

Recipe Card

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MISSION BISTRO

Zucchini Chips

Ingredients- 1/2 cup Italian Breadcrumbs, Pinch of Salt, Pinch of Pepper, 1 Large Zucchini cut into slices, 3 Egg Whites - mixed well.

Directions- Set Oven to 475, Mix Breadcrumbs , salt and pepper in a bowl. Dip zucchini slices into egg white and then into breadcrumbs, coating well. Lay slices on a sheet tray. Bake for 10 minutes or until lightly browned.

Apple and Cheddar Grilled Cheese

Ingredients- 2 Tablespoons Dijon mustard , 2 Tablespoons Light Mayo, 8 slices whole wheat bread, 1 cup of your favorite sharp cheddar cheese, and 1 granny smith apple sliced.

Directions- Prepare just as you would a grilled cheese, serve hot.

Pizza with Chicken and Artichoke

Ingredients- 1 large prepared pizza crust, 6 oz prepared chicken breast, jar of your favorite pizza sauce, 14 oz artichoke hearts drained and cut into quarters , 4 oz olives drained, 1 bag mozzarella cheese.

Directions- Layer ingredients onto crust, ending with the cheese, place in a preset oven of 450. Cook for 10 minutes or until cheese is melted and starting to color.

Chicken with Bernaise Sauce

Ingredients - 1/2 cup white wine, 1/2 white onion , chopped, small handful fresh tarragon, 4 boneless and skinless chicken breast, salt and pepper, 3 Tablespoons yogurt based spread (brummel and brown)

Directions- Combine wine, onion and tarragon in a pan , boil 3 minutes. Remove from pan , let cool. Cook chicken in pan until done. Add yogurt to the onion and tarragon mixture , spread over chicken.

Cranberry Glazed Salmon

Ingredients- 1 orange zested and juiced, 1/2 cup cranberry chutney, 2 teaspoons soy sauce, 1/2 teaspoon dried mustard, 4 pieces salmon fillets, salt and pepper.

Directions- Combine zest and juice with cranberry chutney, soy sauce and dry mustard, set aside.

Place Salmon in oven at 400 for 6 minutes or until done , spread cranberry sauce over salmon and place back in oven for 3 minutes, serve hot.

Cilantro and Garlic Shrimp Pasta

Ingredients- Olive Oil , 1 pound shrimp, 6 garlic cloves minced, 2 teaspoons lemon juice , salt and pepper, and 1/2 cup rough chopped cilantro.

Directions- Sauté shrimp in oil , garlic and lemon juice , until fully cooked. Toss with cilantro.

Place over your favorite pasta.

Polenta Rounds

Ingredients- 1 16 ounce tube of polenta , cut into 1/2 inch thick slices, Parmesan cheese, italian seasoning

Directions- Place polenta slices on a tray lined with parchment layer with seasoning and parmesan. Cook at 450 for 15 minutes or until golden.

Balsamic Asparagus

Ingredients- 1 pound trimmed asparagus , 1 tablespoon balsamic vinegar, olive oil, salt and pepper, parmesan cheese.

Directions- Place asparagus in a microwave safe dish with about a 1/2 inch of water , cover with plastic wrap. Cook on high for 4 to 5 minutes or until crisp. Drizzle with balsamic , olive oil , salt and pepper, and parmesan.

Roasted Green Beans with Shallots

Ingredients- 12 ounces trimmed green beans , 2 small shallots, minced, olive oil , salt and pepper, 4 slices precooked bacon.

Directions- Preheat oven to 450. Combine first 4 ingredients , toss to coat, Arrange beans in single layer in a pan. Bake for 12 minutes or until desired tenderness.

Crumble bacon atop hot beans.

Banana Split Sundaes

Ingredients- 4 sliced strawberries, 1 tablespoon pineapple preserves, 1 banana sliced in half lengthwise , 2 scoops of your favorite ice cream (vanilla , strawberry or chocolate) , fat free whipping cream , and graham cracker crumbs.

Directions- Layer as you wish!

Goopy Peanut Butter S'mores

Ingredients- 6 Graham crackers, halved, 6 large marshmallows , 6 teaspoons fat free hot fudge fudge topping, 1/2 cup peanut butter.

Directions- Preheat Broiler, Place all ingredients on graham cracker and put onto sheet , place into broiler until browned and everything is 'goopy'. place other half of graham cracker on top.

Caramelized Orange Bananas

Ingredients- 2 large bananas peeled and sliced, 1 1/2 teaspoons light butter, 1/4 cup packed brown sugar, 1/4 cup orange juice, 2 cups nonfat vanilla frozen yogurt

Directions- Melt butter in a skillet , stir in brown sugar , stir until dissolved , add bananas and OJ. Cook until thick coated. Serve hot with frozen yogurt. Top with Granola if desired.