

HDSA Focus on the Family Care Forum – Recipes

Salsa Chicken

Preparation time: 5 minutes **Cooking time:** 10 minutes

Serves: 4

Ingredients

- 4 skinless chicken breast (1 pound or 4 ounces, per breast)
- 1 cup Salsa
- 2 Tbsp. Extra virgin olive oil or canola oil

Directions:

1. Cut the breast in half.
2. Heat 2 Tbsp. extra virgin olive oil in large skillet over medium-high heat.
3. Cook the chicken 2 or 3 minutes thoroughly.
4. Turn and cook other side.
5. Add the salsa; cover and simmer for 1-2 minutes.

Option: Marinate the (Full breast) chicken overnight with salsa to tenderize the chicken.

Salsa

Preparation time: 5 minutes **Cooking time:** 1 minute

Serves: 2

Ingredients

2 ripe avocados, diced
Juice of 1 lemon and 1 lime
3 scallions (green onions) sliced
3 Tbsp chopped fresh parsley
coarsely ground black pepper, to taste

Directions:

1. Combine all ingredients together.
 2. Serve with crackers -and/or- over a split baked potatoes, cooked pasta or rice.
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Couscous

Serves: 4

Ingredients:

- 2 Tbsp. Extra virgin olive oil or canola oil
- 1 c. Minced onion
- 1 Tbsp. Chopped garlic
- 1 Tbsp. Yellow squash, coarsely Diced
- 2 c. Roma tomatoes (unpeeled), Seeded and minced
- 1 Tbsp. Minced fresh basil
- 1 Tbsp. Minced fresh mint
- Salt and pepper
- 3 cup Chicken Broth
- 2 cup Couscous

Options: Italian tomatoes or Roma tomatoes. Canned, well-liquid removed, coarsely minced may be used instead of fresh herbs. Dry Herbs: may be used instead of fresh herbs.

Directions:

1. Heat 1 Tbsp. extra virgin olive oil in large skillet over medium-high heat.
2. Add in onions and cook till they begin to wilt, about 3 min.
3. Stir in garlic and cook 1 minute.
4. Add in yellow squash and zucchini and cook, stirring 5 to 8 min or until vegetables are tender.
5. Add in tomatoes, basil, and mint.
6. Reduce heat and cooking, stirring 2 to 3 min or until tomatoes are heated through.
7. Season to taste with salt and pepper.
8. Remove from heat and reserve.
9. Bring broth to boil.
10. Add in couscous, cover and remove from heat.
11. Set aside until liquid has been absorbed, about 5 min.
12. Remove from heat and add salt to taste and add remaining Tbsp. of extra virgin olive oil.

To serve, ladle vegetable mix over couscous.

Southwestern Mashed Sweet Potatoes (Or Yams)

Preparation Time: 10 Min **Cooking Time:** 20 Min

Serves 4

Ingredients:

- 6 sweet potatoes, peeled and cubed
- 3/4 cup whole milk
- 1/2 cup butter
- 1 tablespoon- Chili & Lime dry spices or powder (or 1/4 cup Salsa)

Directions:

1. Bring a large pot of salted water to a boil or roast.
 2. Add potatoes and cook until tender, 20 to 22 minutes.
 3. With an electric mixer on low, (Or food processor) blend potatoes, slowly adding milk, about 1/4 a cup at a time.
 4. Use more or less to achieve desired texture.
 5. Add butter and spice, to taste.
 6. Blend until smooth.
 7. Serve warm.
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Strawberry Mousse Parfait

Serves 2

Ingredients:

- 1-1/3 cups quartered fresh strawberries (6 ounces)
- 1 tablespoon sugar
- 1 teaspoon fresh lemon juice
- 1 cup well-chilled heavy cream and/or Crème fraiche
- 3 butter cookies, coarsely crushed (1/4 cup)

Option: Substitute fresh strawberries with frozen strawberries (then don't add sugar and lemon juice)

Directions:

1. Mix with 1 cup quartered strawberries with sugar and lemon juice. Cut remaining strawberries into 1/4-inch dice and reserve.
2. Beat heavy cream and/or Crème fraiche in another bowl with a whisk or electric mixer until it just holds stiff peaks.
3. Fold 1 cup whipped cream in 1 cup diced strawberries (reserve remainder for topping).
4. Spoon the strawberry mousse into a glass. Add the reserved strawberries.
5. Sprinkle evenly with cookie crumbs, then chill until set, about 30 minutes.

Smoothie

- Preparation time: 5 minutes

Serves: 2

- Good source of folate, calcium, calories
- Best enjoyed immediately

Ingredients:

- 1 cup milk
- 1 cup vanilla yogurt
- 2 tablespoons wheat germ, (optional)
- 1 large banana, or peach or mango (peeled) or 1/2 cup strawberries

Directions:

- Put all ingredients in blender, blend until frothy and drink immediately.
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Oatmeal

- Preparation time 5 minutes

Serves 2

- Can use yogurt, soy milk, agave sweetener to add unique flavor
- Any flavor goes! Fruit, peanut butter, chocolate, etc.

Ingredients:

- ½ cup chai tea
- ½ cup water
- 1 cup oatmeal
- 1 tsp cinnamon
- 1 tsp ginger
- ¼ dried fruit (optional)

Directions:

- Boil chai and water. Stir in remaining ingredients. Mix and serve! Preparation 10 min.
Cooking time 2 minutes
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Avocado Spread

- High calorie, omega-3 fatty acids, “good” fat

Ingredients:

- 2 avocados, ripe, skinned, seed removed, chopped
- ½ cup plain yogurt
- ¼ cup lemon juice
- Pepper, pinch
- 2 tsp. olive oil

Directions:

- Place all ingredients in blender and process until smooth.
- Store in refrigerator

Crème Fraiche**Ingredients:**

- 1 C. whipping cream
- 2 Tbsp. buttermilk

Directions:

- Combine cream and milk in glass container. Cover and let stand at room temperature 8-24 hours or until very thick. Stir well before covering and refrigerate up to 10 days.

2011 HDSA Annual Convention

Stacey Hoffman, RD, LD, CNSD

Sally Gorski, MA, CCC

Chef Kurt Stiles, Culinologist