

in good taste™

spring 2015

recipe magazine

mother's DAY

Balsamic-Honey
Roast Pork Loin
with Fresh Berries

+ **spring celebrations**

Grilled Steak Kabob Salad,
Egg Bakes and **Lemon Surprise Cake**

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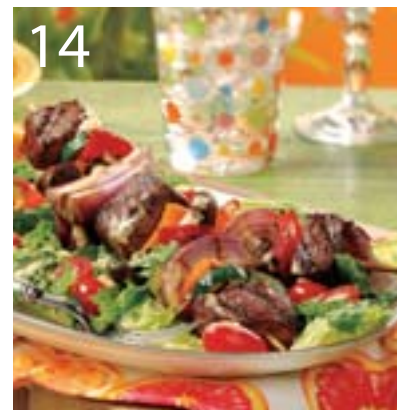
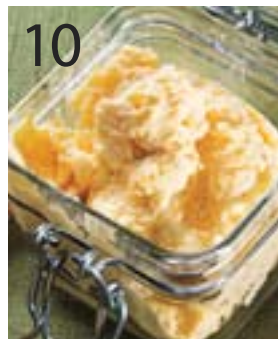
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seasonal PICK:

AVOCADOS AROUND

Enjoyed in cuisines all over the world, it's no wonder that avocados seem to be enjoying a renaissance. Its name comes from the Nahuatl word *ahuacatl*, and was cultivated first by the Aztecs in the region now known as Mexico and South-Central America as far back as 8000 BC. Spanish colonists had a difficult time pronouncing the berry as *aguacate*, which eventually morphed into the English "avocado." Avocados are commonly referred to as "butter fruit" in South Asia and South America, where they're often served with sugar and milk over ice as a refreshing and cool dessert.

The most popular avocados in the United States are the Hass variety, sometimes called "alligator pears" for the rough, bumpy skin that covers a smooth, pale green flesh. Avocados require tropical and sub-tropical climates making California and Florida the two primary sources in the U.S. with the growing season beginning in the spring and continuing through early fall.

Though primarily recognized as the main ingredient in guacamole, these buttery-smooth and nutrient-rich fruits are versatile additions to just about any dish, from dips and spreads to burgers and tacos. Avocados are most often used in their raw form, requiring only peeling and dicing without losing the many nutrients during cooking or processing. In fact, avocados are considered a "super food" due to their abundance of mono-unsaturated fatty acids, dietary fiber and minerals like iron, potassium and magnesium.

Avocados begin ripening when picked and the green skin will begin to darken to nearly black. It's best to check the ripeness of the fruit by gently squeezing it in the palm of your hand; a ready-to-eat avocado will be slightly firm, yet yield to gentle pressure. Avoid avocados with soft spots and dark blemishes, as these are indicators of over-ripeness. Ripe avocados should be used within one to two days. Firmer fruit with greener skin is better if you won't be using them for a few days and they'll keep for up to a week when stored at room temperature. Once ripe, avocados can be refrigerated for another one to two days.

It's best to cut the fruit immediately before serving to preserve their bright green color. Once the avocado flesh is exposed to air, it begins to discolor and brown. Lime or lemon juice can help slow this process in prepared dishes, but the key is to minimize exposure. Unused halves can be sprinkled with lime or lemon juice then wrapped tightly with plastic wrap and refrigerated.



Avocados with Warm Bacon-Cilantro Dressing

Prep: 15 minutes

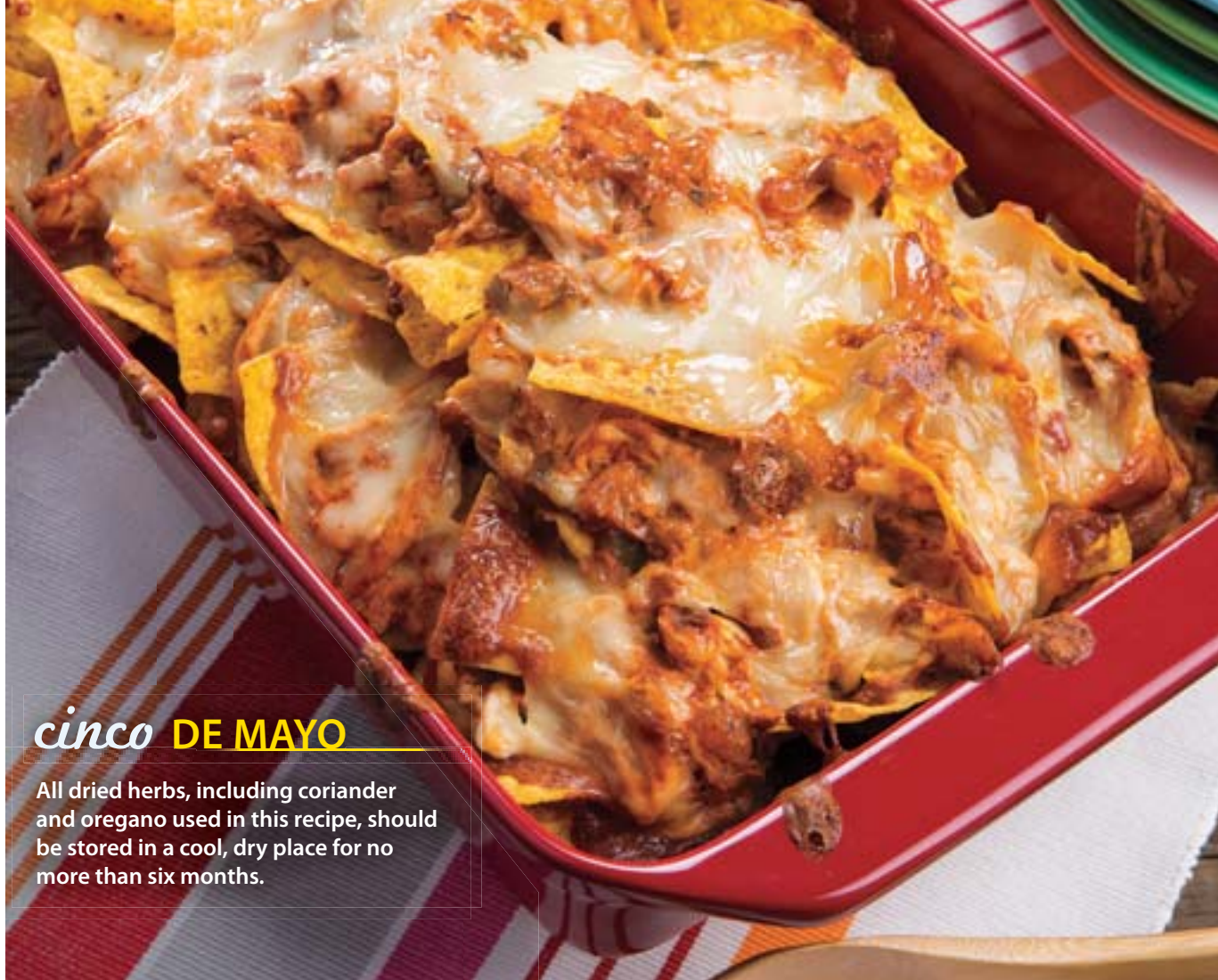
Cook: 10 minutes • Serves: 4

- 4 slices smoked bacon (about ¼ pound), cut crosswise into ½-inch pieces
- 2 garlic cloves, minced
- 3 tablespoons fresh lime juice
- ⅛ teaspoon ground coriander
- 2 tablespoons chopped fresh cilantro leaves
- 2 medium avocados, peeled, pitted and each cut into 6 wedges

1. In large skillet, cook bacon over medium heat 8 to 10 minutes or until crisp, stirring occasionally. With slotted spoon, transfer bacon to paper towel-lined plate; reserve bacon fat.

2. Add garlic, lime juice and coriander to skillet with bacon fat and cook 1 minute, stirring constantly. Remove skillet from heat; stir in cilantro and bacon. Pour bacon-cilantro mixture over avocado wedges and serve immediately.

*Approximate nutritional values per serving:
278 Calories, 27g Fat (7g Saturated), 14mg Cholesterol,
156mg Sodium, 9g Carbohydrates, 3g Fiber, 4g Protein*



cinco DE MAYO

All dried herbs, including coriander and oregano used in this recipe, should be stored in a cool, dry place for no more than six months.

King Ranch Chicken Casserole

Prep: 25 minutes plus standing

Bake: 40 minutes • Serves: 8

- Sunny Select Nonstick Cooking Spray
- 1½ tablespoons unsalted butter
- 1 small onion, chopped (about 1 cup)
- 1 green bell pepper, chopped (about 1¼ cups)
- 1 garlic clove, crushed with press
- 1 teaspoon Sunny Select Chili Powder
- 1 teaspoon Sunny Select Ground Coriander
- 1 teaspoon ground oregano
- 1 can (10¾ ounces) Sunny Select Cream of Chicken Soup
- 1 jar (15.5 ounces) Sunny Select Salsa
- ½ cup whole milk
- 1 whole roasted chicken, skin removed and meat shredded (about 4 cups)
- 1½ cups Sunnyside Farms Sour Cream plus additional for serving (optional)
- 2 tablespoons fresh lime juice
- 6 cups Sunny Select Yellow Corn Tortilla Chips (about 7 ounces)
- 1 package (8 ounces) sharp white Cheddar cheese, shredded (2 cups)
- Chopped green onions for serving (optional)

1. Preheat oven to 350°. Spray 13 x 9-inch glass or ceramic baking dish with nonstick cooking spray.

2. Melt butter in large nonstick skillet over medium heat. Add onion and cook 5 to 6 minutes or until soft, stirring occasionally. Add bell pepper and garlic and cook 4 to 5 minutes or until onion and bell pepper are tender, stirring occasionally. Stir in chili powder, coriander and oregano and cook 1 minute. Add soup, salsa and milk; increase heat to medium-high and cook 3 to 4 minutes or until slightly thickened, stirring occasionally. Remove from heat.

3. In medium bowl, combine chicken, sour cream, lime juice and onion-salsa mixture. Makes about 6 cups.

4. Layer 3 cups tortilla chips in single layer in bottom of prepared dish. Spoon about 3 cups chicken mixture evenly over chips and sprinkle with 1 cup cheese. Repeat layers of tortilla chips, chicken mixture and cheese. Cover lightly with aluminum foil.

5. Bake casserole 25 minutes. Remove foil and bake 15 to 20 minutes longer or until edges bubble and top is lightly browned. Let stand 10 minutes before serving. Sprinkle with green onions and top with a dollop of sour cream, if desired, to serve.

*Approximate nutritional values per serving:
488 Calories, 30g Fat (19g Saturated), 73mg Cholesterol,
412mg Sodium, 23g Carbohydrates, 2g Fiber, 29g Protein*

quick & EASY

For a healthier version of this tuna wrap, use reduced fat or fat-free mayonnaise, yogurt and cheese.



Grilled Tuna Melt Wrap

Prep: 15 minutes

Cook: 6 minutes • Serves: 4

- ¼ cup mayonnaise
- 2 tablespoons plain Greek yogurt
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cans (5 ounces each) Sunny Select Albacore Tuna in Water, drained
- ¼ cup finely chopped onion
- 2 tablespoons finely chopped Sunny Select Dill Pickles
- 4 (8- to 10-inch) flour tortillas or sandwich wraps
- 4 slices Sunnyside Farms Sharp Cheddar Cheese, cut in half
- ¾ small ripe avocado, cut into 12 slices
- 8 slices tomato
- Sunny Select Nonstick Cooking Spray

1. In small bowl, whisk together mayonnaise, yogurt, lemon juice, salt and pepper. In medium bowl, flake tuna with fork; fold in onion, pickles and mayonnaise mixture. Makes about 2 cups.

2. Place tortillas on work surface. Leaving about 1½-inches on sides of each tortilla, place 2 pieces cheese lengthwise in center of each tortilla; evenly divide tuna mixture, avocado and tomatoes over cheese. Fold sides of tortilla over fillings, then roll from bottom up to enclose filling.

3. Preheat grill pan over medium heat. Spray both sides of sandwiches with nonstick cooking spray; place on hot grill pan. Cook sandwiches 6 to 8 minutes or until grill marks appear and sandwiches are heated through, turning once halfway through cooking. Cut diagonally in half to serve.

*Approximate nutritional values per serving:
464 Calories, 31g Fat (18g Saturated), 57mg Cholesterol,
1144mg Sodium, 34g Carbohydrates, 6g Fiber, 28g Protein*

happy MOTHER'S DAY

Today, pork is leaner (about one-third fewer calories) and higher in protein than it was just ten years ago. For a roast that's juicy and tender, cook to the USDA recommended temperature of 145°.



Balsamic-Honey Roast Pork Loin with Fresh Berries

Prep: 10 minutes

Roast/Cook: 1 hour 35 minutes • Serves: 8

- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- 1 center-cut pork loin (about 4 pounds)
- 1 can (14 ounces) less-sodium beef broth
- 3 sprigs fresh thyme
- 1 cup Pacific Coast Selections Balsamic Vinegar
- ½ cup Sunny Select Honey
- 1 tablespoon Sunny Select Corn Starch
- 1 tablespoon water
- 16 ounces assorted berries (about 4 cups)

1. Preheat oven to 450°. In small bowl, combine salt, pepper and garlic powder. Place pork in roasting pan; rub seasoning mixture over pork.

2. Roast pork 45 minutes or until outside is browned. Carefully add broth and thyme sprigs to pan; tightly cover pan with aluminum foil.

3. Reduce oven temperature to 325°; roast pork 45 to 50 minutes longer or until internal temperature reaches 135°. Transfer pork to cutting board; loosely cover with aluminum foil and let stand 15 minutes. (Internal temperature will rise to 145° upon standing.)

4. Meanwhile, place roasting pan across 2 burners over medium heat. Add vinegar and honey; heat to simmering. Simmer 15 minutes. In small bowl, whisk together cornstarch and water; add to pan and heat to boiling. Into large bowl, strain sauce through fine-mesh strainer, if desired. Makes about 2 cups.

5. Slice pork and serve topped with berries and sauce.

Approximate nutritional values per serving:

456 Calories, 13g Fat (5g Saturated), 136mg Cholesterol, 652mg Sodium, 31g Carbohydrates, 3g Fiber, 47g Protein



#throwbackrecipe!

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Asparagus, Mushroom & Pea Gratin

Prep: 25 minutes plus standing

Bake: 20 minutes • Serves: 8

- 1 bunch fresh asparagus (about 1 pound), cut crosswise into 1½-inch pieces
- 6 tablespoons Sunnyside Farms Unsalted Butter
- 1 package (10 ounces) sliced white mushrooms (about 4 cups)
- 2 garlic cloves, minced (about 2 teaspoons)
- ½ medium onion, finely chopped (about ½ cup)
- 2 tablespoons Sunny Select All-Purpose Flour
- 1 cup Sunnyside Farms Heavy Cream
- 1¼ cups grated Parmesan cheese
- 2 teaspoons chopped fresh thyme leaves
- ½ teaspoon ground black pepper
- 1 cup Sunny Select Frozen Peas
- ¾ cup Sunny Select Panko Crumbs

1. Preheat oven to 375°. Heat large covered saucepot of salted water to boiling over high heat. Add asparagus and cook 2 to 3 minutes or just until tender-crisp; drain.

2. Meanwhile, in large nonstick skillet, melt 3 tablespoons butter over medium-high heat. Add mushrooms and cook 6 to 8 minutes or until mushrooms begin to brown, stirring occasionally. Stir in garlic and onion, and cook 4 to 5 minutes or until mushrooms and onion are tender, stirring occasionally. Add flour and cook 2 minutes, stirring constantly. Add cream and heat to simmering. Stir in ¾ cup cheese, thyme and pepper. Stir in peas and asparagus.

3. In medium microwave-safe bowl, heat remaining 3 tablespoons butter in microwave oven on high 30 seconds or until melted. Add breadcrumbs and remaining ½ cup cheese; stir until well combined.

4. Evenly spread asparagus-mushroom mixture in 2-quart glass or ceramic baking dish; evenly sprinkle with breadcrumb mixture. Bake gratin 20 to 25 minutes or until edges bubble and top is golden brown. Let stand 10 minutes before serving.

Approximate nutritional values per serving:

311 Calories, 23g Fat (15g Saturated), 77mg Cholesterol, 281mg Sodium, 14g Carbohydrates, 3g Fiber, 11g Protein

happy MOTHER'S DAY



Lemon Surprise Cake

Prep: 15 minutes plus cooling and chilling

Bake: 35 minutes • Serves: 16

- Sunny Select Nonstick Cooking Spray
- 1 package (15.25 ounces) butter recipe yellow cake mix
- 1 package (3.4 ounces) lemon instant pudding and pie filling
- 4 large eggs
- ½ cup Sunny Select Vegetable Oil
- ¾ cup water
- 2 teaspoons lemon zest
- 1 jar (10 ounces) lemon curd
- ¼ cup water
- 1 container (8 ounces) Sunny Select Whipped Topping, thawed

1. Preheat oven to 350°. Lightly spray 13 x 9-inch metal baking pan with cooking spray.

2. In medium bowl, with mixer on low speed, beat cake mix, pudding mix, eggs, oil, water and lemon zest until moistened. Increase speed to medium; beat 2 minutes longer, scraping bowl occasionally with rubber spatula.

3. Pour batter into prepared pan. Bake 35 to 40 minutes or until toothpick inserted in center of cake comes out clean; cool cake in pan on wire rack 5 minutes.

4. Meanwhile, in medium microwave-safe bowl, stir lemon curd and water. Heat in microwave oven on high 1 minute or until melted; stir until smooth. With end of wooden spoon, poke 24 evenly spaced holes in cake. With rubber spatula, evenly spread lemon curd mixture over cake. Refrigerate cake 20 minutes. Evenly spread whipped topping over cake. Cover and refrigerate up to 3 days.

*Approximate nutritional values per serving:
288 Calories, 12g Fat (4g Saturated), 60mg Cholesterol,
311mg Sodium, 42g Carbohydrates, 0g Fiber, 3g Protein*



How to MAKE YOUR LIFE MORE FRUITFUL

American author Ernestine Ulmer said: "Life is uncertain. Eat dessert first!" If we accept her advice, we should start by making blueberries the theme for a special day with a muffin that is light, fluffy and blueberry-filled. Or, why not have blueberry pancakes for breakfast? Blend a blueberry smoothie for lunch with your favorite protein powder. Serve blueberry scones at teatime. Finish the day with a warm blueberry cobbler, topped with ice cream. You'll have an entire day packed with the power of natural antioxidants.

Fresh fruit is now in season and it's the perfect time to enjoy cherries, berries, apricots and mangos, to name just a few. Fruit can easily be added to some of your favorite dishes, starting with breakfast. It can be put into a salad for lunch, or sprinkled on top of your protein choice for dinner. Could anything be more delicious, or look more refreshing than when fruit is added to a favorite dessert? It quickly adds color, texture and nutrients to any meal.

Strawberry shortcake is a classic dessert that is made with a traditional biscuit-like cake, pound cake or angel food cake, but topping with real whipped cream is a must. Strawberry and rhubarb are another combination that make quite an appealing pie or pudding.

For an extra special treat hold large strawberries by their green leaves and dip in melted chocolate. Chill for 15 to 30 minutes to set, and when you're ready to serve them you might want to suggest with flair, "Champagne anyone?"



Entertaining? A mixed berry pavlova is certain to impress your guests. It is not difficult, just a baked meringue topped with berry sauce. Celebrate the season with fruit punch served with a few berries in each glass; you'll be sure to please everyone's palate.



Some of our favorite fruits to eat out-of-hand belong to the stone fruit family (those with a pit in the center). They can simply be sliced, and combined with an assortment of cheeses and nuts for a quick and easy dessert tray. The sweet flavor of mangos and peaches is evident when chopped into salsas or sliced into a salad. No matter which you select, all fruit provides essential vitamins for your health.



spring BRUNCH

Used in our egg bakes, and with a taste similar to but sweeter than anise, fennel is common in Mediterranean cuisine. Both the bulb and stems can be eaten raw in salads, or cooked in sautés, soups or casseroles.



Apricot-Honey Butter

Prep: 5 minutes

Makes: about 2½ cups

- 1 cup Sunnyside Farms Unsalted Butter (2 sticks), softened
- $\frac{2}{3}$ cup apricot preserves (about 8 ounces)
- $\frac{2}{3}$ cup Sunny Select Honey

In large bowl, with mixer on medium speed, beat butter 2 to 3 minutes or until fluffy, scraping bowl occasionally. Add preserves and honey; beat on high speed 30 seconds or until well incorporated.

*Approximate nutritional values per serving (1 tablespoon):
40 Calories, 4g Fat (3g Saturated), 12mg Cholesterol,
2mg Sodium, 8g Carbohydrates, 0g Fiber, 0g Protein*

Butter Up: COMPOUNDS ADD AN EXTRA LEVEL OF FLAVOR

Compound butter, or *beurre composé* in French, is butter creamed with other ingredients, such as herbs, fruit, spices, garlic, wine, shallots – the possibilities are endless. It's a great vehicle for big flavors, taking on profiles of any cuisine around the globe in savory and sweet applications.

Get creative with ingredients – the only limitation is what's on hand. Herbs are a popular pick for compound butters: parsley, basil, thyme – most herb combinations will work. Premium ingredients can also make a dish even more luxurious. Steak or seafood especially has an affinity with flavored butters. For steak, try a savory butter with additions such as bacon, Gorgonzola cheese or hazelnuts. For a light and fresh dimension to seafood, try a citrus-infused butter, or add a classic spice such as Old Bay® seasoning.

Spices also open up more possibilities for international flavor. For Middle Eastern inspiration, a spice blend of black pepper, cumin, cinnamon, cloves and other warm spices can take a dish to the next level.

Sweet butters add a special something to dessert. The combination of honey and cinnamon is a classic, or for a more unique touch try mixing in citrus flavors or crystallized ginger. Orange pairs well with rolls or sweet breads. Sweet compound butters can also shine at breakfast. For a real treat, try berry-infused butter to top favorites such as Belgian waffles or French toast. Whether used in savory or sweet applications, a compound butter is as good as gold.



Mushroom & Fennel Egg Bakes

Prep: 45 minutes

Bake: 35 minutes • Serves: 8

- Sunny Select Nonstick Cooking Spray
- 2 packages (8 ounces each) cremini mushrooms (baby bella), sliced (about 5 cups)
- 1 medium fennel bulb, trimmed and thinly sliced (about 2 cups)
- 1 medium onion, thinly sliced (about 2 cups)
- 2 tablespoons Sunny Select Olive Oil
- 12 large Sunnyside Farms Eggs
- 2 cups Sunnyside Farms Heavy Cream
- 4 ounces shredded Parmesan cheese (1 cup)
- $\frac{1}{4}$ cup finely chopped fresh Italian parsley leaves
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground white pepper
- 6 ounces thinly sliced smoked deli ham, cut into $\frac{3}{4}$ -inch pieces

1. Preheat oven to 450°. Spray rimmed baking pan with nonstick cooking spray. In large bowl, toss mushrooms, fennel and onion with oil to evenly coat. Evenly spread vegetable mixture on prepared baking pan. Roast 30 to 35 minutes or until vegetables are tender, stirring once halfway through roasting.

2. Reduce oven temperature to 325°. Place eight (12-ounce) oven-safe ramekins on rimmed baking pan and spray with nonstick cooking spray. In large bowl, whisk together eggs and cream; stir in cheese, parsley, salt and pepper. Evenly divide ham into bottom of each ramekin. Top ham evenly with vegetable mixture, then ladle egg mixture over vegetable mixture.

3. Place baking pan with filled ramekins in oven; carefully add enough water to baking pan to come $\frac{1}{4}$ -inch up sides of ramekins. Bake 35 to 40 minutes or until eggs are set and tops are lightly browned.

*Approximate nutritional values per serving:
466 Calories, 38g Fat (19g Saturated), 421mg Cholesterol,
809mg Sodium, 7g Carbohydrates, 2g Fiber, 24g Protein*

Chef Tip

Vegetables can be roasted and refrigerated, and egg mixture can be combined and refrigerated up to 1 day in advance.

small PLATES

Known by a variety of different names, "small plates" refers to the serving of appetizers or items meant to be shared. In Italian cuisine, they are referred to as antipasti, and in Spanish cuisine, tapas.



Mediterranean Chickpea & Olive Salad

Prep: 20 minutes plus standing • Serves: 8

- 1 anchovy fillet, drained and finely chopped
- 1 garlic clove, minced
- ½ medium shallot, finely chopped (about 1 tablespoon)
- 3 tablespoons Sunny Select Extra Virgin Olive Oil
- 2 tablespoons fresh lemon juice
- ⅛ teaspoon salt
- 5 ounces drained pitted black olives (about 1 cup)
- 2 cans (15 ounces each) Sunny Select Garbanzo Beans (chickpeas), rinsed and drained
- ¼ medium onion, thinly sliced (about ¾ cup)
- 1 cup halved cherry tomatoes
- ½ cup drained and sliced roasted red peppers
- ¼ cup loosely packed torn fresh basil leaves plus additional sprigs for garnish
- 2 teaspoons fresh thyme leaves

In large bowl, whisk together anchovy, garlic, shallot, oil, lemon juice and salt. Add remaining ingredients and toss to combine. Let stand at least 15 minutes before serving. If not serving right away, cover and refrigerate up to 1 day in advance. Serve garnished with basil sprigs, if desired. Makes about 6 cups.

Approximate nutritional values per serving:
200 Calories, 11g Fat (1g Saturated), 1mg Cholesterol,
646mg Sodium, 21g Carbohydrates, 7g Fiber, 7g Protein

Shrimp Ceviche

Prep: 30 minutes plus chilling

Serves: 4

- 1 pound raw 51-60 count peeled and deveined shrimp, thawed if necessary
- ½ cup plus 2 tablespoons fresh lemon juice
- ½ cup plus 2 tablespoons fresh lime juice
- 2 tablespoons Sunny Select Olive Oil
- 2 teaspoons Sunny Select Granulated Sugar
- ½ teaspoon Sunny Select Paprika
- ¼ teaspoon salt
- 2 medium Roma tomatoes, seeded and finely chopped
- ¼ cup chopped fresh cilantro leaves
- ¼ cup finely chopped white onion
- 1½ tablespoons seeded and minced serrano chile pepper
- Tortilla chips and lime wedges (optional)

1. In medium bowl, toss shrimp and ½ cup each lemon and lime juice until well combined. Cover and refrigerate at least 4 hours or up to overnight, stirring twice to coat shrimp.

2. In small bowl, whisk together oil, sugar, paprika, salt and remaining 2 tablespoons each lemon and lime juice.

3. Pour off liquid from shrimp mixture. Add tomatoes, cilantro, onion, serrano and oil-juice mixture; toss to combine. Serve immediately with tortilla chips garnished with lime wedges, if desired. Makes about 3½ cups.

Approximate nutritional values per serving:
176 Calories, 7g Fat (1g Saturated), 142mg Cholesterol,
789mg Sodium, 11 g Carbohydrates, 1g Fiber, 16g Protein



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spotlight ON CEVICHE

A popular dish served in all of the Americas, ceviche is made with fresh raw fish. Rather than using traditional methods of cooking, the fish is “cooked” by marinating it in citrus juices, usually either lemon and/or lime. Often, onions, peppers and/or tomatoes are added to the marinade. The fish becomes firm and opaque, taking on the appearance of having been cooked. But rather than reaching a certain cooking temperature, the citric acids in the juice alter the structure of the fish proteins.

Historians believe ceviche most likely originated in Peru and evolved from a dish that arrived with the Spanish conquistadors. When its popularity spread to neighboring regions, the dish adapted to incorporate local flavors. Peruvian ceviche often uses key limes, chile peppers and sliced onions. In Chile, fresh mint and cilantro are often added. Tomato sauce adds a tangy flavor to Ecuadorian ceviche.

A dish that can be served for lunch, brunch or frequently as an appetizer, ceviche needs to be made with only the freshest of fish. Almost any type of seafood can be used including shrimp, lobster or scallops. Semi-firm white fish, such as sole, flounder or sea bass also work well.

Pronounced seh-VEE-chee, other common spellings include sevice and cebiche.

fit for A KING

When handling chile peppers, such as the habaño used in the marinade for the kabobs, make sure you wear gloves while cutting the pepper and thoroughly wash your hands afterward.



Grilled Citrus Spiced Steak Kabob Salad

Prep: 35 minutes plus marinating

Grill: 10 minutes • Serves: 4

Marinade

- 2 garlic cloves
- ½ habaño chile pepper, seeded and coarsely chopped
- 4 green onions, coarsely chopped
- ¼ cup fresh lemon juice
- ¼ cup fresh orange juice
- ½ teaspoon orange zest
- 1 teaspoon kosher salt
- ⅛ teaspoon ground black pepper
- ¼ teaspoon Pacific Coast Selections Dijon Mustard
- ½ cup Sunny Select Extra Virgin Olive Oil

Kabobs

- 1¼ pounds beef loin sirloin steaks, cut into 1½-inch pieces
- 8 (10-inch) wooden or stainless steel skewers
- 3 small portobello mushrooms, each cut into ¾-inch slices
- 2 medium red onions, each cut into 8 wedges
- 2 red and/or orange bell peppers, each cut into 1½-inch pieces
- 1 medium zucchini, cut crosswise into ¾-inch-thick slices
- 1 bag (10 ounces) chopped hearts of romaine lettuce
- 1 pint red grape tomatoes, each cut lengthwise in half

1. Prepare Marinade: In blender or food processor with knife blade attached, pulse all ingredients, except ¼ teaspoon salt and oil, until garlic and chile pepper are chopped. With blender or processor running, drizzle in oil and process until well combined.

2. Prepare Kabobs: Place beef in large zip-top plastic bag. Pour ½ cup marinade over beef. Seal bag and refrigerate 2 to 6 hours to marinate. Refrigerate remaining marinade.

3. If using wooden skewers, soak in water 10 minutes. Prepare outdoor grill for direct grilling over medium-high heat. In large bowl, toss mushrooms, onions, bell peppers and zucchini with ¼ cup remaining marinade. Remove beef from marinade; discard marinade. Alternately thread beef and vegetables onto skewers; sprinkle with remaining ¼ teaspoon salt.

4. Place kabobs on hot grill rack; cover grill and cook 8 to 10 minutes or until internal temperature of beef reaches 145° for medium-rare (10 to 12 minutes or 160° for medium; 12 to 14 minutes or 170° for well-done), rotating kabobs every 2 to 3 minutes. Serve kabobs over lettuce and tomatoes drizzled with remaining marinade.

*Approximate nutritional values per serving:
616 Calories, 44g Fat (10g Saturated), 84mg Cholesterol,
372mg Sodium, 27g Carbohydrates, 7g Fiber, 32g Protein*

Chef Tip

Use your favorite bottled vinaigrette for marinating beef and drizzling over salad if short on time.



Bananas Foster

Prep: 10 minutes

Cook: 8 minutes • Serves: 4

- ½ cup packed Sunny Select Light Brown Sugar
- ½ cup refrigerated Sunnyside Farms Orange Juice
- 2 tablespoons buttery spread (such as Smart Balance®)
- ½ teaspoon Sunny Select Ground Cinnamon
- 2 large ripe bananas, peeled, cut lengthwise in half, then cut crosswise in half
- ⅛ teaspoon almond extract
- 2 cups frozen nonfat vanilla yogurt

1. Heat large skillet over medium heat. Add brown sugar, orange juice, buttery spread and cinnamon, and heat to boiling over medium-high heat, whisking occasionally; reduce heat to medium. Add bananas and cook 4 to 5 minutes or just until soft; stir in almond extract.

2. In each of 4 small bowls, place ½ cup frozen yogurt; spoon 2 pieces banana and 3 tablespoons sauce over and around frozen yogurt in each bowl.

Approximate nutritional values per serving:

303 Calories, 5g Fat (2g Saturated), 0mg Cholesterol, 102mg Sodium, 64g Carbohydrates, 2g Fiber, 4g Protein

What type of lettuce DO YOU LOVE?

Do you have a favorite? For hundreds of years, lettuce in its many forms, textures and tastes has inspired cooks all over the world to try new and exciting uses. Here are just a few:

baby arugula – The strong, peppery flavor of arugula adds zest to a gourmet BLT. Or, combine with olives, olive oil and red wine vinegar, fresh Parmesan cheese and ground black pepper for a simple side-dish salad.

belgian endive – Endive can easily be braised or grilled. If serving hors d'oeuvres, separate the leaves and fill with an assortment of cheese spreads, fruit, cottage cheese, tuna or dips for an attractive presentation.

boston – One of the most popular of the butterhead lettuces, Boston is a great addition to any chilled salad. For an edible plate liner, simply separate the leaves.

iceberg – Easily recognized for its pale green sphere shape, this mild-flavored lettuce is a familiar garnish for sandwiches and can also serve as a wrap for just about anything. For a classic quick and easy salad, cut it into wedges and top with Thousand Island dressing.

spinach – One of the healthiest greens, spinach can be added to stuffing, lasagna, creamed dishes and soups. Add sautéed spinach to pasta, and serve with shredded Parmesan

cheese and toasted pine nuts sprinkled on top for a quick and satisfying meal.

romaine – The lettuce of choice for Caesar salad can also be grilled. Just spritz on a little extra virgin olive oil and grill until slightly soft for an excellent first course. For a refreshing summer salad, combine chopped romaine with chickpeas, sliced cucumber, chopped tomato and feta cheese, and top with a creamy garlic dressing.

red and green leaf – With a mild taste and a nice crunch, red and green leaf lettuce packs a powerful nutritional punch and makes any salad instantly more colorful. In many cultures this lettuce is eaten cooked. Consider adding it to homemade chicken stock or stews, or it can be stir-fried with a dash of soy sauce and sesame seeds.

spring mix greens – A combination of leaves which often includes arugula and baby spinach, spring mix greens make an attractive salad with a variety of colors and textures. Simply drizzle with a vinaigrette and top with fresh berries for an extremely simple, quick and healthy meal.

baby arugula



belgian endive



boston



iceberg



spinach



romaine



red and green leaf



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