

StarScape

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Weight Watchers Barbecued Prawns recipe - 6 points



Weight Watchers Barbecued Prawns recipe

Makes 4 servings

Ingredients

- 1 kg (about 2 1/4 lbs) large green prawns, peeled
- 2 garlic cloves, minced
- 4 drops Tabasco sauce
- 2 tablespoons honey
- 1/4 cup dry white wine
- 1 tablespoon soy sauce
- 1 tablespoon Grand Marnier

Preparation

1. In a bowl, mix together all the ingredients (except the prawns).
2. Add the prawns, cover and marinate for about 3 hours in the refrigerator.
3. Place the prawns on the barbecue on medium-high heat for about 2 minutes on each side.
4. Serve with toothpicks.

One serving is approximately 280 grams.

WW POINTS per serving: 6

Nutritional information per serving: 296 calories, 2.7g fat, 0.1g fiber

Photo credit: Allerina & Glen MacLarty

*Jun 24, 2008
Anna*

Weight Watchers Mediterranean Chicken with Rosemary Orzo recipe - 7 points



Weight Watchers Mediterranean Chicken with Rosemary Orzo recipe

Makes 4 servings

Ingredients

- 1 lb boneless skinless chicken breasts, cut into 1 inch strips
- 1 1/3 cups orzo pasta, uncooked
- 1 1/2 cups (about 2 medium) zucchini, julienned or chopped
- 1 medium green pepper, chopped
- 1 1/2 cups (about 3) plum tomatoes, chopped
- 2 cloves garlic, minced
- 1 (14 1/2 ounce) can fat free chicken broth
- 1 tablespoon chopped fresh rosemary leaf or 1 teaspoon dried rosemary
- 1/2 cup water
- 1/2 teaspoon salt

Preparation

1. Spray a 10-inch skillet with cooking spray and heat over medium-high heat.
2. Add the chicken and stir-fry for about 5 minutes (until browned).
3. Stir in the chicken broth, orzo and garlic.
3. Heat until boiling; reduce the heat, cover and simmer for about 8 minutes (or until the liquid is absorbed).
4. Stir in the remaining ingredients; bring to a boil.
5. Cover and simmer, stirring once, for about 5 minutes (until the pepper is crisp-tender and the orzo is tender).

One serving is approximately 450 grams.

WW POINTS per serving: 7

Nutritional information per serving: 364 calories, 2.7g fat, 3.7g fiber

Photo credit: LizzieBug

*Jul 5, 2008
Anna*

Weight Watchers Tortellini Tomato Spinach Soup recipe - 6 points



Weight Watchers Tortellini Tomato Spinach Soup recipe

Makes 4 servings

Ingredients

1 (9 ounce) package fresh tortellini or dried tortellini

1 (14 ounce) can whole tomatoes, coarsely chopped

10 ounces fresh spinach or frozen spinach, defrosted and chopped

1 tablespoon olive oil

4-6 cups chicken broth or vegetable broth

1 garlic clove, minced

1/2 cup minced onion (about 1/2 small onion)

1/4 cup freshly grated Parmesan cheese (optional)

salt, to taste

black pepper, to taste

Preparation

1. In a soup pot, heat the olive oil over medium high heat.

2. Saute the garlic and onion, stirring often, for about 5-7 minutes (until the onions are translucent).

3. Add the tomatoes and broth, turn the heat up to high, and bring to a boil.

4. Add the tortellini and cook according to package instructions.

5. When the tortellini are almost done, add the spinach and salt and pepper to taste.

6. Serve immediately, (optionally) garnishing each serving with a sprinkling of Parmesan cheese.

WW POINTS per serving: 6

Nutritional information per serving: 312 calories, 9.9g fat, 4.5g fiber

Photo credit: ms_bold

Orange Pound Cake with Orange Caramel Sauce

1 1/2 cups all-purpose flour

1/2 teaspoon salt

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1 large orange

1 cup sugar

1/2 cup buttermilk, at room temperature

1/2 teaspoon vanilla extract

1/4 cup butter, softened (no substitutions)

1 large egg

2 large egg whites

Orange-Caramel Sauce:

2 tablespoons water

1/4 cup sugar

Preheat oven to 350°F. Lightly coat a 9x5-inch loaf pan with vegetable cooking spray. Sift together flour, salt, baking powder and baking soda in medium bowl; set aside.

With vegetable peeler remove peel from orange; coarsely chop. Cut orange in half and squeeze 1/2 cup juice. Process sugar and peel in food processor, pulsing until peel is finely chopped. Combine buttermilk, 1/4 cup orange juice and vanilla in a small glass measuring cup. (Reserve remaining juice for caramel sauce.)

Beat butter and orange-sugar mixture in large mixer bowl on medium-high speed until combined. Beat in egg and egg whites, one at a time, beating well after each addition. At low speed, add flour mixture alternately with buttermilk mixture, beginning and ending with dry ingredients. Spoon batter into prepared pan. Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool on wire rack 15 minutes; invert and remove pan.

Make Orange-Caramel Sauce: Meanwhile, combine water and sugar in small saucepan; stir with wooden spoon until sugar is moistened. Bring to simmer over medium-low heat; cover and simmer 2 to 3 minutes until sugar dissolves. Uncover and cook until sugar turns amber, 5 to 6 minutes. Remove from heat and slowly stir in reserved orange juice (mixture will bubble vigorously). Return to heat

and cook, stirring, until sugar dissolves. Cool sauce and serve with cake.

May 6, 2007
3FC

Mushroom and Cheese Fritrata

6 egg whites
3 whole eggs
2 Tbsp milk
1/4 tsp salt
1/4 tsp freshly cracked black pepper
nonstick cooking spray
8 oz mushrooms, sliced
1/2 small onion, chopped
1 medium zucchini, sliced into rounds
2 oz Gruyere cheese, grated
3 Tbsp parmesan, grated
1 tsp chopped fresh thyme

Preheat the broiler.

Whisk egg whites, eggs, milk, salt, and pepper in a mixing bowl until well blended.

Heat a 9 inch nonstick oven-proof skillet over medium heat. Spray with cooking spray and add the mushrooms and onions; saute until softened and juices evaporate. Add the zucchini and saute until tender, about 5 minutes, stirring well. Decrease heat to medium low. Pour the egg mixture over the mushroom and zucchini mixture. Sprinkle with the cheeses and thyme. Cover and cook until the frittata is almost set but the top is still runny. Place the skillet, uncovered, under the broiler and cook until golden brown on top, about a minute or two. Remove from oven, then loosen from skillet with a spatula and slice it onto a plate. Cut into 4 wedges and serve.

Jun 13, 2007
3FC

Creamy Cheese and Spinach Quesadillas

4 ounces cream cheese, fat-free
1 green onion, finely chopped
1/8 teaspoon garlic powder
4 small flour tortillas, preferably whole wheat
1 cups fresh spinach leaves
1/2 cup chopped red bell pepper or use jarred roasted red bell peppers
1/2 cup crumbled feta cheese

Combine cream cheese, green onions, and garlic powder.

Spread each tortilla with about 2 tablespoons of the cream cheese mixture. Top each with 2 tablespoons of chopped red pepper and 2 tablespoons of feta cheese. top with 1/4 cup of spinach leaves. Fold each tortilla in half.

Heat a large skillet over medium heat. Place two folded tortillas in the skillet and heat for a minute or two on each side or until hot and golden brown. Place on a platter and cover to keep warm while you cook the other two quesadillas.

Cut each quesadilla in half to serve. Makes 4 servings.

Jan 8, 2008
3FC

Sophia Loren's Vitello Tonnato



Ingredients

2 lb. Bottom Round of Veal 1kg
1½ cups Dry White Wine 375ml
1 Onion (coarsely chopped)
1 medium carrot (coarsely chopped)
2 cloves Garlic (crushed)
½ teaspoon Salt 2.5ml
¼ teaspoon Pepper 1ml
½ cup Canned Tuna, in Oil 125ml
3 mashed Anchovy Fillets (washed & dried)
2 Egg Yolks (hard cooked)
2 tablespoons Olive Oil 30ml
1 tablespoon Red Wine Vinegar 15ml
Juice of 1 lemon; pinch of sugar; capers

Directions

Place veal in small, deep, non reactive bowl. Pour in enough white wine to cover; marinate tightly covered in refrigerator overnight.

Combine the veal with the marinade, onion, carrot, garlic, salt and pepper.

Bring to a boil over moderately high heat, then reduce the heat to simmer, partially covered, until veal is tender (about 1 hour).

Remove pot from heat and let stand until liquid is cool. Remove the veal to a cutting board, cover and set aside.

Strain cooking liquid through a sieve (you should have 1 cup).

Discard vegetables.

Add tuna, anchovies, egg yolks, lemon juice, olive oil, vinegar and sugar to the sieve and force this mixture through with the back of a large spoon.

Mix the sauce until well-blended and smooth.

Cut veal into thin slices and arrange, overlapping, on large serving platter. Spread sauce over veal; garnish with capers.

Note: There is a print link embedded within this post, please visit this post to print it.

*Jun 18, 2008
Chef Martino*

Baked veal chop and fennel, tomato risotto



Ingredients

for chop:

- 1 veal chop 'hotel style' cut
- 1 cardomon pod ground
- 1 teaspoon coriander seeds ground
- 1 teaspoon cumin seeds ground

for risotto:

- 500 gr canarolli rice
- 2 small shallots chopped
- 300 ml white wine
- 2 teaspoons fennel seeds
- 5 sundried tomatoes chopped
- 2 nobs of cold butter

2 tablespoons graded parmesan
chicken stock

for corn sauce:

- 2 cobs of fresh corn
- 300 ml chicken stock
- 75 ml cream
- 1 teaspoon curry powder
- nob of cold butter
- sprinkle of chili flakes

Directions

Oil veal chop and season with salt on both sides. Rub ground spices on chop and set aside.

Start risotto. In a pan with 3 tsp of good olive oil, sweat shallots then add rice. Stir.

Once the rice has absorbed some oil add the white wine.

Stir gently until the wine has been absorbed then gradually add the chicken stock, fennel seeds and chopped sundried tomatoes.

Stir again until all the liquid has been absorbed and if needed add more liquid until rice is tender but not mushy.

Finally add the cold butter and parmesan.

Season as you go.

While rice is cooking, place veal chop on a baking pan and place in 400F oven.

Turn over chop at the 10 minute mark and cook for a further 10 to 15 minutes.

Finally place under broiler and color for 2-3 minutes.

Corn sauce. Cut kernels off both ears of corn and reserve about 1/4.

Place corn in pot and add chicken stock.

Bring to a boil and add cream, curry powder and chili flakes.

Simmer for 10 minutes then buzz with a hand blender.

Add whole kernels and adjust seasoning.

I added some fresh greens between the risotto and the chop just to give the meat some height and help in the presentation.

Recipe Source: opensourcefood.com

Note: There is a print link embedded within this post, please visit this post to print it.

*Jul 16, 2008
Chef Martino*

Garlic-studded Veal with Mushrooms and Green Olive Gremolata



Ingredients

2 lbs veal eye of loin 1kg
 2 lemons
 3 garlic cloves each cut into 5 slices
 2 oz green olives pitted, chopped 60g
 8 large flat mushrooms
 ¼ cup coarsely chopped fresh parsley
 ¼ cup vegetable stock
 salt and freshly ground black pepper

Directions

Place the veal on a clean work surface.

Use a small sharp knife to cut 1 inch-long slits (2.5cm) , about 1cm deep, along the veal at 2 inch intervals. (5.5cm)

Place a slice of garlic in each slit.

Tie the veal at 2 inch (5.5cm) intervals with unwaxed white string to help hold its shape during cooking.

Preheat oven to 350°F (175°C)

Heat a large non-stick frying pan over high heat.

Add the veal and cook, turning once, for 4 minutes, or until browned on each side.

Place mushrooms in a single layer in a large non-stick roasting pan and drizzle with stock.

Place veal on top.

Cook in preheated oven for 25 minutes for medium or until veal is cooked to your liking.

Turn off oven.

Transfer veal to a large plate, cover loosely with foil and set aside for 10 minutes to rest.

Cover mushrooms with foil and return to oven to keep warm.

Meanwhile, to make green olive gremolata, use a vegetable peeler or sharp knife to peel rind from lemons.

Remove any white pith from rind.

Cut rind into thin strips and then finely chop.

Combine chopped lemon rind, olives and parsley in a small bowl.

Taste and season with salt and pepper.

To serve, cut the veal crossways into 8 medallions.

Place the mushrooms on serving plates and top with the veal.

Sprinkle with the green olive gremolata and freshly ground black pepper.

Serve immediately.

Recipe Source: Big Oven

*Jul 18, 2008
 Chef Martino*