

NOVEMBER 1983
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NOVEMBER 14

MONDAY
11:00 AM
1:00 PM
3:00 PM
5:00 PM
7:00 PM
9:00 PM

AM PM

1 lbkg chopped sirloin

1/2 cup soy sauce

1/4 cup oil

1/4 cup chopped ginger

1/4 cup bean sprouts

1 sliced red onion

Method

Place chopped beef in plastic bag and marinate overnight

in 1/2 cup three quartered water, pour over

the (1/2 cup three) sauce. Pour over

saute which has been placed

in a bowl then serve

on plates with meat and

garish with cherry tomatoes

garish with cherry tomatoes

garish with cherry tomatoes

garish with cherry tomatoes

garish with cherry tomatoes

garish with cherry tomatoes

garish with cherry tomatoes

garish with cherry tomatoes

garish with cherry tomatoes

Honey-Glazed Baby Carrots

1 cup water, orange juice
2 tablespoons unsalted butter
1 tablespoon honey
4 cups baby carrots, peeled
Salt and freshly ground pepper to taste.

Place the water, butter and honey in a pot over high heat and bring to a boil. Add the carrots, cover the pot and continue cooking for 5 to 7 minutes, until the carrots are tender. Shake the pot frequently to coat the carrots evenly with the honey and butter; add more water, tablespoon by tablespoon, if needed. Season the carrots with salt and pepper to taste and serve immediately.

Yield: Six servings.

INDIAN POTATO SALAD

Makes 8 servings at 41¢ each.
Prep: 15 minutes.
Bake: at 400° for 35 to 45 minutes.

3 pounds small red potatoes, quartered
1 tablespoon olive oil
2 tablespoons mustard seed
2 tablespoons coriander seed, crushed
1 teaspoon salt
1 cup low-fat plain yogurt
1/2 cup cilantro leaves, packed, plus extra for garnish
1/2 teaspoon salt
1/4 teaspoon pepper
2 green onions, trimmed, sliced, including 2 inches of the green part
1 carrot, peeled and diced into 1/2-inch cubes

1. Heat oven to 400°.
2. Toss together quartered potatoes, oil, mustard seed, crushed coriander and salt in roasting pan.
3. Roast in 400° oven for 35 to 45 minutes or until potatoes are light brown and fork-tender.
4. Meanwhile, combine yogurt, cilantro, salt and pepper in blender or small food processor. Whirl until cilantro is finely chopped and sauce is green.
5. Toss together potatoes and cilantro dressing in large bowl. Add green onion and carrot. Garnish with additional cilantro leaves.

PORTABELLA MUSHROOMS:
This appetizer tastes like filet mignon rather than mushrooms.
6 oz. portabella mushrooms, salt, freshly ground white pepper, extra virgin olive oil.
Season the mushrooms with salt, white pepper and extra virgin olive oil to taste and grill over high heat 4 minutes, until soft. Let cool. Marinate at least one hour in the mixture below, chill before serving.
MARINADE: 3 oz. extra virgin olive oil, juice 2 limes, 1 clove garlic, minced, 1 small shallot, chopped, 1 sprig fresh rosemary, chopped (about 1 teaspoon), 1 teaspoon fresh parsley, chopped.
SAUTÉED PORTABELLA MUSHROOM TERIYAKI
1-6 oz. package of Phillips Sliced Portabella MUSHROOM Teriyaki Sauce
2 Tablespoons Olive Oil
Carlic Salt to Taste
Directions: Saute sliced Portabellas in olive oil until tender. Add teriyaki sauce and garlic salt to taste.
Serve as a side dish or appetizer.
Servings: 2
NET WT. 6 OZ. (170 g)