

SPA COOKING FROM YOUR KITCHEN
with Lucy Van Horn from the Jericho Library

FRUITED PORK or CHICKEN MEDALLIONS

1 lb pork tenderloin or chicken breast
¼ cup Chablis wine
½ cup mango nectar
1 teas minced ginger
1 teas minced garlic
pinch of salt
1 teas cornstarch
1 tbls water
Salsa recipe below

Cut partially frozen tenderloin or breast diagonally across grain into ¼ inch thick slices. Marinate in white wine for at least 1 hour. Coat a large skillet with cooking spray. Over medium heat pan fry a few medallions at a time and set aside. When finished cooking meat add mango nectar to pan along with ginger and garlic. Bring to a boil and return meat to pan. Lower heat, cover pan and cook 4 minutes. Combine cornstarch and water and add to pan and thicken sauce. Serve with Salsa

PEBRE (Salsa from Chile)

½ cup finely chopped onion
1 tbls chopped chives
1 to 2 garlic cloves minced
2 large tomatoes, finely chopped
½ cup fresh cilantro, finely chopped
½ chili, finely chopped
2 tbls olive oil
2 tbls fresh lemon juice (or white wine vinegar)
pinch of salt

Mix all of the ingredients together in a medium bowl and refrigerate. Use within three days.

SALAD WITH CUCUMBER AND ZUCCHINI

1 cup each lettuce and spinach
½ cup cherry tomatoes, cut into halves
¼ cup kalamata olives, cut into halves
½ cup mandarin orange slices
½ cup of hot house cucumber, sliced
½ cup of small zucchini, sliced
¼ cup of feta cheese, diced
Drizzle of olive oil
Drizzle of apple cider vinegar (or balsamic)
Salt and pepper to taste

Mix all vegetables in bowl. Add feta cheese and olives. Mix together olive oil, vinegar, salt and pepper and whisk. Drizzle over salad and toss.

MEXICAN COFFEE JELLY

2 envelopes unflavored gelatin
2 ½ cups fresh black coffee
¼ cup brown sugar
4 tbs Kahlua

Pour gelatin over ½ cup coffee, stir and allow to stand for 5 minutes. Heat over low heat until dissolved and liquid looks clear. Add sugar and remaining coffee and heat until sugar dissolves. Remove from the heat and add Kahlua. Cool, then pour into six serving cups and chill to set.

Fat 0 calories 37

RICH CREAM

1 cup 1% low fat cottage cheese
2 teas sugar
¼ teas vanilla extract
2 teas light sour cream
2 teas heavy cream

Puree cottage cheese, sugar and vanilla until perfectly smooth (about 1 minute in food processor). Scrape mixture into a small bowl and fold in sour cream and heavy cream. This will keep in refrigerator for a few days. Can be flavored with additional extract, cinnamon, coffee, or fruit puree just prior to serving.

Fat 1.6 gr calories 53 per ¼ cup