

GRILLED PORTOBELLINI MUSHROOM SLIDERS YIELD: 6 PORTIONS

Ingredients

6 Portobellini mushroom caps

1 tsp low sodium soy sauce

1 tsp Hoysin sauce

½ tsp fish sauce

1 tsp sesame oil

½ tsp chopped fresh ginger

6 slider buns

Process

1. Preheat a gas grill to medium. In a shallow dish, arrange the mushroom caps in one layer, stem side up.
2. In a small bowl, whisk together all seasonings and spoon over mushrooms.
3. Let sit for 10 minutes and then toss to coat the cap side before grilling.
4. Arrange the caps stem-side up directly on the grill grate.
5. Cook until the caps are well marked, approximately 3 minutes. Turn over and grill for an additional 3 minutes.
6. Toast slider buns on grill.
7. Slice mushrooms in half horizontally. Place on slider bun and top with white bean carrot dip.

WHITE BEAN AND ROASTED CARROT DIP YIELD: 2 cups

Ingredients

2 cups roughly chopped peeled carrots

1 peeled clove of garlic

2 sprigs rosemary

2 Tbs. canola oil

2 Tbs. water

Salt & pepper to taste

1 14 oz. can drained white beans

1 ½ tsp ground coriander

Process

1. Place carrots, rosemary, garlic, salt & pepper, and oil in a 9 x 9 jelly roll pan.
2. Place in 350 degree oven. Roast uncovered for 20 minutes. Cover and roast for an additional 10 minutes.
3. Remove from oven until room temperature.
4. Remove rosemary sprigs. Add carrot mix, beans and coriander to food processor.
5. Puree until smooth.
6. Serve with toasted pita points.

TURKEY POMEGRANATE MEATBALLS YIELD: 24 1 oz. meatballs

Ingredients

1 lb. lean ground turkey
1 large egg
½ cup Italian seasoned bread crumbs
½ cup pomegranate juice
2 Tbs. spicy catsup
1 Tbs. red bell pepper, finely minced
1 Tbs. Italian parsley, finely minced
1/8 tsp. black pepper
2 Tbs. vegetable oil
Pomegranate seeds

Process

1. Preheat oven to 400 degrees.
2. Lightly coat baking sheet with vegetable oil.
3. Lightly beat egg in a small bowl.
4. Combine remaining ingredients in a large bowl; mix well.
5. Add egg; mix until well blended.
6. Form about 1 tsp. of turkey mixture into ½ to 1 inch meatball. Repeat until use all of mix.
7. Place turkey meatball about 1 inch apart on prepared baking pan. Place pan in oven; bake 8 minutes until lightly browned; turn over and bake for an additional 7 minutes or until meatballs are no longer pink in center.
8. Sprinkle fresh pomegranate seeds over meatballs before serving.

SMOKED SALMON ROLLS YIELD: 24 ROLLS

Ingredients

3 (10-inch) whole-grain tortillas

½ cup reduced-fat cream cheese

Juice of ½ lemon

2 tsp. fresh dill, minced

1 Tbs. fresh chives, minced

1/3 pound smoked salmon, sliced

¼ medium hot house cucumber, thinly sliced

3 Tbs. capers, drained

Process

1. Mix cream cheese, lemon juice, dill and chives in small bowl.
2. Lay tortillas flat on work surface. Spread one-third of the cream cheese sauce over each tortilla.
3. Top with even layer of smoked salmon.
4. Place sliced cucumber over smoked salmon; scatter capers over cucumbers and salmon.
5. Tightly roll tortillas. Trim ends; cut each tortilla into 1-inch pieces; secure with toothpicks.

THAI-STYLE LETTUCE ROLLS

Yield: 8-10

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| 1 Tbs. peanut oil | 2 Tbs. fresh lime juice |
| 1 clove fresh garlic, minced | 2 Tbs. low sodium soy sauce |
| ½ tsp. grated ginger | 2 Tbs. Thai fish sauce |
| ½ red chili, minced | 1 Tbs. oyster sauce |
| 2 shallots, peeled and sliced | 1 egg beaten with 1 tsp. water |
| ½ cup cooked ground chicken breast | ½ bunch fresh cilantro, chopped |
| ½ carrot sliced into 1 inch match sticks | ½ cup dry roasted peanuts, chopped |
| ½ red bell pepper, chopped | 1 head butter lettuce or bib lettuce |
| ½ cup Chinese cabbage, shredded | Mae Ploy Sauce (sweet Thai chili sauce) |
| 3 medium green onions sliced into match sticks | 1 oz. alfalfa or radish sprouts |

Process

1. Heat large fry pan over medium high heat. Add 1 Tbs. oil.
2. Add garlic, ginger, chili and shallots; stir fry about 1 minute.
3. Add chicken, carrot, bell pepper, cabbage, and green onions. Stir fry for additional 2 minutes.
4. Combine lime juice; soy, fish and oyster sauce; gradually add to pan.
5. Create well in center of ingredients. Pour in beaten egg.
6. Cook about one minute until barely set; stir fry egg with other ingredients.
7. Spoon 2 Tbs. of filling into each lettuce leaf. Add cilantro and peanuts.
8. Top with 1 tsp. Mae Ploy Sauce and add 1 tsp. sprouts.