

## All-American Favorite Entrees

### Traditional Lasagna

Makes 12 servings

#### **Ingredients**

- 12 pieces of Dreamfields Lasagna
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 8 oz. sliced mushrooms (optional)
- 8 oz. lean ground beef
- 8 oz. Italian sausage
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 container (15 oz.) part-skim ricotta cheese
- 3 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 4 cups marinara sauce

#### **Directions**

1. Prepare lasagna according to package directions. Drain and rinse in cold water; drain well.
2. In a large skillet, heat olive oil over medium-high heat and sauté garlic, onion, carrots, celery and mushrooms until tender, about 5 minutes; remove from heat.
3. Using the same skillet on medium heat, brown hamburger and Italian sausage, season with salt and pepper, stirring and crumbling meats.
4. Cook about 10 minutes or until no longer pink. Drain juices. Mix in vegetable mixture.
5. Preheat oven to 375 degrees F.
6. Spray 13x9x3 baking dish with non-stick cooking spray.
7. Spread 1 cup of marinara sauce on bottom of baking dish.
8. Layer 3 lasagna noodles, 1/3 of ricotta cheese, 1/2 of the meat mixture, 1 cup marinara sauce, 1 cup mozzarella cheese.
9. Layer 3 lasagna noodles, 1/3 of ricotta cheese, 1 1/2 cups marinara sauce.
10. Layer remaining lasagna noodles, ricotta cheese, meat mixture, marinara sauce, mozzarella cheese and Parmesan cheese.
11. Cover pan with tin foil and bake for 45 minutes. Remove tin foil and bake another 10 minutes. Let stand for 10 minutes before cutting.

## **Chicken Marsala**

Makes 4 Servings

### **Ingredients**

- 1/4 cup flour
- Dash black pepper
- Dash oregano
- Dash basil
- 1-1/4 pound boneless chicken breasts
- 1 tablespoon safflower oil
- 1 tablespoon butter or margarine
- 1/2 pound mushrooms, sliced
- 1 cup marsala wine or dry sherry

### **Directions**

1. Mix the flour, black pepper, oregano, and basil together on a plate.
2. Wash and dry the chicken breasts and coat each with the flour mixture. Reserve any leftover flour.
3. Heat the oil and butter in a frying pan. Add the chicken breasts and sauté gently until brown and tender on both sides, about 15 minutes. Remove the breasts to a dish.
4. Add the mushrooms and 1/4 cup of the wine; cook for about 5 minutes over low heat. Scrape the bottom of pan to loosen any flour. Stir in any reserved flour and the remaining wine.
5. Simmer until the mixture thickens, stirring constantly. Slip the cooked breasts into the sauce. Cook gently for about 5 minutes or more.

## **Apple Glazed Pork Roast**

Makes 2 Servings

### **Ingredients**

- 2 pounds loin of pork
- 1/2 cup apple juice
- 1 tablespoon Worcestershire sauce
- 1 small apple, peeled cored and sliced
- 1/2 teaspoon thyme

### **Directions**

1. Trim all the visible fat from the roast.
2. Place the meat on a rack set into a roasting pan.
3. Mix together the apple juice, sliced apple and Worcestershire sauce.
4. Pour the apple juice mixture over the meat. Cover.
5. Roast in a preheated 350 degree F. oven for about 70 minutes.
6. Continue cooking and baste with pan juices for about 30 minutes or until glazed and the meat thermometer registers "well done for pork".

## **Beef Teriyaki Stir-Fry**

Makes 5 Servings

### **Ingredients**

#### **Marinade**

- 1/4 cup soy sauce
- 1/4 cup chicken broth
- 1/2 teaspoon ground ginger
- 1 teaspoon Splenda
- 2 tablespoons Worcestershire sauce
- 2 tablespoons vegetable oil
- 1 pound beef boneless sirloin steak
- 1 clove garlic, chopped
- 1 c. chopped onion
- 1 tablespoon cornstarch

### **Directions**

1. Trim fat from beef steak and slice meat.
2. Combine ingredients for the marinade in a bowl.
3. Place beef in bowl with marinade and marinate in the refrigerator for 4-6 hours.
4. Pour 1 tablespoon oil around the top of the preheated wok, coating sides; heat at medium high (325 degrees) for 2 minutes.
5. Stir-fry carrots and celery for 4 minutes; remove from wok.
6. Pour 1 tablespoon oil around top of the wok.
7. Sauté onions and then add steak to the wok. Stir-fry until browned.
8. Combine cornstarch and reserved marinade, stirring well; stir mixture into beef.
9. Cook, stirring constantly, until thickened.

## **Lamb and Vegetable Stew with Cilantro**

4 Servings

### **Ingredients**

- 1 lb boneless lamb shoulder, fat trimmed, cut in 1" pieces
- 1 medium onion, chopped
- 1 teaspoon olive oil
- 1 tablespoon minced garlic
- 1/2 cup dry red wine or beef broth
- 2-1/2 cups reduced-sodium tomato juice, divided
- 2 medium potatoes, cut into 3/4-inch cubes
- 3 carrots, cubed (large)
- 1 large turnip, cut into 3/4-inch cubes
- 1 tablespoon chopped fresh, or 1 teaspoon dried, sage leaves
- Salt and pepper, to taste
- 1/2 cup chopped cilantro

### **Directions**

1. Sauté lamb and onion in oil in 4-quart saucepan until lightly browned; add garlic, wine and 1-1/2 cups tomato juice and heat to boiling; reduce heat and simmer, covered, 25 minutes.
2. Stir in potatoes, turnip, carrots and remaining 1 cup tomato juice; simmer, covered, until vegetables are tender, about 20 minutes.
3. Stir in sage; season to taste with salt and pepper.
4. Spoon stew into bowls; sprinkle with cilantro.

## **Siamese Turkey Burgers**

Makes 6 Servings

### **Ingredients**

- 1/4 cups refrigerated or frozen egg product, thawed
- 1/4 cups bread crumbs, fine, dry
- 1 teaspoon Thai seasoning
- 1 pounds turkey, ground
- 6 hamburger buns, whole-grain (cocktail-size)
- 3/4 cups basil, fresh
- 2 tablespoon peanut dipping sauce
- 1 medium mango

### **Directions**

1. In a medium bowl, combine egg product or egg, bread crumbs, and Thai seasoning or curry powder. Add ground turkey breast; mix well. Shape into six 3/4-inch-thick patties.
2. Place patties on the greased rack of an uncovered grill directly over medium goals.
3. Grill for 14 to 18 minutes or until done (165F) turning once.
4. To serve burgers, top bottom half of each bun with some of the basil. Add patties. Spoon peanut dipping sauce over patties; add mango slices and bun tops.

## **Just Spicy Enough Curry Chicken**

Makes 6 Servings

### **Ingredients**

- 6 single chicken breasts, skinned, boned, washed
- 3 teaspoons oil
- 1/2 onion, chopped
- 2 cloves garlic, crushed
- 1/2 cup low sodium chicken broth
- 1-1/2 cup water
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon tumeric
- 1/8 teaspoon allspice
- 1/8 teaspoon ginger
- Dash dried fennel
- Dash ground black pepper
- 1 teaspoon coconut flavoring

### **Directions**

1. In a large skillet, sauté chicken breasts in 2 teaspoons oil until golden on both sides. Remove chicken from pan.
2. Sauté garlic and onion in remaining oil 5-7 minutes.
3. Add broth, water, and all of the spices to garlic-onion mixture.
4. When well blended, return chicken pieces to skillet. Cover and simmer over medium heat for 30 minutes.
5. Stir in coconut flavoring.
6. Serve over rice or rice/grain mixture.

## **Rich and Creamy Mac n Cheese**

Makes 5 Servings

### **Ingredients**

- 4 servings Dreamfields Pasta
- 1 large egg white
- 3 tablespoons butter
- 12 ounce Cheese mix 2% shredded
- 3 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon powdered mustard
- 1/2 teaspoon black pepper
- 3 cups milk, fat-free

### **Topping**

- 1/2 cup yellow onion finely diced
- 3 tablespoons butter
- 1 bay leaf
- 1 clove garlic, crushed
- 3 strips of bacon, chopped
- 1/4 teaspoon Cayenne
- 1 cup bread crumbs

### **Directions**

1. Preheat oven to 350 F.
2. In a large pot of boiling, salted water cook the pasta to al dente.
3. While the pasta is cooking, in a separate pot, melt the butter.
4. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure the mixture is lump-free.
5. Stir in the milk, onion, bay leaf, and paprika.
6. Simmer for ten minutes and remove the bay leaf.
7. Temper in the egg.
8. Stir in 3/4 of the cheese.
9. Season with salt and pepper.
10. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.
11. Melt the butter in a sauté pan and fry bacon. Add garlic and cook for about 1 minute then toss the bread crumbs to coat.
12. Top the macaroni with the bread crumbs and bacon bits. Bake for 30 minutes.
13. Remove from oven and rest for five minutes before serving.
14. Garnish with a squiggle of catsup or marinara sauce and dust with a few toasted bread crumbs.

## **Make-your-mouth-drool Apricot and Balsamic Chicken**

Makes 8 Servings

### **Ingredients**

- 2 tablespoons extra-virgin olive oil
- 2 pounds chicken breast tenderloins, cut into bite-size pieces
- Salt and pepper to taste
- 1 large onion, chopped (optional)
- 1/4 cup balsamic vinegar, or to taste
- 20 dried apricots
- 1 cup chicken stock
- 1 cup apricot preserves
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped rosemary
- 3 tablespoons chopped fresh flat-leaf parsley (optional)

### **Directions**

1. Heat the olive oil in a large skillet with a lid over medium-high heat. Season the chicken with salt and pepper, and cook in the hot oil until golden brown around the edges, but still pink in the center, about 5 minutes.
2. Stir in the onion, and cook for about 3 minutes more. Pour in the balsamic vinegar, bring it to a simmer, and allow it to reduce for a few minutes.
3. Cut half of the apricots in half, leaving the others whole. Place the apricots into the skillet, and pour in the chicken stock.
4. Bring to a simmer and then stir in the apricot preserves and thyme.
5. Reduce the heat to medium-low, cover, and simmer until the apricots have softened, 10 to 15 minutes. Sprinkle with chopped parsley to serve.

## **Not-so-typical Pesto Pasta**

Makes 8 Servings

### **Ingredients**

- 1 (16 oz.) package uncooked linguini pasta
- 6 tomatoes, seeded and chopped
- 20 fresh basil leaves
- 10 fresh mint leaves
- 2 cloves garlic, chopped
- 1/2 cup pine nuts
- 3 tablespoons Parmesan cheese
- 2 tablespoons ricotta cheese
- 1 1/2 tablespoons olive oil
- Salt and pepper to taste

### **Directions**

1. Bring a large pot of lightly salted water to a boil. Place linguini in the pot, and cook for 8 to 10 minutes, until al dente.
2. Drain, reserving 1 1/2 tablespoons water.
3. In a blender or food processor, blend the reserved water, tomatoes, basil, mint, garlic, pine nuts, Parmesan cheese, ricotta cheese, olive oil, salt, and pepper until smooth. Toss with the cooked pasta to serve.

## **Veggie Packed Smoked Salmon Fried Rice**

Makes 6 Servings

### **Ingredients**

- 6 cups water
- 3 cups long grain white rice, uncooked
- 3 tablespoons cooking oil, divided
- 2 eggs, beaten
- 1/2 onion, finely chopped
- 1 green onion, chopped
- 4 ounces smoked salmon, chopped
- 1/2 cup frozen peas
- 1 cup chopped carrots
- 1 cup cherry tomatoes, halved
- Salt and freshly ground pepper, to taste

### **Directions**

1. Pour the water into a saucepan, add the rice, and bring to a boil. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed, about 20 minutes. Set aside.
2. Meanwhile, place 2 tablespoons of cooking oil into a large skillet and heat over medium heat. Stir in the eggs and cook until scrambled to desired consistency. Remove eggs from the pan, and set aside.
3. Using the same skillet, add the remaining 1 tablespoon oil, and heat over medium heat.
4. Stir in the onion, green onion and carrot; cook until the onion is transparent, about 5 minutes.
5. Stir in the salmon, rice, peas, tomatoes and scrambled eggs, and toss until evenly blended. Cook and stir rice mixture until heated through.
6. Season to taste with salt and pepper.