

Living Well Fall 2019 Classes

Culinary Comfort Class

September: A Taste Of The Mediterranean

Menu

Mediterranean Cobb Salad

Herbed Chicken, Orzo, & Zucchini

Cheesy Spinach & Artichoke Stuffed Spaghetti Squash

Ricotta and Berry Cups

“Sangria” Spritzer

Mediterranean Cobb Salad with herb-rubbed chicken

Ingredients:

Chicken:

1 Tbsp. Olive oil
1 tsp. Garlic powder, dried thyme
½ tsp. Dried oregano, rosemary, ground pepper,
2-8-ounce boneless, skinless chicken breasts, trimmed

Vinaigrette:

1/3 cup olive oil
½ cup lemon juice
1 Tbsp. Champagne vinegar
¼ tsp. Ground pepper

Salad:

6 cups baby kale or spinach
2 medium ripe avocados, sliced
2 large hard-boiled eggs, sliced
2 slices cooked bacon, crumbled
½ cup crumbled feta cheese
10 strawberries, quartered

Directions:

Preheat grill to medium-high.

To prepare chicken: Combine seasonings in a small bowl.

Oil the grill rack. Grill the chicken until 160 degrees, about 5-6 minutes per side.

Transfer to a clean cutting board and let sit for 10 minutes. Slice.

Vinaigrette: Whisk oil, lemon, vinegar & pepper in a small bowl. Whisk.

To assemble salad: Arrange kale, avocados, eggs, bacon, feta, strawberries & the chicken on a large platter. Serve with the vinaigrette. Serves: 2 cups each.

Calories: 618, Fat: 48 g, Protein: 34 g, Fiber: 95 g, Sodium: 705 mg

Herbed Chicken, Orzo, & Zucchini

Ingredients:

1 cup dried orzo pasta
4 skinless, boneless chicken breast halves (1 – 1 ¼ # total)
1 tsp. Dried basil, crushed
1 lemon, freshly squeezed
3 Tbsp. Olive oil
2 medium zucchini and/or yellow summer squash, halved lengthwise & sliced
2 Tbsp. Red wine vinegar
1 Tbsp. Snipped fresh Dill
¼ tsp. Ground black pepper
Snipped fresh dill

Directions:

Cook orzo according to package directions; drain.

Return orzo to hot saucepan; cover and keep warm.

Meanwhile, sprinkle chicken with basil. In a large skillet heat 1 T. Oil over medium heat. Add chicken. Cook about 12 minutes or until no longer pink. Add lemon juice.

Turn once. 170 degrees. Remove from skillet.

Add zucchini, and/or yellow squash to skillet. Cook & stir about 3 minutes or until crisp-tender. Stir in cooked orzo & the remaining 2 Tbsp. Oil, the vinegar, 1 Tbsp. Dill, & pepper.

Serve chicken with orzo mixture.

Makes 4 servings. (1 serving: 1 chicken breast half, 1 ¼ cup orzo mixture.)

Calories: 390, Fat: 12 g, Protein: 33 g, Sodium: 366 mg, Fiber: 3 g, CHO: 35 g

Cheesy, Spinach & Artichoke Stuffed Spaghetti Squash

Ingredients:

1-2 ½-3 # spaghetti squash, cut in half lengthwise & seeds removed

3 Tbsp. Water, divided

1-5 oz. package baby spinach

1 10 oz. package frozen artichoke hearts, thawed & chopped

4 oz. low fat cream cheese, cubed & softened

½ cup grated Parmesan cheese, divided

¼ tsp black pepper

Crushed red pepper & chopped basil for garnish

Directions:

Place squash cut-side down in a microwave-safe dish, add 2 T. Water. Microwave uncovered on high until tender, 10-15 minutes. Or can place halves in a baking dish and bake at 400 degrees until tender, 40-50 minutes.

Meanwhile, combine spinach & remaining 1 Tbsp. Water in a large skillet over medium heat. Cook stirring occasionally until wilted, 3-5 minutes. Drain & the transfer to a large bowl.

Position rack under broiler. Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, ¼ cup Parmesan cheese, pepper into the squash mixture. Divide it between the squash shells & top with remaining ¼ cup Parmesan cheese. Broil until the cheese is melted & golden brown, about 3 minutes. Sprinkle with crushed red pepper & basil.

Serves: 4 1 ¼ cups each.

Calories: 223, Fat: 11 g, Protein: 108 g, Fiber: 9g, Sodium: 528 mg, CHO: 23 g

Ricotta & Berry Cups

Ingredients:

2 cups fresh or frozen berries
1 Tbsp. Fresh lime juice
1 Tbsp. Freshly grated ginger
½ cup part-skim Ricotta cheese
5 oz. ripe peach, sliced
½ cup fresh blackberries
5 Tbsp. Toasted pecans
2 Tbsp. Honey

Directions:

Stir together berries, lime juice & ginger in a medium saucepan.

Cook about 5 minutes.

Let jam cool to room temperature.

In little cups add ricotta and top with Berry mixture.

Top with peach slices, blackberries & pecans. Drizzle with honey.

Serves: 4

Calories: 210, Protein: 7 g, CHO: 35 g, Sodium: 95 mg, Fiber: 3 g, Fat:0 g