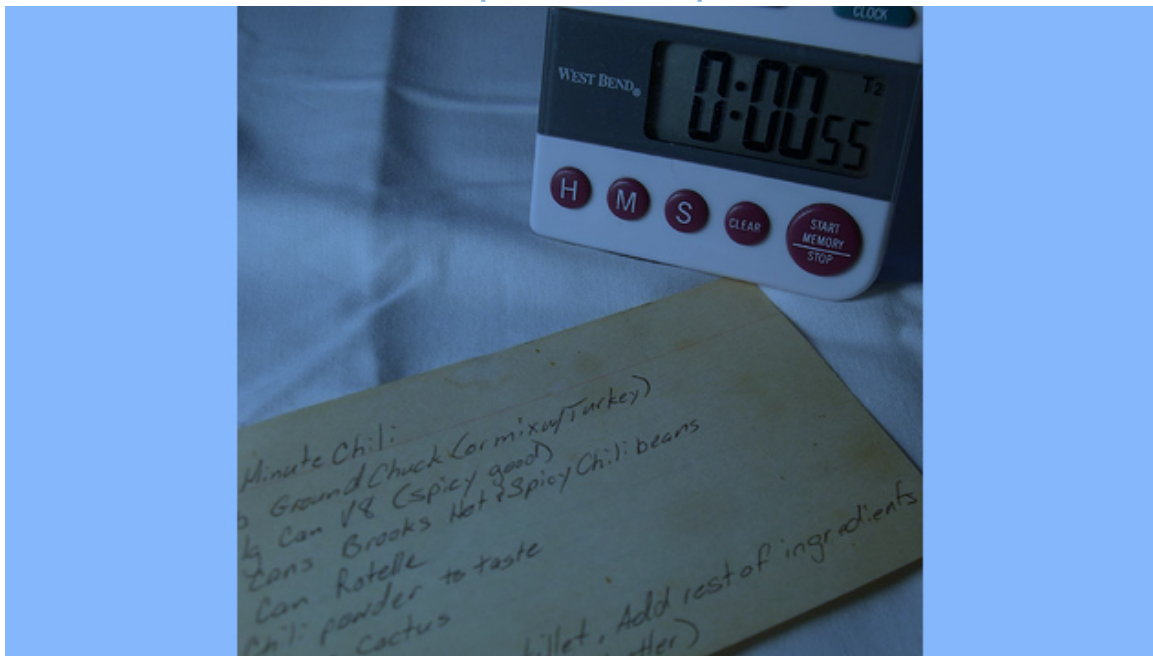


Quick & Easy Recipes

Chef Tom's Recipe Sampler



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Quick & Easy Recipes

Artichoke Pasta Salad
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Tomato And Red Onion Salad With Lime-Cilantro Dressing

Veal Italienne Artichoke Pasta Salad

Serves 4

4 cups cooked bow tie pasta, cooled
2 Tbs red wine vinegar
3 Tbs Herb Oil
1 cup grape tomatoes, split
2 Tbs thinly-sliced fresh basil
1 Tbs chopped fresh oregano
1 cup roughly-chopped roasted chicken
1 cup roughly-chopped marinated artichokes
Salt, to taste
Freshly-ground black pepper, to taste

In a large bowl toss all of the ingredients. Serve or store in the refrigerator until ready to serve.

This recipe yields 4 servings.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 578.0 calories; 19% calories from fat; 12.8g total fat; 34.2mg cholesterol; 128.5mg sodium; 588.3mg potassium; 86.1g carbohydrates; 5.7g fiber; 0.1g sugar; 29.0g protein.

Artichoke Soup

Serves 4

1 Tbs olive oil
1 onion, chopped
1 garlic clove, minced
1lb 12oz canned artichoke hearts, drained
2 1/2 cups hot vegetable bouillon
2/3 cup light cream
2 Tbs fresh thyme, stalks removed
2 sun-dried tomatoes, cut into strips

Heat the oil in a large pan over a medium heat. Add the onion and garlic, then cook until just softened.

Using a sharp knife, coarsely chop the artichoke hearts. Add the artichoke pieces to the onion and garlic mixture in the pan. Pour in the hot vegetable bouillon, stirring.

Bring the mixture to a boil over medium heat, then reduce the heat, cover and simmer for 3 minutes.

Transfer the soup to a food processor or blender and process until smooth. Alternatively, push through a strainer to remove lumps.

Return the soup to the pan and stir in the cream and thyme .

Transfer the soup to a large bowl, cover and chill in the refrigerator for about 3-4 hours.

Ladle the chilled soup into 4 soup bowls and garnish with strips of sun-dried tomatoes. Serve immediately.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 290.7 calories; 38% calories from fat; 12.6g total fat; 23.7mg cholesterol; 1526.1mg sodium; 889.8mg potassium; 39.6g carbohydrates; 11.5g fiber; 3.2g sugar; 10.0g protein.

Cooking Tips

Try adding 2 Tbs of dry vermouth, such as Martini, to the soup in step 5.

Beef & Noodle Soup

Serves 4

8 oz lean beef
1 garlic clove, minced
2 scallions, chopped
3 Tbs soy sauce
1 tsp sesame oil
8 oz egg noodles
3 1/4 cups beef bouillon
3 baby corn cobs, sliced
1/2 leek, shredded
4 1/2 oz broccoli, cut into flowerets
pinch of chili powder

Using a sharp knife, cut the beef into thin strips and put into a large bowl with the garlic, scallions, soy sauce, and sesame oil.

Mix the ingredients together in the bowl, turning the beef to coat. Cover and set aside to marinate in the refrigerator for 30 minutes.

Bring a pan of water to a boil over a medium heat. Add the noodles and cook for 3-4 minutes. Drain thoroughly and set aside.

Put the beef bouillon into a large pan and bring to a boil over a medium heat. Add the beef with the marinate, corn, shredded leek, and broccoli. Reduce the heat, cover and simmer for 7-10 minutes, or until the beef and vegetables are tender.

Stir in the cooked noodles and chili powder and cook for an additional 2-3 minutes.

Ladle the soup into 4 warmed soup bowls and serve immediately.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 310.1 calories; 42% calories from fat; 14.5g total fat; 61.9mg cholesterol; 1622.6mg sodium; 379.8mg potassium; 25.8g carbohydrates; 1.3g fiber; 1.2g sugar; 18.6g protein.

Cooking Tips

Vary the vegetables used or use those on hand. If preferred, use a few drops of chili sauce instead of chili powder, but remember it is very hot.

Chocolate Zabaglione

Serves 4

4 egg yolks
4 Tbs superfine sugar
1 3/4 oz dark chocolate chips
1/2 cup Marsala wine
amaretti cookies, to serve

In a large glass mixing bowl, using an electric whisk, whisk the egg yolks and superfine sugar together until you have a very pale mixture.

Grate the chocolate finely and fold into the egg mixture.

Fold the Marsala wine into the chocolate mixture.

Put the mixture over a pan of gently simmering water and set the electric whisk on the lowest speed or change to a hand-held balloon whisk. Cook, whisking continuously until the mixture thickens; take care not to overcook or the mixture will curdle.

Spoon the hot mixture into 4 warmed glass dishes or large coffee cups. Serve the Zabaglione as soon as possible so that it is warm, light, and fluffy accompanied by amaretti cookies.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 167.1 calories; 41% calories from fat; 8.2g total fat; 209.8mg cholesterol; 9.8mg sodium; 48.8mg potassium; 22.8g carbohydrates; 0.7g fiber; 12.7g sugar; 3.2g protein.

Cooking Tips

Make the dessert just before serving as it will separate if you let it stand. If it begins to curdle, remove it from the heat immediately and put it into a bowl of cold water to stop the cooking.

Whisk furiously until the mixture comes together.

Classic Fajitas

Serves 8

- 3 medium avocados (preferably Hass)
- 2 Tbs minced onion
- 1 medium clove garlic, minced
- 1 small jalapeno chile, minced
- 1/4 cup minced fresh cilantro leaves
- 1/4 tsp table salt
- 1/2 tsp ground cumin (optional)
- 2 Tbs lime juice
- 2 lbs vine-ripened tomatoes, diced small
- 1/2 cup tomato juice
- 1 small chipotle chile, minced
- 1 medium red onion, diced small
- 1 medium clove garlic, minced
- 1/2 cup chopped fresh cilantro leaves
- 1/2 cup lime juice
- Table salt
- 1 (2.5 pound) flank steak
- 1/4 cup lime juice
- Table salt and ground black pepper
- 1 very large onion, peeled and cut into half-inch slices
- 2 very large red bell peppers or green bell peppers, cored, seeded, and cut into large wedges
- 16 (10 inch) plain flour tortillas

Chunky Guacamole: Halve one avocado, remove pit, and scoop flesh into medium bowl. Mash flesh lightly with onion, garlic, jalapeno, cilantro, salt, and cumin (if using) with tines of a fork until just combined.

Halve and pit remaining two avocados, and prepare. Gently scoop out avocado into bowl with mashed avocado mixture.

Sprinkle lime juice over diced avocado and mix entire contents of bowl lightly with fork until combined but still chunky. Adjust seasoning with salt, if necessary, and serve. (Can be covered with plastic wrap, pressed directly onto surface of mixture, and refrigerated up to one day. Return guacamole to room temperature, removing plastic wrap at the last moment, before serving).

Classic Red Table Salsa: Mix all ingredients, including salt to taste, in medium bowl. Cover and refrigerate to blend flavors, at least 1 hour or up to 5 days.

For Charcoal Grill: Ignite about 7 quarts charcoal and burn until coals are completely covered with thin coating of light-gray ash, 20 to 30 minutes. Pile coals on one-half of grill bottom, position grill rack and heat until very hot (you can hold your hand 5 inches above grill surface for 2 seconds). **For Gas Grill:** Turn all burners on gas grill to high, close lid, and heat grill until hot, 10 to 15 minutes.

Fajitas: Generously sprinkle both sides of steak with lime juice, salt and pepper; place directly over coals or on gas grill grate and grill until well-seared and dark brown on first side, 5 to 7 minutes (4 to 6 minutes, covered, on gas grill). Flip steak using tongs; continue grilling on second side until interior of meat is slightly less done than you want it to be when you eat it, 2 to 5 minutes (3 to 5 minutes on gas grill) more for medium-rare (depending on heat of fire and thickness of steak). Transfer meat to cutting board; cover loosely with foil, and let rest 5 to 10 minutes. Slice very thin, on bias against the grain; adjust seasoning with additional salt and pepper.

When charcoal fire has died down to medium or gas grill burners are adjusted to medium (you can hold your hand 5 inches above grill surface for 4 seconds), grill onions and peppers, turning

occasionally, until onions are lightly charred, about 6 minutes, and peppers are streaked with dark grill marks, about 10 minutes. Remove onions and peppers from grill and cut peppers into long, thin strips; set aside. Arrange tortillas around edge of grill; heat until just warmed, about 20 seconds per side. (Do not dry out tortillas or they get brittle; wrap tortillas in towel to keep warm.) Remove to platter; set aside.

Serving Fajitas: Arrange sliced meat and vegetables on large platter; serve immediately, with tortillas, salsa, and guacamole passed separately.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 907.0 calories; 36% calories from fat; 37.0g total fat; 100.0g carbohydrates; 11.0g fiber; 44.0g protein.

Crepes

Serves 4

CREPES

3 Eggs

1 cup Skim milk

1 cup Flour

1/8 tsp Salt

Cooking spray

FRUIT SAUCE

1/2 cup Chablis wine

1/4 cup Water

1/4 cup Sugar

1 Tbs Cornstarch

3/4 cup Fresh or frozen strawberries

1/2 cup Diced orange segments (opt)

1 Tbs Water

4 Lovers crepes

Combine first 4 ingredients and mix on low speed for about a minute. Scrape down sides and blend well until smooth. Let stand 30 minutes. Coat bottom of 6 1/2 inch omelet or frying pan with cooking spray. Heat pan over low heat. Pour in about 3 tablespoons batter-tilting and turning pan to spread batter evenly. Cook until lightly browned on bottom-turn over and brown other side (this is a rather quick process)-Makes about 15 crepes.

To store-wrap crepes separated with waxed paper, freeze or refrigerate.

Chablis Fruit Sauce: In small saucepan, combine first 3 ingredients-bring to boil-simmer 5 minutes Stir cornstarch and 1 tablespoon water until smooth. Stir into wine mixture and simmer several minutes until thickened, stirring occasionally. Add fruit and heat until fruit is hot. Fill crepes, fold over and spoon extra sauce over top. Makes 2 servings

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Lo Mein

Serves 4

4 Tbs Peanut oil
1/2 lb Flank steak;or shrimp,chick
2 Celery; shredded
2 SI Ginger; minced
1 cup Cabbage
1 Green onion; minced
2 tsp Cornstarch
1/2 lb Spaghetti;or chinese/noodles
1/2 tsp Sugar
1 Tbs Soy sauce;light soy
1/2 tsp Salt; optional

Cook spaghetti as directed on package, AL DENTE, drain, rinse in cold water, add a few drops oil and mix to keep from sticking. Set aside. Slice steak VERY THIN, across the grain, 2" pieces. Mix together, steak, ginger, scallion, cornstarch, sugar, light soy, set aside to marinate. Heat wok to smoking, add 2 tbs oil. Stir fry meat mixture two minutes, do not overcook, Reserve. Add 2 tbs oil, heat, stir fry carrots and cabbage two minutes, add spaghetti, stir well and cook a few minutes, add meat mixture, 1 tbs soy and salt. Stir a minute to heat and serve. Nice thing about stir fry cooking, just about anything goes.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Meaty Eggplant Parmesan

Serves 8

1 lb extra-lean ground beef
4 Tbs olive oil, divided
2 Tbs diced or grated white onion
Garlic, to taste
1 Tbs freshly-ground black pepper
2 large eggplants - (abt 3 lbs)
3 large eggs, lightly beaten
1 cup vital wheat gluten flour
1/2 cup finely-crushed pork rinds
1 cup grated Parmesan cheese, divided
16 oz low-carb no-sugar Italian sauce
Shredded mozzarella cheese

Peel eggplant; cut into 1/4-inch slices. Place in a deep bowl and cover with cool water. Allow to sit for 5 minutes, then drain, rinse, and cover again with fresh water. Set aside for 10 minutes. (You'll notice the water turning greenish purple at first and will finally run clear.)

Meanwhile brown ground beef in skillet with 2 tablespoons olive oil, black pepper, grated onion and garlic. Remove from skillet and set aside.

In a medium bowl combine vital wheat gluten flour, crushed pork rinds, and 1/4 cup parmesan cheese. Sift to mix well.

Preheat oven to 400 degrees. Dry eggplant slices completely on paper towels. Prepare 2 cookie sheets with a fine coating of remaining olive oil.

Dip each slice into beaten egg to coat, then into flour mixture. Place each on cookie sheet and bake for 10 to 15 minutes. Turn eggplant slices, and bake an additional 7 minutes. Repeat as necessary until all eggplant slices are baked and browned.

Reduce oven to 350 degrees. Lightly grease (with oil or Pam) a 13- by 9- by 2-inch baking dish. Cover bottom with ground beef mixture. Then layer browned eggplant slices across top; add sauce and parmesan cheese; repeat layers until all eggplant and sauce is used.

Cover with a layer of shredded mozzarella cheese and bake at 350 degrees for 30 minutes or until thoroughly heated and top cheese is melted, bubbly, and beginning to brown.

Allow to sit for 10 minutes before serving. Enjoy!

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 437.8 calories; 54% calories from fat; 26.5g total fat; 149.9mg cholesterol; 495.7mg sodium; 708.5mg potassium; 26.6g carbohydrates; 5.1g fiber; 5.2g sugar; 23.1g protein.

Mustard-Baked Chicken

Serves 4

8 chicken portions, 4 oz each
4 Tbs butter, melted
4 Tbs mild mustard
2 Tbs lemon juice
1 Tbs brown sugar
1 tsp paprika
3 Tbs poppy seeds
3 1/2 cups dried pasta shells
1 tsp olive oil
salt and pepper

Arrange the chicken portions in a single layer in a large oven-proof dish.

Mix the butter, mustard, lemon juice, sugar, and paprika together in a bowl and season to taste with salt and pepper. Brush the mixture over the upper surfaces of the chicken portions and cook in a preheated oven at 400, for 15 minutes.

Remove the dish from the oven and carefully turn over the chicken portions. Coat the upper surfaces of the chicken with the remaining mustard mixture, sprinkle the poppy seeds over the chicken. Return to the oven for an additional 15 minutes.

Meanwhile, bring a large pan of lightly salted water to a boil over a medium heat. Add the pasta shells and oil and cook for 8-10 minutes, or until done.

Drain the pasta thoroughly and transfer to 4 warmed serving plates. Top the pasta with 1 or 2 of the chicken portions, pour over the mustard sauce and serve immediately.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 1034.6 calories; 20% calories from fat; 23.6g total fat; 304.3mg cholesterol; 505.6mg sodium; 1455.2mg potassium; 75.4g carbohydrates; 3.5g fiber; 4.5g sugar; 122.8g protein.

Cooking Tips

Dijon is the type of mustard most often used in cooking, as it has a clean and only mildly spicy flavor. German mustard has a sweet-sour taste, with Bavarian mustard being slightly sweeter. American mustard is mild and sweet.

Pork with Lemon & Garlic

Serves 4

1 lb pork tenderloin
2 1/2 Tbs chopped almonds
2 Tbs olive oil
3 1/2 oz prosciutto, chopped finely
2 garlic cloves, chopped
1 Tbs fresh oregano, chopped
finely grated peel of 2 lemons
4 shallots, chopped finely
3/4 cup ham or chicken bouillon
1 tsp sugar
freshly cooked snow peas, to serve

Using a sharp knife, cut the pork into 4 equal pieces. Put the pork between 2 sheets of oiled waxed paper and pound each piece with a meat mallet or the end of a rolling pin to flattened it.

Cut a horizontal slit in each piece of pork to make a pocket.

Put the almonds onto a cookie sheet and lightly toast under a medium-hot broiler for 2-3 minutes, or until golden.

Mix the almonds with 1 Tbs of the oil, prosciutto, garlic, oregano, and the finely grated peel of 1 lemon. Spoon the mixture into the pork pockets.

Heat the remaining oil in a large skillet over a medium heat. Add the shallots and cook for 2 minutes.

Add the pork pockets and cook until browned all over.

Add the bouillon and bring to a boil over a medium heat. Cook for 45 minutes, or until the meat is tender. Remove the meat and keep warm.

Using a zester, pare the remaining lemon. Add the peel and sugar to the skillet, then boil for 3-4 minutes, or until reduced and syrupy. Transfer the pork to 4 warmed serving plates and serve with the snow peas.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 396.3 calories; 47% calories from fat; 21.2g total fat; 124.2mg cholesterol; 1022.6mg sodium; 767.2mg potassium; 6.6g carbohydrates; 1.6g fiber; 2.1g sugar; 43.1g protein.

Potato Triangles

Serves 1

- 2 Boiled mashed potatoes
- 4 slices of Bread
- 1 Tbs Cheese grated
- 1 Green chilli chopped fine
- 1/2 tsp Tomato sauce
- Salt to taste
- 1 sprig of spring onion chopped fine
- 1 Tbs Butter
- 1/2 cup Milk

Mix well all the ingredients except bread, butter and milk keep aside.

Take milk in a plate. Dip a slice of bread in it for a second.

Remove and place on the board.

Spread some potato mixture in a layer on it.

Warm griddle, grease with butter, lift bread carefully with spatula and place on griddle, potato side down.

Roast on low till golden and crisp.

Flip over roast bread side similarly cut into half triangles.

Cool on mesh, before packing with sauce.

If the griddle is big make 2-3 slice at a time.

Makes: 8 triangle's

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Red Bell Pepper Soup

Serves 4

8 oz red bell peppers, seeded and sliced
1 onion, sliced
2 garlic cloves, minced
1 fresh green chili, chopped
1 1/4 cups strained tomatoes
2 1/2 cups vegetable bouillon
2 Tbs chopped fresh basil
fresh basil sprigs, to garnish

Put the red bell peppers in a large pan with the onion, garlic, and chili. Add the strained tomatoes and vegetable bouillon, then bring to a boil over medium heat, stirring constantly.

Reduce the heat and simmer for 20 minutes, or until the peppers have softened. Drain and set aside the liquid and vegetable separately.

Puree the vegetables by pressing through a strainer with the back of a spoon. Alternatively, process in a food processor until smooth.

Return the vegetable puree to a clean pan and add the cooking liquid. Add the chopped basil and heat until hot. Ladle the soup into 4 soup bowls and garnish with basil sprigs. Serve.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 144.5 calories; 16% calories from fat; 2.7g total fat; 1.5mg cholesterol; 1049.3mg sodium; 546.1mg potassium; 26.4g carbohydrates; 4.4g fiber; 5.2g sugar; 5.2g protein.

Cooking Tips

This soup is also delicious served cold with 2/3 cup plain yogurt swirled into it.

Spanish Braised Chicken With Green Olives And Rice

Serves 6

2 lbs bone-in skinless chicken thighs
1 tsp paprika
Nonstick cooking spray, as needed
3/4 cup dry sherry
1 can fat-free reduced-sodium chicken broth, (14 oz), plus
enough water to measure 2 1/4 cups total
3/4 cup sliced pimiento-stuffed green olives
1 1/2 tsp dried sage leaves
1 1/2 cups long-grain white rice

Sprinkle chicken thighs with paprika. Spray large nonstick skillet with cooking spray; heat over medium-high heat. Add thighs; cook without stirring 3 to 4 minutes or until golden. Turn chicken; cook 3 to 4 minutes.

Add sherry to skillet. Slide metal spatula under chicken and scrape cooked bits from bottom of skillet. Add chicken broth, olives and sage; bring to a boil. Reduce heat to low; cover and simmer 10 minutes.

Pour rice into liquid around chicken; gently stir to distribute evenly in skillet. Return to a boil; cover and simmer 18 minutes or until liquid is absorbed and rice is tender.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 376.0 calories; 26% calories from fat; 10.0g total fat; 62.0mg cholesterol; 522.0mg sodium; 40.0g carbohydrates; 1.0g fiber; 21.0g protein.

Sponge Cake

Serves 12

7 egg whites and yolks
1 1/4 cups Splenda
1/3 cup fat-free (skim) milk, scalded, and slightly cooled
1 tsp vanilla
1 Tbs lemon juice
1 cup cake flour

Heat the oven to 350 degrees. Beat the egg whites until stiff. In a separate bowl, mix the egg yolk and sugar until the mixture is creamy and lemon colored.

Add the milk, vanilla, and lemon juice to the egg yolk mixture and beat well. Fold the flour by spoonfuls into the mixture. Fold in the egg whites.

Bake for 40 minutes or until the cake springs back to the touch.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 156.3 calories; 20% calories from fat; 3.5g total fat; 143.2mg cholesterol; 51.2mg sodium; 70.3mg potassium; 24.6g carbohydrates; 0.2g fiber; 0.7g sugar; 5.8g protein.

Stuffed Mushrooms

Serves 6

- 12 lg Stuffed mushrooms
- 1 pk (8 oz) cream cheese softened
- 3 Green onions; with tops
- 2 Sweet or hot Italian sausage links; cooked and crumbled
- 1/4 cup Grated Parmesan cheese
- 2 Tbs Butter; for saute

Do not clean mushrooms with water, it makes them watery, and they are grown in sterile soil so a speck of dirt won't hurt, use a mushroom brush or a damp paper towel. Clean and destem mushrooms and saute in about 1 T butter till slightly cooked. Remove and set on cookie sheet underneath side up to stuff. In a food processor or blender, chop the green onions, then add and pulse the cooked sausage till crumbled fairly small. Add softened cream cheese and Parmesan cheese and blend til thoroughly mixed. Use a teaspoon or piping bag to mound filling onto mushroom caps. Bake at 350°F for about 10 minutes. Then set oven to broil and brown tops lightly. Serve hot. You could fer sure throw these in a foil pan and stick them on the grill ...

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 117.0 calories; 64% calories from fat; 8.5g total fat; 25.2mg cholesterol; 235.6mg sodium; 242.8mg potassium; 3.2g carbohydrates; 0.9g fiber; 1.2g sugar; 8.0g protein.

Sweet N Sour Pork Stir-Fry

Serves 8

1 20 oz Can unsweetened pineapple bits
2 Tbs cornstarch
2 Tbs brown sugar
1/4 cup soy sauce
2 Tbs rice wine vinegar
1 tsp ground ginger
2 garlic cloves, minced
1 small onion, sliced
1 large sweet red pepper, julienned
3 Tbs canola oil
1 1/2 lbs boneless pork loin chops, cut into thin strips
1 1/2 cups shredded carrots
Hot cooked rice, optional

Drain pineapple, reserving juice; set pineapple aside. In a small bowl, combine the cornstarch, brown sugar, soy sauce, vinegar, ginger, garlic and reserved pineapple juice until blended, set aside.

In a large nonstick skillet or wok, stir-fry onion and red pepper in 2 tablespoons oil for 5 minutes or until crisp-tender. Remove and keep warm. In the same pan, stir-fry pork in remaining oil for 3-4 minutes or until no longer pink.

Stir soy sauce mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened.

Stir in the carrots, onion mixture and reserved pineapple; heat through. Serve with rice if desired.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 212.8 calories; 29% calories from fat; 7.4g total fat; 46.8mg cholesterol; 441.8mg sodium; 635.1mg potassium; 17.7g carbohydrates; 1.6g fiber; 10.5g sugar; 20.2g protein.

Tomato And Red Onion Salad With Lime-Cilantro Dressing

Serves 4

2 limes, juiced

1/2 cup cilantro leaves

2 tsp hot sauce

Salt, to taste

Freshly-ground black pepper, to taste

1/3 cup extra-virgin olive oil

1 small red onion, quartered, and thinly sliced

3 large beefsteak tomatoes, quartered, and thinly sliced

Place the lime juice, cilantro, and hot sauce in food processor and add a little salt and pepper. Turn processor on and stream in extra-virgin olive oil. Taste dressing and adjust seasonings.

Pour dressing into a bowl and add onions and tomatoes. Toss gently and coat in dressing. Let stand 5 to 10 minutes and serve.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 177.7 calories; 89% calories from fat; 18.0g total fat; 0.0mg cholesterol; 133.8mg sodium; 162.8mg potassium; 4.8g carbohydrates; 1.0g fiber; 1.5g sugar; 0.9g protein.

Veal Italienne

Serves 4

5 Tbs butter
1 Tbs olive oil
1 1/2 potatoes, cubed
4 veal escalopes, or chops, about 6 oz each
1 onion, cut into 8 wedges
2 garlic cloves, minced
2 Tbs all-purpose flour
2 Tbs tomato paste
2/3 cup red wine
1 1/4 cup chicken bouillon
8 ripe tomatoes, peeled, seeded, and diced
2 Tbs pitted ripe black olives, halved
2 Tbs chopped fresh basil
salt and pepper
fresh basil leaves to garnish

Heat the butter and oil in a large skillet over a medium heat. Add the potato cubes and cook for 5-7 minutes, stirring frequently, until they start to brown.

Remove the potatoes from the skillet and set aside.

Put the veal in the skillet and cook for 2-3 minutes on each side until sealed. Remove from the pan and set aside.

Stir the onion and garlic into the skillet and cook for 2-3 minutes.

Add the flour and tomato paste and cook for 1 minute, stirring. Gradually blend in the red wine and chicken bouillon, stirring constantly, to make a smooth sauce.

Return the potatoes and veal to the skillet. Stir in the tomatoes, olives, and chopped basil. Season to taste with salt and pepper

Transfer to a casserole dish and cook in a preheated oven at 350 for 1 hour, or until the potatoes and veal are cooked through, transfer to 4 warmed serving plates and garnish with basil leaves. Serve.

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

Nutrition Facts

Nutrition (per serving): 724.5 calories; 49% calories from fat; 40.1g total fat; 323.9mg cholesterol; 729.9mg sodium; 1493.7mg potassium; 25.0g carbohydrates; 3.4g fiber; 5.9g sugar; 65.1g protein.

Cooking Tips

For a quicker cooking time and really tender meat, pound the meat with a meat mallet to flatten it slightly before cooking.

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