

in good taste™

winter 2014

recipe magazine

sensational SEAFOOD

sweethearts MENU

Chicken Stuffed With
Long Stem Artichokes

Sesame-Ginger Steamed Salmon
and Polenta with Shrimp



+ slow-cooked **game-time** grub

Pulled Pork and Sloppy Joes

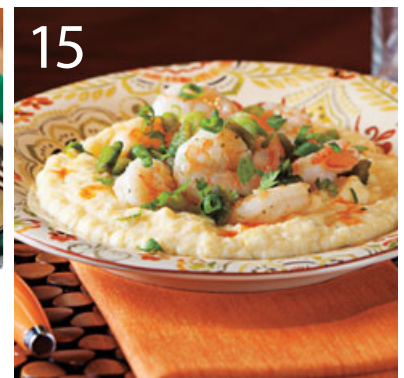
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Get to THE ROOT

The carrot and parsnip, both root vegetables, are known for big flavor, vitamins and their ability to stretch the family's food budget.

CARROT

Historians trace the carrot to a small purple ancestor from Afghanistan. The now familiar orange hue is believed to have been cultivated by the Dutch in the 1700s to honor the ruling House of Orange. Others claim the color was heightened with the emergence of coloration in the 19th century. Today, the deepest orange carrots contain the most beta carotene.

Year-round availability and great versatility have made the carrot one of the most popular vegetables. Having a crisp crunch, they are delicious raw or can be cooked in a variety of ways. They can be used as appetizers or added to soups, stews, drinks and desserts.

Cut carrots into "coins," drizzle with olive oil and roast in an oven set at 350° for about 35 minutes, tossing once. When done, sprinkle with salt and a little balsamic vinegar. The dry heat will caramelize sugars in the carrots for a unique taste. Or, simmer "coins" in water with butter, sugar and salt until tender. Remove carrots and reduce the liquid into a thickened glaze, serving together. This makes for a fabulous side dish.

Carrots need to be purchased when firm. If the greenery is attached, remove immediately because it robs the vegetable of vitamins and moisture. Carrots should be placed in a plastic bag and stored in the refrigerator's vegetable bin. Avoid storing near apples as the carrots tend to turn bitter.

PARSNIP

For thousands of years in Europe, parsnips were the staple winter vegetable, only losing status when the potato was introduced. In the New World, the parsnip found its place in everything – wines, breads, puddings and, of course, soups and stews. It fell out of popularity for a time, but is being rediscovered by chefs for its sweet, earthy, nutty flavor.

Although they are not usually eaten raw, parsnips can be used in most applications where carrots are enjoyed. Parsnips can be baked, boiled, sautéed, steamed or roasted. Most home cooks tend to mash the parsnip, sometimes combined with potatoes or carrots. They make a wonderful creamed soup, topped with croutons and chives – adding a green apple provides a deliciously tart variation. In order to bring out the silky texture and nutty flavor, it is best to roast with butter or olive oil or use cream when baking or puréeing.

Parsnips pair particularly well with lamb and beef. Also, try enhancing their flavor with ginger, orange and curry.

Store parsnips in a loosely sealed plastic bag and keep refrigerated for one to two weeks. Wait until just before cooking to peel as they discolor slightly when exposed to air.



Roasted Carrots & Parsnips with Cider Vinaigrette

Prep: 35 minutes

Roast: 50 minutes • Serves: 8

- 2 bags (16 ounces each) carrots, peeled, cut lengthwise in half, then diagonally into 1-inch pieces
- 2 bags (16 ounces each) parsnips, peeled, cut lengthwise in half or quarters for larger ends, then diagonally into 1-inch pieces
- 8 tablespoons Sunny Select Olive Oil
- ½ teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper
- 3 tablespoons Sunny Select Apple Cider Vinegar
- 2 tablespoons chopped fresh tarragon leaves
- 1 tablespoon chopped fresh chives
- 1 teaspoon balsamic vinegar
- 1 teaspoon honey mustard

1. Preheat oven to 350°. On 2 rimmed baking pans, toss carrots and parsnips with 2 tablespoons oil, salt and pepper; spread in single layer. Roast 50 minutes to 1 hour or until carrots and parsnips are tender, rotating pans between upper and lower oven racks halfway through roasting.

2. Meanwhile, in large serving bowl, whisk together cider vinegar, tarragon, chives, balsamic vinegar, honey mustard and remaining 6 tablespoons oil until well blended.

3. Transfer carrots and parsnips to bowl with vinaigrette; toss until well coated. Serve warm.

Approximate nutritional values per serving: 238 Calories, 14g Fat (2g Saturated), 0mg Cholesterol, 187mg Sodium, 20g Carbohydrates, 4g Fiber, 2g Protein

Chef Tip

Cutting carrots and parsnips into equal size pieces and spreading in a single layer on baking pan helps ensure even cooking and browning.

Slow Cooker GAME-TIME GRUB

Slow cooking breaks down the connective fibers in the pork, making it easy to achieve that distinct shredded consistency. The pork will shred much easier when it's hot, so remove the bone once the pork is just cool enough to handle.



South Carolina-Style Pulled Pork

Prep: 25 minutes

Slow Cook: 9 hours 15 minutes • Serves: 10

- 1½ cups Sunny Select Apple Cider Vinegar
- 1½ cups Sunny Select Ketchup
- ¾ cup packed Sunny Select Light Brown Sugar
- 3 tablespoons Worcestershire sauce
- 2 tablespoons mustard
- 1½ teaspoons Sunny Select Chili Powder
- 1½ teaspoons Sunny Select Paprika
- 1 teaspoon Sunny Select Garlic Powder
- ½ teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper
- ½ teaspoon Sunny Select Ground Cayenne Pepper
- 1 medium onion, finely chopped
- 1 (7- to 8-pound) bone-in pork butt
- 10 onion buns

1. In medium bowl, whisk together all ingredients except onion, pork and buns until well combined. Add 2 cups sauce and onion to 6- to 8-quart slow-cooker bowl; cover and refrigerate remaining sauce. Add pork to slow cooker and turn to coat in sauce; turn pork fat side up. Cover and cook on low 9 to 10 hours or on high 4½ to 5 hours or until pork is very tender. Do not lift lid during cooking.

2. Transfer pork to large bowl. Trim off and discard desired amount of fat; remove bone. With 2 forks, shred pork. Skim off and discard any fat in slow cooker bowl. Return pork to slow cooker bowl; add reserved sauce and stir to combine. Cover slow cooker and cook on low 15 minutes or until heated through. Evenly spoon pork mixture over bottom halves of buns; replace top halves and serve. Makes about 10 cups pork.

Approximate nutritional values per serving: 743 Calories, 35g Fat (14g Saturated), 146mg Cholesterol, 956mg Sodium, 56g Carbohydrates, 2g Fiber, 45g Protein

South of the Border Sloppy Joes

Prep: 15 minutes

Slow Cook: 6 hours • Serves: 6

- 1 pound 90% lean ground sirloin
- 1 medium onion, chopped
- 1 can (15 ounces) tomato sauce
- ½ cup rinsed and drained canned Sunny Select Black Beans
- ½ cup frozen corn
- ¼ cup tomato paste
- 2 tablespoons Sunny Select Light Brown Sugar
- 1½ tablespoons chipotle pepper hot sauce
- ¾ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ cup loosely packed fresh cilantro leaves, chopped
- 6 sesame hamburger buns

1. In large skillet, cook beef and onion over medium-high heat 5 to 7 minutes or until browned, breaking up meat with side of spoon.

2. In 5- to 6-quart slow-cooker bowl, combine beef mixture, tomato sauce, beans, corn, tomato paste, brown sugar, hot sauce, cumin and coriander, stirring to mix well. Cover and cook on low 6 to 8 hours or on high 3 to 4 hours. Makes about 4 cups.

3. To serve, stir in cilantro. Split buns, and toast or warm, if desired. Evenly spoon beef mixture over bottom halves of buns; replace top halves and serve.

Approximate nutritional values per serving: 204 Calories, 8g Fat (3g Saturated), 38mg Cholesterol, 528mg Sodium, 19g Carbohydrates, 3g Fiber, 14g Protein



SLOW COOKER 101

Imagine walking in the door after a long hard day at work to see that your dinner is already prepared and waiting for you to enjoy. A slow cooker is an essential appliance for any busy household!

Below you will see an assembly of useful tips when it comes to using a slow cooker:

- 1.** Be sure to fill your slow cooker ½ to ¾ full. This will guarantee that the foods will cook properly.
- 2.** It's a good idea to remove skin and fat from meats to keep the proper texture.
- 3.** Foods cooked on the bottom of the slow cooker will cook faster and retain more moisture since they simmer in the liquid.
- 4.** Meats should be cooked for eight hours on low heat.
- 5.** Pay attention to layering information in recipes. Vegetables take longer to cook than meats and should be placed on the bottom of the slow cooker.
- 6.** Lifting the lid to check on the progress of your dinner will release too much of the necessary heat. Instead, try spinning the lid until the condensation falls off, then look inside to see your progress.

Valentine's Day MENU

Plan ahead for a meal with your sweetheart by preparing the stuffed chicken recipe through step one, wrap in plastic wrap and refrigerate overnight. To butterfly each chicken breast, hold a knife parallel to the cutting surface along the long side of the breast. Cut the breast almost in half, making sure not to cut all the way through.





Chicken Stuffed with Long Stem Artichokes

Prep: 10 minutes

Bake: 30 minutes • Serves: 4

- Nonstick cooking spray
- 4 boneless, skinless chicken breasts
- 4 slices mozzarella cheese (about 3 ounces)
- 7 long stem artichokes or 1 can (14 ounces) artichoke hearts, drained and coarsely chopped
- 6 teaspoons grated Sunnyside Farms Parmesan Cheese
- 1 cup Italian seasoned breadcrumbs
- 1½ tablespoons lemon zest
- ½ teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper
- 4 teaspoons Sunny Select Olive Oil
- Chopped fresh chives for garnish

1. Preheat oven to 350°. Spray rimmed baking pan with nonstick cooking spray. Slice chicken breast horizontally in half, but do not cut all the way through. Open chicken breasts and spread flat, cut side up. Cover each with 1 slice of mozzarella cheese, ¼ cup artichokes and 1½ teaspoons Parmesan cheese. Fold chicken breasts to enclose filling.

2. In medium bowl, combine breadcrumbs, 1 tablespoon lemon zest, salt and pepper. Rub outside of each chicken breast with 1 teaspoon oil. Dip chicken breasts into breadcrumb mixture to coat each side; place on prepared baking pan. Bake chicken 25 to 30 minutes or until internal temperature reaches 165°.

3. In microwave-safe dish, heat remaining artichoke hearts in microwave oven on high 15 to 30 seconds or until heated through. Divide artichokes over each chicken breast. Serve garnished with remaining ½ tablespoon lemon zest and chives.

Approximate nutritional values per serving: 598 Calories, 25g Fat (5g Saturated), 154mg Cholesterol, 1578mg Sodium, 19g Carbohydrates, 1g Fiber, 65g Protein

Herb-Leek Risotto

Prep: 10 minutes

Cook: 30 minutes • Serves: 4

- 2 cans (14 ounces each) less-sodium chicken broth (3½ cups)
- ¾ teaspoon Sunny Select Ground Black Pepper
- 2 tablespoons Sunny Select Extra Virgin Olive Oil
- 2 medium leeks, each cut lengthwise in half, then cut into ½-inch pieces (about 3 cups)
- 1 cup Arborio rice
- ½ cup dry white wine
- 1 teaspoon lemon zest
- ½ cup grated Sunnyside Farms Parmesan Cheese
- 2 tablespoons chopped fresh chives
- 1 tablespoon chopped fresh thyme leaves

1. In small saucepot, heat broth and pepper over medium heat until broth begins to simmer; reduce heat to low. In medium saucepot, heat 1 tablespoon oil over medium-high heat. Add leeks and cook 4 to 5 minutes or until leeks are soft, stirring occasionally. With slotted spoon, transfer leeks to bowl.

2. In same medium saucepot, add rice and remaining 1 tablespoon oil; cook 1 minute, stirring occasionally. Add wine and zest, and cook 1 minute or until wine is absorbed. Cook 15 minutes longer, adding broth ½ cup at a time and stirring after each addition until liquid is absorbed and rice is tender but still firm. Remove saucepot from heat; stir in cheese, fresh herbs and leeks. Makes about 4½ cups.

Approximate nutritional values per serving: 347 Calories, 10g Fat (3g Saturated), 11mg Cholesterol, 667mg Sodium, 46g Carbohydrates, 1g Fiber, 12g Protein





Earthy Vegetable & Kale Salad with Strawberry Vinaigrette

Prep: 35 minutes

Roast: 10 minutes • Serves: 4

- 4 medium parsnips, each cut into ½-inch dice (about 2 cups)
- 2 tablespoons Sunny Select Extra Virgin Olive Oil
- ¼ teaspoon Sunny Select Salt
- 2 large beets, peeled, each cut into ½-inch dice (about 2 cups)
- 2 tablespoons pine nuts
- 1 medium orange
- ½ peeled and pitted ripe avocado
- 1 tablespoon water
- 1½ teaspoons fresh lime juice
- 1 cup strawberry yogurt
- 2 cups shredded Earthbound Farm Kale
- ¼ cup crumbled feta cheese

1. Preheat oven to 325°. In small bowl, toss parsnips with 1½ teaspoons oil and a pinch of salt. In separate small bowl, toss beets with 1½ teaspoons oil and a pinch of salt.
2. Line rimmed baking pan with parchment paper or aluminum foil. Transfer parsnips and beets to opposite sides of prepared pan in single layer. Roast vegetables 10 to 15 minutes or just until tender; cool.
3. Meanwhile, in small skillet, cook pine nuts over medium-low heat 4 to 5 minutes or until toasted and fragrant, stirring frequently; transfer to plate to cool.
4. Segment the orange by slicing off top and bottom ends to make 2 flat surfaces. Place orange, cut side down, on cutting board. With small paring knife, slice down the sides following the natural curve of the orange to completely remove skin and white pith. Holding orange over small bowl, with paring knife, cut on either side of the membranes to release each segment.
5. In blender, purée avocado, water, lime juice and a pinch of salt until smooth. Makes about ¼ cup.
6. In medium bowl, whisk together yogurt and remaining 1 tablespoon oil. Add kale, vegetables and a pinch of salt and toss to combine.
7. To serve, with back of spoon, smear ¼ of the avocado mixture onto each of 4 salad plates; evenly divide vegetable mixture over avocado mixture. Sprinkle each salad with 1½ teaspoons pine nuts, 1 tablespoon cheese and orange segments.

Approximate nutritional values per serving: 442 Calories, 18g Fat (5g Saturated), 11mg Cholesterol, 344mg Sodium, 67g Carbohydrates, 15g Fiber, 10g Protein

Happier Meals.



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At Earthbound Farm, we believe that if more people can eat delicious, healthy organic food we'll see happier bodies, happier people and a happier planet. For almost three decades, we have been bringing organic salads, fruits and vegetables to kitchen tables across the country. All this adds up to happier meals for everyone.



EBFarm.com



Chocolate CRAVINGS

DO WE TRULY CRAVE CHOCOLATE? SOME SCIENTISTS SAY WE DO.

Chocolate contains almost 400 chemicals, some of which produce feelings of well-being. Caffeine and a chemical in chocolate called theobromine boost brain function and increase alertness. Also present, the chemical phenylethylamine influences the nervous system in such a way that it may induce feelings similar to being in love.

Tyramine and tryptophan, which are converted to serotonin and dopamine in the brain, enhance perceptions of pleasure and lift your mood. Plus, anandamide – a flavor enhancer added to the cocoa, sugar and fat in chocolate – may provoke a mild addiction, but only if you eat 25 pounds of it at once!

No one is likely to go that far, but last year, almost 17 billion dollars of chocolate was sold in the U.S., where the average person is said to indulge in 11 pounds of chocolate each year. We fall behind the Swiss, the world leader in this competition, who consume more than 21 pounds per person each year.



Some people may say they eat chocolate – especially dark chocolate – for the health benefits. Chocolate is said to lower blood pressure and cholesterol. Cocoa beans, once considered so valuable that they were used as currency, contain powerful antioxidant properties known as flavonoids, which are said to reduce the risk of stroke and heart attack. Chocolate also contains numerous vitamins and minerals, including magnesium, calcium, iron and zinc.

In truth, most people eat chocolate for its flavor, aroma, texture and appearance. We also associate chocolate with expressions of love and an aura of luxury. Even the ancient Aztecs considered consumption of chocolate to be a divine experience. Their legends taught that the god Quetzalcoatl brought cacao seeds from heaven.

Self-described chocoholics, passionate aficionados and loyal fans all agree: It doesn't matter why we want it – just pass the chocolate!



Peanut Butter Cup Truffles

Prep: 20 minutes plus chilling

Cook: 2 minutes • Makes: about 36 truffles

- 1 bag (12 ounces) semi-sweet chocolate morsels
- $\frac{3}{4}$ cup Sunnyside Farms Heavy Cream
- $\frac{1}{2}$ cup Sunny Select Chunky Peanut Butter, softened
- 2 tablespoons Sunnyside Farms Unsalted Butter, softened
- 2 tablespoons Sunny Select Powdered Sugar
- 1 teaspoon vanilla extract
- 1 cup cocoa powder
- Chocolate shavings for garnish (optional)

1. In medium microwave-safe bowl, heat chocolate morsels, cream, peanut butter and butter in microwave oven on 50% power for 2 to 2½ minutes, stirring halfway through cooking time; stir until mixture is smooth. Add powdered sugar and vanilla extract, and stir until mixture is smooth. Transfer mixture to shallow pan; cover and refrigerate 2½ hours.

2. Line rimmed baking pan with parchment or waxed paper. With spoon, drop 1-tablespoon mounds of chocolate onto prepared baking pan; refrigerate 30 minutes. Place cocoa powder in wide, shallow dish. With hands, roll chocolate mounds into 1-inch balls and roll in cocoa powder to coat; place truffles back on baking pan. Cover and refrigerate 30 minutes to 1 hour before serving. Sprinkle with chocolate shavings, if desired.

Approximate nutritional values per serving (2 truffles): 193 Calories, 15g Fat (8g Saturated), 17mg Cholesterol, 42mg Sodium, 17g Carbohydrates, 3g Fiber, 4g Protein

Chef Tip

To make chocolate shavings, run a bar of chocolate along the smallest holes of a box-grater.

Mocha-Almond Truffles

Prep: 35 minutes plus chilling

Cook: 10 minutes • Makes: about 36 truffles

- 1 bag (12 ounces) semi-sweet chocolate chips
- ½ cup Sunnyside Farms Heavy Cream
- 6 tablespoons Sunnyside Farms Unsalted Butter, cut into ½-inch pieces
- 2 tablespoons instant coffee
- ½ cup Sunny Select Powdered Sugar
- ¾ teaspoon almond extract
- 1 cup sliced almonds

1. In medium microwave-safe bowl, add chocolate chips, cream, butter and instant coffee. Heat in microwave oven on high 1½ to 2 minutes, stirring every 20 seconds until mixture is smooth. Add powdered sugar and almond extract and stir until mixture is smooth. Pour mixture into pie plate; cover with plastic wrap and refrigerate 3 hours.

2. Meanwhile, in large skillet, cook almonds over medium-low heat 8 to 10 minutes or until golden brown, stirring frequently. Transfer almonds to dinner plate or second pie plate to cool completely. In food processor with knife blade attached, pulse almonds until very finely chopped. Transfer chopped almonds to same dinner plate.

3. Line rimmed baking pan with parchment or waxed paper. With the larger end of melon baller with about 1 teaspoon capacity (or use 1 teaspoon measuring spoon), scoop chocolate mixture and place in single layer on prepared baking pan; refrigerate at least 1 hour or up to overnight. With hands, roll chocolate into balls, then roll in almonds to evenly coat; place in single layer on same baking pan. Cover with plastic wrap and refrigerate at least 1 hour before serving.



Approximate nutritional values per serving (2 truffles): 208 Calories, 16g Fat (8g Saturated), 19mg Cholesterol, 6mg Sodium, 17g Carbohydrates, 2g Fiber, 3g Protein

Chef Tip

Truffles can be refrigerated in an airtight container up to 1 week.





Chocolate Chocolate Cheesecake

Prep: 30 minutes plus cooling and chilling

Bake: 1 hour • Serves: 16

- 6 tablespoons Sunnyside Farms Unsalted Butter
- 1 package (9 ounces) chocolate wafer cookies
- 1 package (10 ounces) dark chocolate chips
- 2 packages (8 ounces each) cream cheese
- ½ cup Sunny Select Granulated Sugar
- ¼ teaspoon Sunny Select Salt
- 3 Sunnyside Farms Large Eggs
- ¼ cup coffee-flavored liqueur
- 2 teaspoons pure vanilla extract
- 1½ cups Sunnyside Farms Sour Cream
- ¼ cup Sunny Select Powdered Sugar

1. Preheat oven to 350°. In medium microwave-safe bowl, heat butter in microwave oven on high 1 minute 15 seconds to 1 minute 30 seconds or until melted. In food processor with knife blade attached, pulse wafers until fine crumbs form. Pour crumbs into butter and stir until crumbs are moist. Pour crumbs into

9-inch springform pan; press crumbs on bottom and 2 inches up side of pan. Bake 10 minutes. Cool crust completely on wire rack.

2. While crust cools, in medium microwave-safe bowl, heat chocolate chips in microwave oven on high 1 minute 15 seconds or until smooth, stirring every 30 seconds. In large bowl, with mixer on medium speed, beat cream cheese, granulated sugar and salt 3 minutes, occasionally scraping bowl with rubber spatula. With mixer on low speed, add eggs 1 at a time. Beat in liqueur and vanilla until well blended. Add chocolate and beat until combined, occasionally scraping bowl.

3. Pour chocolate mixture into cooled crust. Bake 45 minutes. Cheesecake will still jiggle slightly in center. Meanwhile, in small bowl, stir together sour cream and powdered sugar. Remove cheesecake from oven. Gently spread sour cream mixture evenly on top of cheesecake. Bake 5 minutes longer to set sour cream.

4. Cool cheesecake completely on wire rack. Cover and refrigerate at least 6 hours or up to 2 days ahead.

Approximate nutritional values per serving: 393 Calories, 25g Fat (15g Saturated), 88mg Cholesterol, 268mg Sodium, 33g Carbohydrates, 2g Fiber, 4g Protein

Caraway & Golden Raisin Soda Bread

Prep: 10 minutes

Bake: 35 minutes • Serves: 10

- Nonstick baking spray
- 2 cups Sunny Select All-Purpose Flour
- ¼ cup Sunny Select Granulated Sugar
- ¾ teaspoon Sunny Select Baking Soda
- ½ teaspoon Sunny Select Salt
- ¾ cup golden raisins
- 2 teaspoons caraway seeds
- 2 tablespoons Sunnyside Farms Unsalted Butter
- 1 Sunnyside Farms Large Egg
- 1 cup Sunnyside Farms Buttermilk

1. Preheat oven to 375°. Spray cookie sheet with nonstick baking spray. In large bowl, whisk together flour, sugar, baking soda and salt. Stir in raisins and caraway seeds.

2. In medium microwave-safe bowl, heat butter in microwave oven on high 45 seconds or until melted. Whisk in egg and buttermilk until well combined. Add egg mixture to flour mixture and gently stir with wooden spoon just until dough forms.

3. With rubber spatula, transfer dough onto center of prepared cookie sheet. Shape dough into 6-inch round. With tip of sharp knife, cut ½-inch-deep "X" in top center of dough. Bake 35 minutes or until toothpick inserted in center comes out clean. Transfer bread to wire rack to cool slightly. Serve warm or cool completely. Makes one (8-inch) round loaf.

Approximate nutritional values per serving: 192 Calories, 4g Fat (2g Saturated), 31mg Cholesterol, 239mg Sodium, 35g Carbohydrates, 1g Fiber, 5g Protein



Shepherd's Pie

Prep: 25 minutes plus standing

Bake: 20 minutes • Serves: 8

- Nonstick cooking spray
- 2 pounds extra lean ground beef
- 3 garlic cloves
- 5 tablespoons Sunny Select All-Purpose Flour
- 3 tablespoons Sunny Select Tomato Paste
- 1½ teaspoons chopped fresh thyme leaves
- 1 teaspoon Sunny Select Salt
- 1½ teaspoons Sunny Select Ground Black Pepper
- 1 cup less-sodium beef broth
- 1 package (8 ounces) sliced white mushrooms
- 1 medium onion, diced
- 2½ cups frozen peas and carrots
- 1 container (24 ounces) prepared mashed potatoes

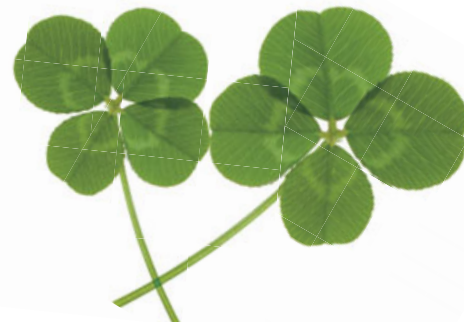
1. Preheat oven to 425°. Spray 13 x 9-inch glass or ceramic baking dish with nonstick cooking spray. In large nonstick skillet, cook beef and garlic over medium-high heat 7 to 8 minutes or until beef is no longer pink, stirring frequently. Stir in 3 tablespoons flour, tomato paste, thyme, ½ teaspoon salt and ¾ teaspoon pepper. Reserve 2 tablespoons broth; stir remaining broth into skillet. Heat to simmering and cook 2 minutes. Spread beef mixture evenly in bottom of prepared dish.

2. In same skillet, cook mushrooms, onion, and remaining ½ teaspoon salt and ¾ teaspoon pepper over medium-high heat 5 to 6 minutes or until onion and mushrooms are tender, stirring occasionally. Fold in peas and carrots and remaining 2 tablespoons flour and 2 tablespoons broth. Spread vegetable mixture evenly over beef mixture.

3. In medium microwave-safe bowl, heat potatoes in microwave oven on high 1 minute to soften. Stir potatoes; spread evenly over vegetable mixture.

4. Bake pie 20 to 25 minutes or until sides begin to bubble. Let stand 15 minutes before cutting.

Approximate nutritional values per serving: 329 Calories, 17g Fat (6g Saturated), 60mg Cholesterol, 662mg Sodium, 24g Carbohydrates, 4g Fiber, 21g Protein



Irish INSPIRATION

Once the pie is finished, you can brown the top by lightly spraying the mashed potato topping with butter flavored cooking spray, then broiling it about 7 to 8 inches from the source of heat for 2 to 3 minutes.



Sensational SEAFOOD

If your pan doesn't have a lid when steaming the salmon, simply cover the pan tightly with aluminum foil or use an inverted second large pan. The finer the grind of cornmeal used in the polenta recipe, the less cooking time it will require, so be sure to check the specific package label for the cooking time. Try using jalapeño peppers in addition to the poblano peppers for a spicier dish.



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Sesame-Ginger Steamed Salmon

Prep: 15 minutes

Cook: 10 minutes • Serves: 2

- 1 cup uncooked instant brown rice
- 1 garlic clove, crushed with press
- 1 tablespoon less-sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon orange juice or dry sherry
- 1½ teaspoons grated peeled fresh ginger
- 1 teaspoon Sunny Select Honey
- ¼ cup thinly sliced green onions
- 2 (6 ounces each) skinless salmon fillets
- ¼ red bell pepper, thinly sliced
- ¼ cup shredded or matchstick-cut carrots
- 1½ teaspoons sesame seeds

1. Prepare rice as label directs.
2. Meanwhile, fill deep, 12-inch sauté pan with ¼ inch water. Place 9-inch diameter cake rack (or roll up a 20-inch long piece of aluminum foil to form a ring) in pan. Cover pan and heat water to boiling over high heat.
3. Meanwhile, in 9-inch pie tin, whisk together garlic, soy sauce, sesame oil, juice, ginger and honey until well combined; whisk in 2 tablespoons onions. Place salmon over sauce.
4. Place pie tin on cake rack (or over foil ring); cover pan and cook over medium heat 6 to 8 minutes or until salmon turns opaque throughout and internal temperature reaches 145°, adding bell pepper and carrot over salmon during last 2 minutes of cooking.
5. Meanwhile, in small skillet, toast sesame seeds over medium-low heat 3 to 4 minutes or until toasted, stirring frequently.
6. To serve, carefully remove pie tin from skillet. Place ¾ cup rice on each of 2 dinner plates; top with salmon and vegetables. Pour any sauce in pie tin over salmon; sprinkle with remaining 2 tablespoons onions and toasted sesame seeds.

Approximate nutritional values per serving: 408 Calories, 14g Fat (2g Saturated), 66mg Cholesterol, 404mg Sodium, 43g Carbohydrates, 3g Fiber, 27g Protein

Creamy Polenta with Shrimp, Roasted Poblanos & White Cheddar

Prep: 15 minutes

Cook: 20 minutes • Serves: 4

- 7 ounces poblano peppers (about 2 medium)
- 4 cups Sunnyside Farms Fat-Free Milk
- 2 teaspoons Sunnyside Farms Unsalted Butter
- ½ teaspoon Sunny Select Ground Black Pepper
- ¼ teaspoon Sunny Select Salt
- 1 cup yellow cornmeal (such as Quaker)
- ½ cup shredded sharp white Cheddar cheese (2 ounces)
- 1 tablespoon Sunny Select Olive Oil

- 1¼ pounds raw 21-25 count peeled and deveined shrimp, thawed if necessary
- 3 garlic cloves, chopped
- 2 teaspoons hot sauce
- Sliced green onions and/or chopped fresh cilantro leaves for garnish (optional)

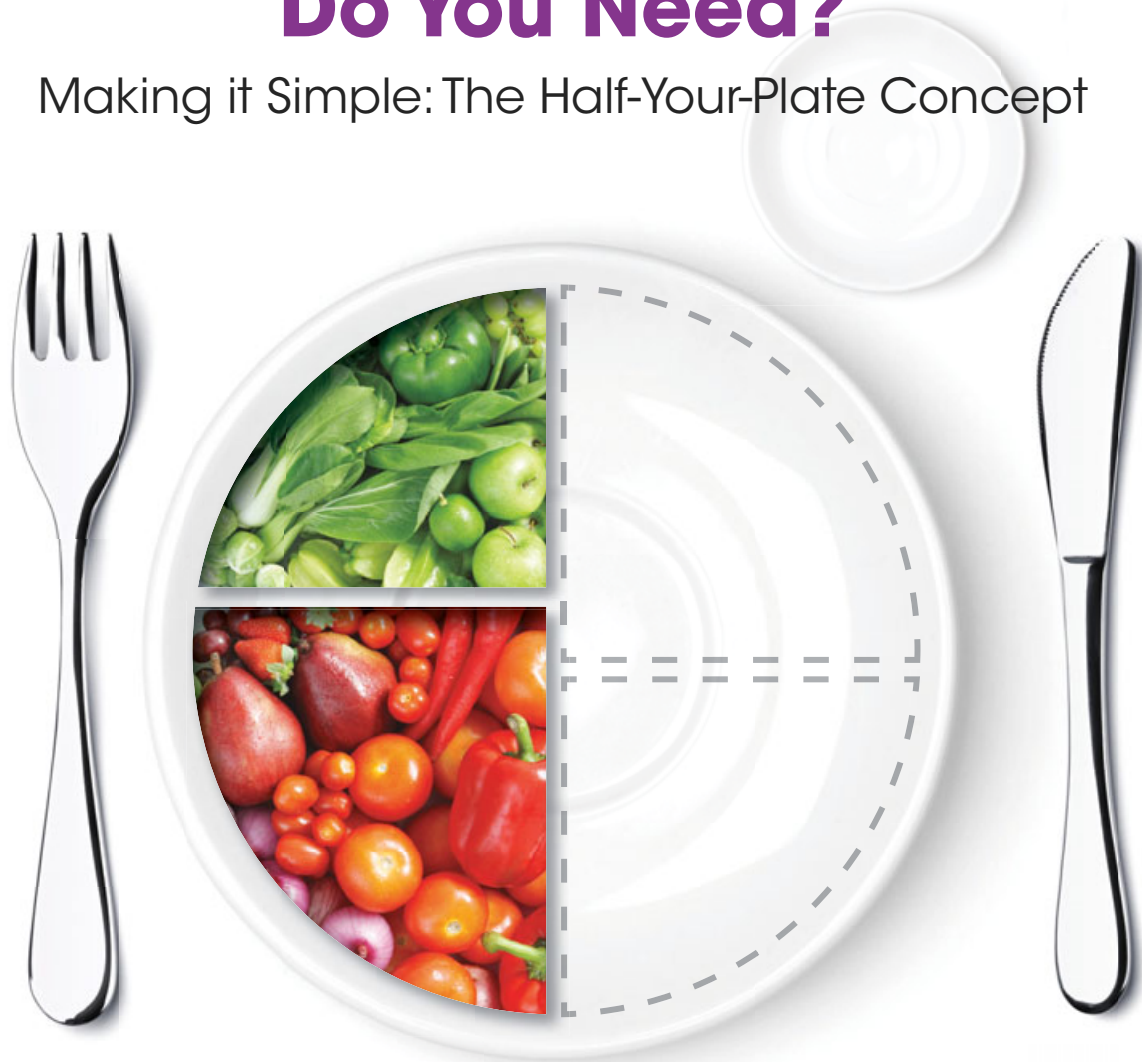
1. Place oven rack about 5 inches from broiler. Preheat broiler to high. Place poblano peppers on rimmed baking pan and broil 4 to 5 minutes or until the skin is completely blackened and blistered, turning occasionally. Place poblano peppers in bowl and cover bowl with plastic wrap; let stand 10 minutes.
2. Meanwhile, in medium saucepot, combine milk, butter, ¼ teaspoon black pepper and ⅛ teaspoon salt; heat to boiling over medium to medium-high heat. Gradually whisk in cornmeal until incorporated; reduce heat to low and cook 4 minutes, whisking occasionally. Remove from heat; stir in cheese. Cover to keep warm.
3. Remove skin from poblano peppers; pull off stem and cut lengthwise in half. With paring knife, scrape seeds, then cut into ½-inch pieces (about ¾ cup).
4. In large skillet, heat oil over medium heat. Add shrimp and cook 3 to 4 minutes or until shrimp turn almost opaque throughout, stirring occasionally. Stir in garlic, remaining ¼ teaspoon black pepper and ⅛ teaspoon salt, and poblano peppers, and cook 1 to 2 minutes or until shrimp turn opaque throughout, stirring occasionally.
5. To serve, spoon shrimp mixture over polenta and sprinkle with hot sauce. Garnish with green onions and cilantro, if desired.

Approximate nutritional values per serving: 466 Calories, 13g Fat (5g Saturated), 208mg Cholesterol, 541mg Sodium, 46g Carbohydrates, 3g Fiber, 40g Protein



How Many Fruits and Vegetables Do You Need?

Making it Simple: The Half-Your-Plate Concept



What does a serving of broccoli look like? How many baby carrots are in a cup? Even the most well-versed nutrition professionals don't have all these measurements memorized! So let's make it easier: fill half your plate with fruits and vegetables at each meal or eating occasion.

The new healthy MyPlate icon developed by the USDA supports this concept... fill half your plate with colorful fruits and vegetables at every meal!

Family Dinner With Fruits & Vegetables

Getting more fruits and vegetables in at dinner doesn't have to be a struggle. Try these tips for convenient ways to add MORE!

■ Double the deliciousness: Add a can of veggies, such as corn or green beans, to a can of soup - or onions, peppers and/or mushrooms to that jar of spaghetti sauce.

■ Create yummy rainbow lasagna: Tuck shredded carrots, sliced yellow peppers and chopped spinach into each layer for a rainbow of flavors. For pickier palates, add pureed vegetables to the sauce.

■ Try a favorite dish in a new way: Serve spaghetti squash instead of pasta, topped with your favorite sauce and diced vegetables.

Get Smart, all forms count: All fruits and veggies count towards your daily intake - so, add frozen to canned, and fresh to frozen - mix and match!

