

Chad & Emily's Cookbook

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in $\frac{1}{2}$ of a lime, fill with club soda.

Appetizers

Avocado Dip

2 - Avocados
2 - 3 Tomatoes
10 - 12 Greek or Black Olives
1 Small Feta Cheese
¼ c Balsamic Vinegar
1/8 c Olive Oil
1 clove Garlic
Salt
Pepper
Calvendars Seasoning – Cilantro - or Italian- Cilantro
Green Onions

Aphrodisiac Figs (Goat Cheese Stuffed Figs)

12 Ripe figs
Softened goat cheese spread (or mix own with soft cheese, orange zest, honey: blended)
Prosciutto
Honey

Pull stems out of ripe figs. Make two cuts in the shape of an x on top of fig. Fill with dab of softened goat cheese. Wrap with prosciutto and secure with toothpick. Place in broil-safe pan. Drizzle honey over and broil until cheese oozes and prosciutto sizzles.

Serve with Port.

Asian Chicken Lettuce Wraps

1 tablespoon canola oil
1 tablespoon dark sesame oil
1 tablespoon rice vinegar
1 tablespoon low-sodium soy sauce
1 1/2 teaspoons chili garlic sauce (such as Sriracha)
1 teaspoon grated peeled fresh ginger
1/2 teaspoon grated orange rind
2 garlic cloves, minced
Dash of sea salt
4 (6-ounce) skinless, boneless chicken breast halves
Cooking spray
8 Boston lettuce leaves (about 1 head)
1 cup fresh mint leaves (about 10 ounces)
1/2 cup bean sprouts (about 2 ounces)

1 lime, cut into 8 wedges
Chopped peanuts (optional)

Combine first 9 ingredients in a small bowl; stir with a whisk. Reserve 2 tablespoons oil mixture. Place remaining oil mixture in a large zip-top plastic bag. Add chicken breast halves; seal and marinate in refrigerator for 1 hour, turning occasionally. Remove chicken from bag, and discard marinade.

Heat a large nonstick grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; grill 12 minutes or until chicken is done, turning once. Let stand 5 minutes before thinly slicing. Divide chicken evenly among lettuce leaves; top each lettuce leaf with 2 tablespoons mint, 1 tablespoon sprouts, and about 1 teaspoon reserved oil mixture. Serve with lime wedges. Garnish with chopped peanuts, if desired.

Yield: 4 servings (serving size: 2 wraps and 2 lime wedges)

CALORIES 265(32% from fat); FAT 9.3g (sat 1.3g,mono 4g,poly 3.1g); PROTEIN 40.7g;
CHOLESTEROL 99mg; CALCIUM 47mg; SODIUM 363mg; FIBER 1g; IRON 2.2mg;
CARBOHYDRATE 3.3g

Barley and Kale Salad with Golden Beets and Feta

4 servings

INGREDIENTS

- 1/4 cup plus 2 tablespoons extra-virgin olive oil; more for drizzling
- 2 tablespoons white wine vinegar
- 2 tablespoons (packed) light brown sugar
- 1/2 teaspoon finely grated orange zest
- Kosher salt, freshly ground pepper
- 1 bunch Tuscan kale, center ribs and stems removed, leaves cut into 1-inch squares
- 1/4 cup minced shallots
- 3 medium golden beets (about 1 bunch), trimmed
- 1 1/4 cups pearl barley
- 4 ounces feta, crumbled
- 2 tablespoons (or more) unseasoned rice vinegar

PREPARATION

- Whisk 1/4 cup oil, white wine vinegar, sugar, and orange zest in a large bowl to blend; season with salt and pepper. Add kale and shallots; mix until completely coated. Cover and chill until kale is tender, at least 3 hours.
- Meanwhile, preheat oven to 375°. Arrange beets in a small baking dish and drizzle with a little oil. Season with salt and turn beets to coat. Cover with foil. Bake beets until tender

when pierced with a thin knife, about 45 minutes. Let cool completely. Peel beets. Cut into 1/4-inch pieces (you should have about 2 cups).

- Cook barley in a large pot of boiling salted water until just tender, about 45 minutes. Drain barley and spread out on a rimmed baking sheet; let cool completely.
- Add beets, barley, and feta to kale. Drizzle salad with remaining 2 tablespoons oil and 2 tablespoons rice vinegar; fold gently to combine. Season to taste with pepper and more rice vinegar, if desired. *DO AHEAD Salad*

NUTRITIONAL INFORMATION

4 servings, 1 serving contains:

Calories (kcal) 550

Fat (g) 27

Saturated Fat (g) 6

Cholesterol (mg) 15

Carbohydrates (g) 66

Dietary Fiber (g) 14

Total Sugars (g) 7

Protein (g) 15

Sodium (mg) 480

Beef Jerky

4 lbs boneless rump roast or beef round

3 tbsp liquid smoke

1 cp red wine

1 cp soy sauce

¼ cp Worcestershire sauce

4-6 jalapenos

1 large onion

1 tsp cayenne pepper

1 tsp cumin

¼ cp salt

1 tsp Italian seasoning

1 tbsp garlic powder

2 tsp black pepper

Tabasco or other hot sauce

Partially freeze meat, then slice into 1/3" strips cutting with the grain. Combine all other ingredients. Mix meat and marinade and refrigerate for 24 hours. Drain meat, place on dehydrator rack and let racks drain for a few minutes. Dehydrate for 12-15 hours on high.

Bruschetta Pomodoro

Pomodoro is Italian for "tomato."

2 cups minced plum tomato (about 3/4 pound)
1 1/2 teaspoons capers
2 tablespoons chopped kalamata olives
1 tablespoon chopped red onion
1 tablespoon chopped fresh basil
1 tablespoon extra-virgin olive oil
1/4 teaspoon salt
1/4 teaspoon balsamic vinegar
1/8 teaspoon pepper
10 (1/2-inch-thick) slices diagonally cut French bread baguette, toasted

Combine all the ingredients except French bread; cover and let stand 30 minutes. Drain the tomato mixture. Top each bread slice with 1 tablespoon of tomato mixture.

Yield: 10 servings

CALORIES 95 (20% from fat); FAT 2.6g (satfat 0.4g, monofat 1.4g, polyfat 0.5g); PROTEIN 2.2g; CARBOHYDRATE 15.8g; FIBER 1.1g; CHOLESTEROL 1mg; IRON 0.8mg; SODIUM 255mg; CALCIUM 15mg;

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Endive Stuffed with Fig/Date and Blue Cheese

Endive
Figs or dates
Blue Cheese
Cream Cheese
Walnuts

- Mix equal amounts of blue cheese and cream cheese
- Soften as needed with milk of cream
- Put a small amount of cheese mixture on a piece of endive
- Add t large walnut and a fig or date

Feta Chili Spread

3 large fresh poblano chiles*
1 jalapeño chile
4 ounces feta cheese (about 1/2 cup)
1/4 cup low-fat sour cream
1 tablespoon finely chopped fresh dill
2 teaspoons fresh lemon juice

*Poblano chiles are often called pasillas. They're available at some supermarkets and at specialty foods stores and Latin markets.

Prepare barbecue (medium heat). Char poblano and jalapeño chiles until blackened all over. Wrap chiles in paper bag and let stand 15 minutes. Peel, seed, and coarsely chop 2 poblano chiles and jalapeño chile; transfer to processor. Add feta cheese, sour cream, chopped fresh dill, and lemon juice to processor; puree until smooth. Season with salt and pepper. Cover and chill until firm enough to spread, about 2 hours. Peel, seed, and thinly slice remaining poblano chile. *DO AHEAD Can be made 1 day ahead.* Keep spread chilled. Cover and chill sliced chile.

Makes 6 servings

Fondue with goat cheese, spinach, and sun-dried tomatoes

1 TBSP minced garlic
4 TBSP butter
4 TBSP flour
2 Cups Half & Half
4 ounces goat cheese, crumbled
1 Cup grated Quattro Formaggio or Provolone cheese
½ Cup crumbled gorgonzola cheese
1 Cup spinach chiffonade*, packed
½ Cup sundried tomatoes
Pepper, to taste

Saute garlic in butter for 2 minutes. Add flour, stir and cook 3 minutes longer, don't let it color. Heat half & half and add to flour mixture and whisk until smooth. Simmer a few minutes longer until slightly thickened. Reduce heat. Add cheeses**, continue to whisk until smooth. Fold in spinach, tomatoes and pepper. Keep warm, but do not allow to boil.

* Chiffonade: tightly roll leaves, then thinly slice.

** Add approx. ¼ Cup red wine with the cheeses.

Guacamole

4 ripe hass avocados
2 tbsp finely chopped tomato
6-10 sprigs finely chopped cilantro
Salt
Tabasco or other hot sauce

Mash avocado in a bowl with a fork, stir in other ingredients. Add salt and Tabasco to taste.

Lil Smokies

1 lb Lil Smokies
4 oz prepared mustard (normal yellow mustard)
8 oz peach preserves

Combine mustard and preserves and simmer 5 minutes. Add Lil Smokies and simmer 15 more minutes.

Mexican Appetizer Cheesecake

2 teaspoons chicken flavored instant bouillon
½ cup hot water
24 ounces cream cheese – softened (reduced fat will work)
1 ½ teaspoons chili powder
1 teaspoon hot pepper sauce
2 eggs
1 can finely chopped chicken or leftover minced – turkey, chicken, or black beans
4 ounce can chopped green chilies -- well drained
salsa
shredded cheese
black olives
1 chopped tomato
diced green onions
tortilla chips

Preheat oven to 325 F. Dissolve bouillon in water. Set aside. In bowl, beat cheese, chili powder and hot pepper sauce until smooth. Add eggs. Mix well. Add bouillon liquid, beating until smooth. Stir in chicken and chilies. Pour into cake or quiche pan which has been sprayed with pam. Bake for 30 minutes or until set. Cool. Carefully run knife around edge of pan. Turn onto serving plate. Top with sausa, grated cheese, tomatoes, black olives, and green onions. Serve warm or chilled, with tortilla chips. Refrigerate leftovers.

Roasted Eggplant and Walnut Hummus

1 medium eggplant, halved lengthwise
1 tablespoon olive oil
3 medium garlic cloves, peeled
1 cup raw walnuts, toasted
1/3 cup fresh Italian parsley, coarsely chopped
1 tablespoon freshly squeezed lemon juice
1 tablespoon honey

Heat the oven to 425°F and arrange a rack in the middle.

Brush the cut side of the eggplant halves with olive oil, and place them cut side down on a baking sheet. Place garlic on a piece of aluminum foil and pour remaining olive oil over top, fold up the foil to enclose, and put on the baking sheet with the eggplant. Roast until eggplant skin remains indented when pressed on, and cut side of eggplant is browned, about 35 minutes.

Set eggplant and garlic aside to cool, about 20 minutes.

Using a food processor fitted with a blade attachment, chop walnuts until they are reduced to the size of peppercorns, about 25 pulses. Add parsley and garlic, and pulse until parsley is evenly minced, about 10 pulses.

Scoop eggplant flesh from skin and add to the food processor along with lemon juice and honey. Season with salt and freshly ground black pepper, and blend until smooth, about 30 seconds.

Serve with toasts or crackers.

Savory Yogurt Cheesecake with Caramelized Onions

Serve with crackers or toasted baguette slices. This appetizer provides about a fourth of the recommended daily amount of calcium. The yogurt for the filling drains overnight. Spread any leftover yogurt on whole wheat toast for breakfast. Prepare the onions while the crust bakes.

Filling:

- 1 (32-ounce) carton plain low-fat yogurt
- 1/2 cup (4 ounces) block-style fat-free cream cheese, softened
- 1 cup part-skim ricotta cheese
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 large egg yolk

Crust:

- 1/2 cup all-purpose flour
- 1/2 cup yellow cornmeal
- 1 teaspoon sugar
- 1/2 teaspoon salt
- Dash of freshly ground black pepper
- 2 1/2 tablespoons butter, chilled and cut into small pieces
- 1/4 cup ice water
- Cooking spray

Onions:

- 1 teaspoon butter
- 8 cups sliced onion (about 1 1/2 pounds)
- 1 tablespoon sugar

1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 teaspoon dried thyme

To prepare filling, place colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon 1 3/4 cups yogurt cheese into a bowl; discard liquid. Place cream cheese in a bowl; beat with a mixer at medium speed until smooth. Add the yogurt cheese, ricotta cheese, 1/2 teaspoon salt, 1/4 teaspoon pepper, and egg yolk. Beat at low speed just until blended.

Preheat oven to 350°.

To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife. Place flour, cornmeal, 1 teaspoon sugar, 1/2 teaspoon salt, and dash of pepper in a food processor; pulse 3 times or until combined. Add 2 1/2 tablespoons butter; pulse 4 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until moist (do not form a ball). Press cornmeal mixture into bottom of an 8-inch springform pan coated with cooking spray. Bake at 350° for 15 minutes or until lightly browned. Cool on a wire rack.

To prepare onions, while crust bakes melt 1 teaspoon butter in a large nonstick skillet over medium heat. Add the onion; cook 15 minutes, stirring occasionally. Stir in 1 tablespoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover and cook 25 minutes or until browned and tender, stirring occasionally. Stir in thyme.

Spread the yogurt mixture into prepared crust. Bake at 350° for 35 minutes or until almost set. Cool on a wire rack. (Cheesecake will continue to set as it cools.) Serve at room temperature. Cut cheesecake into wedges, and serve with onions.

Yield: 10 servings (serving size: 1 cheesecake wedge and about 2 tablespoons onions)

CALORIES 198 (30% from fat); FAT 6.5g (satfat 3.7g, monofat 1.9g, polyfat 0.4g); PROTEIN 10.2g; CARBOHYDRATE 25.6g; FIBER 2.5g; CHOLESTEROL 37mg; IRON 1.1mg; SODIUM 454mg; CALCIUM 240mg;

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Spicy Nuts and Fruit

3/4 c almonds
3/4 c dates
1 T flax
1 T sesame seeds
1/4 c cashews
1/4 c cherries

Sauce:

½ t mango hot sauce
1 T balsamic vinegar
2 t honey
½ t chili powder
¼ t garlic powder
2 drops After Death hot sauce
¼ t cumin
2 t simple sugar
2 t brown rice syrup

Mix together all ingredients of the sauce, warming slightly if necessary to mix. Pour over above ingredients and bake until liquid is almost soaked in.

Spinach-Artichoke Dip

This makes a lot so you may want to make ½ batch (this is good for up to 8 people)

2 cups (8oz) shredded part-skim mozzarella cheese, divided
½ cup fat free sour cream
¼ cup (1 oz) grated fresh parmesan cheese, divided
¼ tsp black pepper
4 cloves crushed garlic
1 14 oz can artichoke hearts, drained and chopped
½ small can diced jalapeños (optional)
2 8 oz blocks fat free cream cheese (or low fat)
½ of a 10oz package frozen spinach, thawed, drained, and squeezed dry
Tortilla chips or crackers

Preheat oven to 350F

Combine 1 ½ cups mozzarella, sour cream, 2 TBSP Parmesan, and next 7 ingredients (through the spinach) in a large bowl and still until well blended. Spoon into a 1.5 qt baking dish. Sprinkle with ½ cup mozzarella and 2 TBSP parmesan. Bake at 350F for 30 minutes or until bubbly and golden brown.

Yield 5 ½ cups, 22 servings. Serving size ¼ cup.

Warm Pumpkin Cheese Dip

1 ¼ cups plain low-fat yogurt
½ teaspoon butter
1 cup thinly sliced leek
2 teaspoons chopped fresh or ½ teaspoon dried thyme

1 teaspoon salt
3/4 cup (3 ounces) goat cheese
1/3 cup evaporated fat-free milk
1 (15-ounce) can pumpkin
3 large egg whites

Preheat oven to 375.

Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into a large bowl using a rubber spatula. Melt butter in a skillet over medium-high heat. Add leeks; saute 5 minutes or until tender. Remove from heat, and stir in thyme and salt. Place strained yogurt, goat cheese, and remaining ingredients in a large bowl, and beat with a mixer at medium speed just until smooth. Stir in leek mixture. Spoon pumpkin mixture into a 1-quart baking dish. Bake at 375 for 25 minutes or until dip is bubbly and lightly browned. Serve warm.

Yield: 3 1/2 cups (serving size: 1/4 cup)

NUTRITION PER SERVING: CALORIES 57(36% from fat); FAT 2.3g(sat 1.6g,mono 0.5g,poly 0.1g); PROTEIN 3.9g; CHOLESTEROL 7mg; CALCIUM 81mg; SODIUM 306mg; FIBER 1g; IRON 0.7mg; CARBOHYDRATE 5.5g