

Living Well 2007 Dinner Recipes

Creole Seasoning Mix

I used this as a dry rub on the beef tenderloin and also seasoned the vegetable bundles with it. It's actually good for everything!!

2 ½ TBSP Paprika
2 TBSP Salt
2 TBSP Black Pepper
1 TBSP Granulated Onion Powder
1 TBSP Dried Oregano
1 TBSP Dried Thyme
Cayenne Pepper to taste

Combine all ingredients. Store in an airtight container. Yield: 2/3 cup

Creole Mustard Dressing

Served with the beef tenderloin

1 Large Egg
3 TBSP Creole or brown spicy mustard
1 TBSP White Vinegar
1 Cup Olive Oil (Extra Virgin)
2 TBSP Chopped Fresh Parsley
1 TBSP Honey
½ tsp kosher salt
Cayenne Pepper to taste

In a food processor, process the egg, mustard, and vinegar until well blended. With the motor running, slowly pour the olive oil through the feed tube in a steady stream and continue processing until emulsified (thickened). Then add the parsley, honey, salt, and cayenne and pulse to blend. Transfer to an airtight container and refrigerate for at least 30 minutes before using. Use within 24 hours since it contains raw egg.

Yield: 2 ¼ cups

Roasted Fingerling Potatoes

2 pounds Fingerling Potatoes, washed
2 TBSP Minced Garlic
3 TBSP Olive Oil (Extra Virgin)
2 tsp Dried Thyme
Kosher Salt and Black Pepper

Preheat oven to 375 degrees. In a large bowl combine all the ingredients and toss. Transfer to a baking sheet and roast for 15 to 20 minutes or until nice and tender.

Yield: 8 Servings

Broiled Tomatoes with Feta Cheese

8 Plum Tomatoes
Kosher Salt and Black Pepper to taste
1 tsp Dried Italian Seasoning
¼ cup Italian Bread Crumbs
2/3 cup Crumbled Feta Cheese
¼ cup Italian Salad Dressing

Butterfly cut the tomatoes lengthwise, and place, cut sides up, on a baking sheet. Sprinkle evenly with salt and pepper, Italian seasoning, Italian bread crumbs, and feta cheese. Drizzle evenly with Italian salad dressing. Broil or bake for 2-3 minutes or just until cheese starts to brown.

Yield: 8 Servings

Baked Mixed Vegetable Bundles

Yellow Squash
Asparagus Spears
Baby Carrots
Zucchini
Red Bell Pepper
Olive Oil (Extra Virgin)
Creole Seasoning Mix

Cut “napkin ring” bundle holders from yellow squash. Fill each ring with asparagus spears, baby carrot, zucchini spear, and red pepper strip. Drizzle with olive oil and season liberally with Creole seasoning mix. Bake at 350 degrees until vegetables are tender crisp.

Chicken Skewers with Peanut Sauce

¼ cup Catalina Salad Dressing
3 TBSP Peanut Butter
1 TBSP Soy Sauce
1 pound Boneless, Skinless Chicken Breasts, cut into thin lengthwise slices

Mix dressing, peanut butter, and soy sauce in a large bowl until well blended. Add chicken slices; toss to coat. Cover and refrigerate for 10-20 minutes to marinate. Remove chicken from marinade. Thread chicken evenly onto 8 soaked wooden skewers. Place on broiler pan and broil 4 minutes on each side or until thoroughly cooked through.

Yield: 8 Skewers

Muffuletta on a Stick

8 Slices Deli-Style Smoked Ham
8 Slices Provolone Cheese
8 Slices Genoa Salami
Pepperoncini Salad Peppers – 24 each
Roasted Red Bell Pepper – 24 1 ½ inch pieces
Jumbo Pitted Black Olive – 24 each
Jumbo Pimento-Stuffed Spanish Olive – 24 each
Olive Oil and Vinegar Salad Dressing – 8 ounces
Dried Italian Seasoning – ½ tsp

Layer ham, provolone, and salami slices; tightly roll up, and slice into 3 equal pieces. Repeat procedure eight times. This is much easier if you cut the ham, cheese, and salami into the same size pieces before rolling up.

Thread soaked wooden skewers with 1 of each: salad pepper, meat-and-cheese roll, black olive, red pepper piece, and Spanish olive. Place in a shallow baking dish. Whisk together the olive oil – vinegar salad dressing and Italian seasoning. Pour mixture evenly over skewers, and chill for at least 30 minutes.

Yield: 24 Skewers

Note: Roasted red bell peppers are available in jars packed in oil in grocery stores. Pepperoncini salad peppers are also available in jars in some upscale stores.

Fresh Apple Cake

2 Cups Sugar
1 ¼ Cups Vegetable Oil
2 Large Eggs
1 tsp Salt
2 tsp Cinnamon
2 tsp Vanilla
2 Cups Flour
1 Cup Chopped Pecans
3 Cups Diced Apples

Mix sugar and vegetable oil in mixer. Add eggs, salt, cinnamon, and vanilla. Add flour one cup at a time. Fold in the pecans and apples. This batter is very dry. It is likely that you will have to mix in the pecans and apples with your hands. Spread into a 13x15 baking pan. Bake 1 hour at 350 degrees or until done. Serve with caramel sauce and top with a scoop of your favorite ice cream (we used cinnamon-cream gelato). YUM!

Yield: Approximately 20 pieces