

SEAFOOD

Angel Hair Pasta with Sea Scallops

Serves: 4

$\frac{1}{2}$ cup soft bread crumbs	8 ounces angel hair pasta
1 tablespoon +1 teaspoon oil	$\frac{1}{2}$ cup chopped fresh parsley
1 clove garlic, minced	1 teaspoon dried whole basil
$\frac{1}{2}$ teaspoon dried whole oregano	$\frac{1}{4}$ teaspoon salt
1 tablespoon flour	$\frac{1}{4}$ teaspoon pepper
8 ounces clam juice	1 pound fresh sea scallops, cut in $\frac{1}{2}$ " pcs

Place breadcrumbs on a baking sheet. Bake at 375 for 5 minutes or until golden brown; set aside. Cook pasta according to package directions, omitting salt and fat. Drain and rinse under cold running water; drain well. Place in a large bowl; set aside. Heat 1 tablespoon oil in a nonstick skillet over medium heat. Add $\frac{1}{4}$ cup parsley and next 4 ingredients; sauté 1 minute. Add flour and pepper; cook 1 minute, stirring constantly with a whisk. Gradually add clam juice, stirring constantly. Cook 1 minute or until thickened, stirring constantly pour over pasta; toss well. Set aside and keep warm. Heat remaining 1 teaspoon oil in skillet over medium heat; add scallops and sauté 4 minutes or until scallops are done. Add to pasta mixture; toss gently. Sprinkle with toasted breadcrumbs and remaining parsley. Serve immediately.

Couscous Salad with Shrimp

Serves: 4

2 cups water	1 cup couscous, uncooked
1 $\frac{1}{2}$ cups cherry tomato halves	$\frac{1}{2}$ cup finely chopped fresh parsley
8 $\frac{1}{2}$ ounces medium shrimp in water (2 cans), drained	
5 tablespoons fresh lemon juice	3 tablespoons oil
$\frac{1}{2}$ teaspoon grated lemon rind	$\frac{1}{2}$ teaspoon pepper
$\frac{1}{4}$ teaspoon salt	

Bring water to a boil in a medium saucepan; stir in couscous. Remove from heat and let stand, covered, 5 minutes; fluff with a fork. Uncover and let cool 10 minutes. Combine cooked couscous, cherry tomatoes, parsley, and shrimp in a large bowl; toss gently. Combine lemon juice and next 4 ingredients in a bowl; stir with a wire whisk. Add to couscous mixture; toss to coat. Serve chilled or at room temperature.

Fettuccine with Shellfish Sauce

Serves: 8

24 large fresh unpeeled shrimp	$\frac{1}{2}$ cup chopped onion
2 cloves garlic, crushed	1 cup dry white wine
29 ounces no-salt-added whole tomatoes, undrained and chopped	
2 tablespoons chopped fresh basil	2 tablespoons chopped fresh parsley
1 teaspoon dried thyme	$\frac{1}{4}$ teaspoon pepper
2 strips orange rind	2 dozen fresh mussels, scrubbed & debearded
1 bay leaf	8 cups hot cooked fettuccine

Peel and devein shrimp; set aside. Coat a large Dutch oven with cooking spray and place over medium-low heat until hot. Add onion and saute for 4 minutes. Add garlic and saute 1 minute. Add wine; bring to a boil and cook 1 minute. Add chopped tomatoes, basil, parsley, thyme, pepper, orange rind, and bay leaf and stir well. Bring to a boil; reduce heat, cover and simmer 5 minutes. Spread mussels, hinged side down, over tomato mixture. Add shrimp; cook, covered, over medium-low heat 3 minutes or until shrimp are done and mussel open. Discard orange rind strips and bay leaf. Combine shellfish sauce and hot fettuccine in a large bowl, and toss gently to coat; spoon into individual shallow bowls.

Garlicky Baked Shrimp

Serves: 4

Vegetable cooking spray	1 $\frac{1}{4}$ pounds med shrimp, peeled and deveined
$\frac{1}{2}$ cup dry breadcrumbs	3 tablespoons finely chopped fresh parsley
1 teaspoon grated lemon rind	$\frac{1}{4}$ teaspoon salt
3 cloves garlic, minced	2 tablespoons fresh lemon juice
4 teaspoons oil	

Coat 4 individual gratin dishes with cooking spray. Divide shrimp evenly among dishes; set aside. Combine the breadcrumbs, parsley, lemon rind, salt, and garlic in a bowl; stir in lemon juice and oil. Sprinkle the breadcrumb mixture evenly over shrimp. Place dishes on a baking sheet. Bake at 400 degrees for 13 minutes or until shrimp are done and breadcrumbs are lightly browned.

Lemon Parsley Broiled Scallops

Serves: 4

1 pound fresh sea scallops	2 tablespoons fresh lemon juice
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1 tablespoon oil	1 tablespoon water
2 teaspoons minced fresh parsley	1 teaspoon grated lemon rind
$\frac{1}{2}$ teaspoon fresh pepper	2 cloves garlic, minced

Place scallops in a shallow 2 $\frac{1}{2}$ quart baking dish. Combine lemon juice and remaining ingredients; stir well. Pour over scallops; cover and marinate in refrigerator 10 minutes. Broil 5 $\frac{1}{2}$ inches from heat 5 minutes; stir well. Broil an additional 5 minutes or until scallops are done.

Seafood Broccoli Stir-Fry

1 tablespoon oil
2 cloves garlic, minced
14 ounces broccoli
1 teaspoon grated ginger root
2 tablespoons soy sauce

Recipe by: Angela Skinner

$\frac{3}{4}$ pound uncooked medium shrimp, shelled/deveined
 $\frac{1}{4}$ cup water
1 small onion, chopped
1 tablespoon cornstarch

Serves: 4

Heat oil in large skillet or wok over medium-high heat until hot. Add shrimp and garlic; cook and stir 5-6 minutes or until shrimp turn pink, stirring constantly. Remove shrimp from skillet; cover to keep warm. In same pan, bring water to boil over medium-high heat. Stir in broccoli, onion, and ginger. Cook and stir 6-8 minutes or until vegetables are crisp-tender. Add warm shrimp. In a small bowl, blend cornstarch and soy sauce. Stir into hot shrimp mixture. Cook, stirring constantly, 1-2 minutes or until glaze has slightly thickened and covers all ingredients. If desired, serve with hot cooked rice or pasta. Note: $\frac{3}{4}$ pound fresh scallops may be substituted for shrimp. If scallops are large, cut them in half. Cook 4-5 minutes or until they turn opaque. Serve over angel hair pasta. You may want to double the amount of soy sauce and cornstarch.

Seafood -Vegetable Kabobs

24 medium fresh unpeeled shrimp
2 teaspoons vegetable oil
 $\frac{1}{8}$ teaspoon salt
1 clove garlic, minced
1 large red bell pepper, sliced
vegetable cooking spray

1 tablespoon lemon juice
 $\frac{1}{4}$ teaspoon hot sauce
 $\frac{1}{8}$ teaspoon pepper

Serves: 4

4 large sea scallops, cut in half horizontally
1 large yellow squash, halved vertically & sliced

Peel shrimp, leaving tails intact. Combine lemon juice and next 5 ingredients in a bowl; stir well. Add shrimp and scallops, tossing gently to coat. Cover and marinate in refrigerator 30 minutes, stirring occasionally. Remove shrimp and scallops from marinade, reserving marinade. Thread 3 shrimp, 1 scallop half, 2 bell pepper pieces, and 2 squash pieces alternately onto each of 8-10 inch skewers. Coat grill rack with cooking spray and place rack on grill over medium hot coals. Place kebobs on grill rack and cook 4 minutes on each side or until shrimp and scallops are done, basting occasionally with reserved marinade.

GRAINS

Almond-Rice Pilaf

Serves: 4

4 cups hot cooked rice	$\frac{1}{4}$ cup sliced green onions
2 tablespoons sliced almonds, toasted	1 teaspoon low-sodium soy sauce
$\frac{1}{4}$ teaspoon salt	

Combine all ingredients, toss well.

Bulgur Pilaf

Serves: 5

Vegetable cooking spray	1 cup chopped onion
1 cup coarsely shredded carrot	1 cup + 10 tablespoons uncooked bulgur
$\frac{1}{2}$ cup currants	$\frac{1}{2}$ teaspoon salt
2 cups water	2 tablespoons pine nuts, toasted

Coat a medium saucepan with cooking spray; place over medium heat until hot. Add onion and carrot; saute 5 minutes or till tender. Add bulgur, currants, and salt; stir well. Add water, bring to a boil. Cover, reduce heat and simmer 10 minutes or until bulgur is tender and liquid is absorbed. Spoon into a bowl; sprinkle with pine nuts.

Cranberry Wild Rice Pilaf

Recipe by: Sue Skinner-Kidd

Serves: 6

$\frac{3}{4}$ cup uncooked wild rice	3 cups water	$\frac{1}{2}$ cup pearl barley
$\frac{1}{4}$ cup dried cranberries	$\frac{1}{4}$ cup dried currants	1 tablespoon margarine
$\frac{1}{3}$ cup sliced almonds, toasted		

Rinse and drain rice; place in saucepan. Add water and broil to a boil. Reduce heat; cover and simmer for 10 minutes. Remove from heat; stir in barley, cranberries, currants, and margarine. Spoon into a greased 1 $\frac{1}{2}$ - quart baking dish. Cover and bake at 325 for 55 minutes or until liquid is absorbed and rice is tender. Add almonds and fluff with a fork.

Fruited Wild Rice Salad

Recipe by: Sue Skinner-Kidd

Serves: 8

$\frac{1}{4}$ cup vegetable oil	$\frac{1}{3}$ cup orange juice	2 tablespoons honey
1 cup uncooked wild rice	2 apples, chopped	juice of 1 lemon
1 cup seedless red grapes, halved		2 tablespoons mint
1 cup pecan halves		

Combine oil, orange juice, & honey for dressing; set aside. Cook rice according to package directions; drain if needed and allow to cool. In a large bowl, toss apples with lemon juice. Add raisins, grapes, mint, and rice. Add dressing and toss. Just before serving, add pecans and toss lightly.

Low-Fat Spanish Rice

Serves: 3

Vegetable cooking spray	1 cup uncooked instant rice
1 cup chopped onion	$\frac{2}{3}$ cup diced green pepper
$\frac{1}{2}$ teaspoon prepared mustard	$\frac{1}{4}$ teaspoon pepper
14 $\frac{1}{2}$ ounce can whole tomatoes, undrained and chopped	
5 $\frac{1}{2}$ ounce can tomato juice	

Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add rice, onion, and bell pepper; saute 5 minutes. Add remaining ingredients; simmer, uncovered, 5 minutes or until liquid is absorbed.

Mexican Rice

Serves: 4

1 teaspoon oil	1 cup chopped onion
4 cloves garlic, minced	1 cup uncooked long-grain rice
1 cup water	10 oz can diced tomatoes and green chilies
$\frac{1}{2}$ cup chopped fresh cilantro	

heat oil in a large saucepan over medium heat. Add onion and garlic; saute 4 minutes. Add rice, water, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; stir in cilantro.

Rice Pilaf with Japanese Mushrooms

Serves: 5

1 cup boiling water	1 oz dried shiitake mushrooms
$\frac{3}{4}$ cup wild rice, uncooked	1 tablespoon dark sesame oil
$\frac{1}{2}$ cup chopped onion	$\frac{2}{4}$ cup long-grain rice, uncooked
3 tablespoons low-sodium soy sauce	5 teaspoons sesame seeds, toasted

Combine water and mushrooms; cover and let stand 20 minutes. Drain, reserving liquid; add water to reserved liquid to yield 3 cups. Discard mushroom stems. Thinly slice mushrooms and set aside. Rinse wild rice in 3 changes of hot water; drain. Heat oil in a saucepan over medium heat until hot. Add mushroom and onion; saute 5 minutes or until tender. Add reserved mushroom liquid; bring to a boil. Stir in wild rice. Cover, reduce heat, and simmer 40 minutes. Stir in long-grain rice; cover and simmer 20 minutes or until tender. Remove from heat; stir in soy sauce. Sprinkle with sesame seeds.

Rice with Sun-Dried Tomatoes and Carrots

Serves: 6

2 cups vegetable broth	1 cup rice	1 onion, chopped
2 cloves garlic, crushed	2 carrots, sliced thinly	$\frac{1}{4}$ cup sun-dried tomatoes
fennel seed, to taste	vegetable cooking spray	

Cook rice in broth. Soften sun-dried tomatoes by pouring boiling water over and soaking 10-15 minutes; chop. Cook onion, garlic, and carrots until onions are translucent. Add fennel and tomatoes. Stir veggie mixture into rice and serve warm.

Sesame-Rice Timbales

Serves: 4

2 teaspoons dark sesame oil	2 teaspoons peeled minced gingerroot
$\frac{1}{4}$ teaspoon curry powder	1 clove garlic, minced
4 cups cooked basmati rice	2 teaspoons sesame seeds, toasted
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
vegetable cooking spray	

Heat oil in a small nonstick skillet over medium-high heat. Add gingerroot, curry powder, and garlic, and saute 1 minute. Combine gingerroot mixture, rice, sesame seeds, salt & pepper in a bowl; stir well. Divide rice mixture evenly among 4-10 ounce custard cups coated with cooking spray, pressing firmly with the back of a spoon.

Spinach Rice

Recipe by: Angela Skinner

Serves: 5

1 pound spinach

1 onion, chopped

$\frac{1}{4}$ cup oil

1 $\frac{1}{2}$ cups water

$\frac{2}{3}$ cup rice

1 tablespoon chopped dill

salt and pepper, to taste

juice of 2 lemons

Saute onions in oil till soft. Wash spinach several times; drain well and chop. Add to onion, and simmer slowly until almost cooked. Add water, bring to boiling point, and stir in rice and seasonings. Cover and simmer for 15 minutes, or until rice is soft and liquid is absorbed. Add lemon juice before removing rice from heat.

Notes; 2 boxes of frozen chopped spinach can be substituted for fresh. For tomato flavor; omit lemon juice and add $\frac{1}{2}$ cup tomato sauce to onions. Continue as directed.

Tabbouleh

Serves: 6

1 $\frac{1}{4}$ cups bulgur, uncooked

1 $\frac{1}{4}$ cups boiling water

2 cups diced tomatoes

1 cup peeled, seeded, diced cucumber

$\frac{3}{4}$ cup chopped fresh parsley

$\frac{1}{2}$ cup diced yellow pepper

$\frac{1}{2}$ cup sliced green onions

2 tablespoons chopped fresh mint

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup fresh lemon juice

2 tablespoons oil

Combine bulgur and boiling water in large bowl; stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients; toss. Serve at room temperature or chilled.

Tomato-Sauced Leeks with Couscous

Serves: 4

1 tablespoon minced fresh cilantro

$\frac{1}{4}$ teaspoon ground cumin

$\frac{1}{8}$ teaspoon salt

$\frac{1}{4}$ teaspoon crushed red pepper

14.5 oz stewed tomatoes, undrained and chopped

1 $\frac{3}{4}$ pounds leeks (4 med)

1 cup water

1 cup hot couscous

Combine first 5 ingredients in a medium saucepan; bring to a boil. Reduce heat and simmer, uncovered, 40 minutes or until reduced to 1 cup; set aside and keep warm. Remove roots, outer leaves, and tops from leeks, leaving 1 $\frac{1}{2}$ to 2 inches of dark leaves. Slice in half lengthwise to within 1 inch of bulb end; rinse under cold water and set aside. Bring water to a boil in a large skillet; add the leeks. Cover and cook 15 minutes or until tender; drain. Cut through the bulb end of each leek, separating it into 2 halves. To serve, spoon $\frac{1}{4}$ cup couscous onto each of 4 serving plates. Place 2 leek halves on top of the couscous mixture and top each with $\frac{1}{4}$ cup tomato mixture. Serve warm.

Tomatoes and Rice

Recipe by: Angela Skinner

Serves: 6

1 medium onion, chopped

1 medium green pepper, diced

1 cup uncooked long grain rice

$\frac{1}{4}$ cup oil

2 $\frac{1}{2}$ cups fresh or canned tomatoes

1 teaspoon salt

1 teaspoon paprika

$\frac{1}{2}$ teaspoon pepper

Saute onion, pepper, and rice in oil. Cook and stir over medium heat until golden brown. Add tomatoes, paprika, salt, and pepper, and stir. Cover tightly and lower heat. Simmer for 20 minutes or until liquid is absorbed.