

VALENTINE'S DAY DINNER MENU -- RECIPES

Feta, Pear and Watercress Salad (serves 2)

INGREDIENTS

1-1/2 cups tightly packed torn red leaf lettuce
1/2 cup tightly packed trimmed watercress
1/2 cup red pear, thinly sliced
2 tablespoons crumbled feta cheese
1 tablespoon balsamic vinegar
1 teaspoon water
1 teaspoon walnut oil or canola oil
1 teaspoon Dijon mustard
Dash of garlic powder
Dash of dried oregano

PREPARATION:

Divide leaf lettuce, watercress, and pear between 2 salad plates, and sprinkle with cheese. Combine vinegar and next 5 ingredients in a bowl and stir well. Drizzle over salads.

NUTRITIONAL INFORMATION:

Cal. 75 (50% from fat)
Fat 4.2g (sat.1.4g; mono 0.9g; poly1.5g)
Carb. 8.1g Sodium 158 mg
Chol. 6 mg Fiber 1.9g

Marinated Lamb Chops with Herbs (serves 2)

INGREDIENTS

4 (3-oz) lean lamb chops
1/4 cup dry red wine
2 tablespoons chopped fresh or 1/2 teaspoon dried mint
2 tablespoons low sodium soy sauce
1-1/2 teaspoons chopped fresh or 1/4 teaspoon dried rosemary
1/2 teaspoon coarsely ground pepper
1 garlic clove, crushed
Fresh rosemary sprigs (optional)

NUTRITIONAL INFORMATION

Cal. 301 (45% from fat)
Fat 14.9g (sat 5.3g; mono 5.9g; poly 1.4g)
Carb 2.7g Sodium 585g
Chol. 103mg Fiber 0.3g

PREPARATION

Trim fat from chops; set aside. Combine wine and next 5 ingredients in a large zip-top heavy-duty plastic bag. Add chops; seal bag and marinate in refrigerator 4-8 hours (marinate as long as you are able up to 8 hours), turning bag occasionally. Remove chops from bag, reserving marinade.

Prepare grill or broiler. Place chops on grill rack or broiler pan and cook 4 minutes on each side or to desired degree of doneness, basting frequently with reserved marinade. Garnish with fresh rosemary sprigs, if desired.

Couscous with Currants (serves 2; 3/4 cup serving size)

INGREDIENTS

2/3 cup no salt added chicken broth
1/3 cup uncooked couscous
1 teaspoon olive oil
2 teaspoons sliced green onions
1 garlic clove, crushed
1/3 cup, seeded, diced plum tomato
1/4 cup drained canned chickpeas (garbanzo beans)
2 tablespoons currants or raisins
Dash of ground cumin
2 tablespoons chopped fresh parsley
2 tablespoons lemon juice
1/4 teaspoon pepper

PREPARATION:

Bring broth to a boil in a med. Saucepan; stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Set aside.

Heat oil in a med. nonstick skillet over med.-high heat. Add green onions and garlic; sauté 1 minute. Add hot cooked couscous, tomatoes, and next 3 ingredients; cook 2 minutes or until thoroughly heated. Remove from heat, and stir in parsley and remaining ingredients. Serve warm.

NUTRITIONAL: Cal 197 (17% from fat); Fat 3.8g (0.6g/2.2g/0.6g)
Carb. 34.9g Fiber 1.6g Chol. 0 Sodium 180 mg

Mixed Carrots and Broccoli (serves 2)

Combination of peeled and sliced carrots (1/2" slices) and broccoli to measure 1/2 #.

Steam until tender in lightly salted water.

Drain and season with salt, pepper and herbs of your choice. (parsley, cilantro, tarragon, other).

Budino Al Cioccolato (serves 4)

(This recipe is from Yannis' Bistro)

BUDINO

1 (6-ounce) package semi-sweet chocolate chips
1 cup heavy cream
3 large egg yolks

VANILLA SAUCE

1 cup heavy cream
½ cup sugar
3 large egg yolks
1 vanilla bean, split lengthwise

GARNISH

Whipped cream, Fresh berries, Chocolate shavings, Mint sprig.

For the budino: Melt the chocolate with the cream in the top half of a double boiler over gently simmering water. Slowly stir ¼ cup of warm chocolate mixture into the egg yolks, then rapidly whisk the yolk mixture into the remaining chocolate. Pour into custard cups or ramekins immediately. Refrigerate at least 2 hours before serving.

For the vanilla sauce: Whisk together cream, sugar and egg yolks in top half of a double boiler over gently simmering water. Scrape vanilla bean seeds into sauce; add vanilla bean. Cook slowly over medium-low heat about 12 minutes, or until custard thickens slightly and leaves a path on back of spoon when a finger is drawn across. Do not boil. Discard vanilla bean. Cover and refrigerate until cold. Can be prepared 1 day ahead; keep refrigerated.

To serve: Pour some sauce over budino in its mold. Swirl whipped cream on top of sauce. Garnish with berries, chocolate shavings and mint sprig.

(Please note Yanni's Bistro is a supporter of St. Gregory the Great through its advertisement in our parish bulletin and we appreciate its support. The Newsletter author also enjoys Yanni's cuisine on a regular basis and this dessert is her favorite. Try Yanni's for a meal, especially if you have not been there lately. Open for lunch and dinner, with catering too.)