  
2 Tbsp. Roughly chopped fresh parsley  
2 Tbsp. Roughly chopped fresh tarragon

### Directions:

Put the cranberries in a small saucepan, add the honey & 1/3 cup water. Cook over medium heat; stirring occasionally, until the cranberries pop & the liquid thickens, about 8 minutes. Remove from the heat and let cool completely. Toast the walnuts in a small dry skillet over medium heat, about 5 minutes.

Transfer to a cutting board & let cool slightly; then roughly chop. Stir the olive oil & vinegar into the cooked cranberries (add more honey, 1 tsp. At a time as needed), if the vinaigrette is too tart. Season with salt & pepper.

Toss the lettuce & watercress in a serving bowl.

Spoon the vinaigrette over the lettuce and top with the walnuts & herbs.

Toss before serving.

Serves: 6-8

## Lemon-Butter Chicken Breasts

### Ingredients:

6 skinless, boneless chicken breast halves (1 ½ to 2 pounds)  
½ cup flour  
½ tsp. Salt  
2 tsp. Lemon-pepper seasoning  
½ cup butter  
2 lemons, sliced  
2 Tbsp. Lemon juice

### Directions:

Place each chicken breast half between 2 pieces of plastic wrap. Using the flat side of the meat mallet, pound chicken lightly until ¼ to ½ " thick. Remove plastic wrap. In a shallow dish, stir together flour & salt. Dip chicken into flour mixture, turning to coat. Sprinkle chicken with lemon pepper seasoning.

In a 12-inch skillet, cook chicken, half at a time, in hot butter over medium-high heat, about 6 minutes or until chicken is no longer pink, turning once.

Remove chicken from skillet. Add lemon slices to skillet; cook 2-3 minutes or until lightly browned, turning once.

Return chicken to skillet, overlapping pieces slightly & arranging lemon slices around chicken. Drizzle with lemon juice. Cook for 2-3 minutes or until pan juices are reduced slightly. Transfer chicken & lemon slices to a serving platter. Pour pan juices over chicken. Makes 6 servings.

Per 1 chicken breast half:

Calories: 258, Fat: 12 g, Sodium: 725 mg, CHO: 8 g, Fiber: 0 g, Protein: 27 g

## Sweet Potato Stacks with Sage Browned Butter

### Ingredients:

¼ cup unsalted butter  
3 Tbsp. Fresh sage leaves  
3 garlic cloves, smashed  
1 ½ # sweet potatoes (about 4 small), peeled & cut into ¼ " thick rounds  
Cooking spray  
1 ¼ tsp. Kosher salt, divided  
1 oz. Parmesan cheese, grated (about ¼ cup)

### Directions:

Preheat oven to 375 degrees F. Melt butter in a small saucepan. Add sage & garlic. Reduce heat to medium, cook 5 minutes or until butter is foamy & just starting to brown, swirling pan occasionally. Place sage leaves on a paper towel-lined plate. Discard garlic. Reserve butter. Place 2 potato slices in the bottom of each 12 muffin cups coated with cooking spray. Sprinkle evenly with ½ tsp. Salt & 1 Tbsp. Parmesan. Add 2 potato slices to each cup; top each with ½ tsp. Browned butter. Cover with foil; bake at 375 degrees F for 25 minutes or until tender. Remove pan from oven; discard foil. Drizzle remaining browned butter evenly over potatoes; top evenly with remaining salt & Parmesan cheese. Preheat broiler to high. Broil potatoes 3 minutes or until cheese melts. Remove pan from oven; cool. Place potato stacks on a platter; top with reserved sage leaves.

Serves: 12. (1 potato stack)

Calories: 95, Fat: 4.6 g, Protein: 2 g, CHO: 12 g, Fiber: 2 g, Sodium: 274 mg

## Acorn Squash Stuffed with Mushrooms & Rice

### Ingredients:

2 acorn squash (1# each), halved, crosswise, seeded & bottoms trimmed to lie flat  
Salt & pepper  
3 Tbsp. Olive oil, divided  
½ # Cremini or Button Mushrooms, trimmed & diced small  
1 medium yellow onion, diced small  
¾ tsp. Thyme, dried  
1 cup long grain white rice  
2 cups vegetable or chicken broth  
½ cup grated Parmesan cheese (2 ounces)

### Directions:

Preheat oven to 450 degrees F.

On a rimmed baking sheet, season cut sides of squash with salt & pepper; drizzle with 1 Tbsp. Olive oil, & turn cut sides down.

Cover sheet pan tightly with foil & roast until tender, about 35 minutes.

Meanwhile, in a medium straight-sided skillet, heat remaining 2 Tbsp. Oil over medium high. Add mushrooms, onion, & thyme, season with salt & pepper.

Sauté until mushrooms are golden, 8 minutes. Add rice and broth & bring to a boil; cover & reduce heat to low. Cook until liquid is absorbed, 20 minutes.

Remove squash from oven & heat broiler. Carefully scoop out 2-3 Tbsp. Flesh from each squash; half & stir into rice; season with salt & pepper.

Divide rice mixture among squash halves, sprinkle with Parmesan, and broil until melted, 2 minutes.

Makes: 4 servings

## Blueberry Trifle

### Ingredients:

½ tsp. Vanilla extract  
1 Tbsp. Confectioner's sugar  
¾ cup nonfat plain yogurt  
2 small Swiss rolls with jam  
1 Tbsp. Orange juice  
8 ounces fresh blueberries  
orange zest for garnish

### Directions:

Combine ½ tsp. Vanilla extract, 1 Tbsp. Confectioner's sugar & ¾ cup nonfat plain yogurt in a small bowl. Thinly slice 2 small Swiss rolls with jam. Divide slices between 2 (1 cup) glasses, drizzle each with 1 Tbsp. OJ. Top equally with 2 ounces of blueberries, then with equal amounts of yogurt mixture.

Refrigerate about 30 minutes or until cold. Sprinkle equally with another 2 ounces blueberries and 2 tsp, orange zest, just before serving,

Serves: 2

Calories: 250, 10.4 g protein, 2.8 g fat, 44 g CHO, 1.7 g fiber