

SKINNY MOZZARELLA STICKS

INGREDIENTS

12 STICKS PART-SKIM MOZZARELLA STRING CHEESE

½ CUP PANKO CRUMBS

2 LARGE EGGS, BEATEN

3 TSP PARMESAN CHEESE

¼ CUP FLOUR

1 ½ TBSP DRIED PARSLEY

½ CUP ITALIAN-STYLE BREAD CRUMBS

COOKING SPRAY

INSTRUCTIONS

- 1. CUT CHEESE STICKS IN HALF. PLACE ON BAKING SHEET, FREEZE 15 MINUTES.**
 - 2. WHISK EGGS & PLACE IN SHALLOW BOWL. POUR FLOUR INTO ANOTHER SHALLOW BOWL. USING A THIRD BOWL, COMBINE BREAD CRUMBS, PARMESAN, & PARSLEY. LINE ANOTHER BAKING SHEET WITH FOIL & SPRAY WITH COOKING SPRAY.**
 - 3. ROLL FROZEN MOZZARELLA CHEESE STICKS IN FLOUR, DUNK IN EGG MIXTURE, ROLL IN FLOUR ONCE AGAIN, BACK INTO THE BEATEN EGG & EVENLY COAT WITH BREADCRUMB MIXTURE. PLACE ON PREPARED BAKING SHEET & REPEAT. WHEN FINISHED, PLACE BAKING SHEET INTO FREEZER FOR ~ 30 MINUTES.**
 - 4. SPRAY THE TOPS LIGHTLY WITH THE COOKING SPRAY, PLACE IN 400 DEGREE OVEN FOR 4 – 5 MINUTES. FLIP MOZZARELLA STICKS & BAKE FOR ANOTHER 4 – 5 MINUTES (KEEP AND EYE ON THEM, SO THEY WON'T START TO OOZE OR MELT).**
 - 5. UPER**
- 24 SERVINGS, ~ 48 CALORIES EACH (NOT INCLUDING MARINARA SAUCE FOR DIPPING!)**

SPICY POPCORN

INGREDIENTS

1 TBSP CHILI OIL

2 TSP CANOLA OIL

½ CUP POPPING CORN

2 TBSP BUTTER

½ TSP EACH: SALT / GARLIC POWDER / PAPRIKA / CAYENNE PEPPER / CUMIN

HEAT OILS IN MEDIUM HEAVY-BOTTOMED PAN OVER MEDIUM HEAT.

ADD A FEW POPCORN KERNELS & LET IT HEAT UP. WHEN ONE KERNEL POPS, ADD THE REST & COVER THE PAN. SHAKE THE PAN A BIT TO SPREAD THE KERNELS IN AN EVEN LAYER. LET THE KERNELS POP FOR SEVERAL MINUTES UNTIL THE PAN IS FULL & THE POPPING SLOWS DOWN.

WHILE THE KERNELS POP, MELT THE BUTTER & STIR IN THE SEASONINGS. MIX WELL. REMOVE THE POPPED CORN FROM THE HEAT & TRANSFER POPCORN INTO A LARGE BOWL. SLOWLY DRIZZLE THE BUTTER MIXTURE ONTO THE POPCORN, SHAKING TO DISTRIBUTE.

YIELDS ABOUT 8 CUPS, ~81 CALORIES PER CUP.

BROCCOMOLE

INGREDIENTS

3 CUPS CHOPPED BROCCOLI

2 OZ. FF CREAM CHEESE OR SOUR CREAM

1 JALAPENO, CHOPPED, SEEDS REMOVED

¼ TSP EACH: CHILI & GARLIC POWDER, S & P

2 TBSP GREEN ONION

1 TBSP CILANTRO

1 TSP OLIVE OIL

- 1. COOK BROCCOLI IN LIGHTLY SALTED WATER TIL *VERY* SOFT.**
- 2. DRAIN WELL.**
- 3. TRANSFER TO FOOD PROCESSOR. ADD REMAINING INGREDIENTS & PROCESS UNTIL SMOOTH;
ADD A LITTLE ADD'L OLIVE OIL FOR SMOOTHER TEXTURE.**
- 4. SERVE WARM!**

GINGER-GARLIC SHRIMP WITH TANGY TOMATO SAUCE

½ CUP OLIVE OIL

¼ CUP FINELY CHOPPED PARSLEY

2 TBSP MINCED GARLIC

2 TBSP FINELY CHOPPED BASIL

1 TBSP MINCED FRESH GINGER

2 TBSP FRESH LEMON JUICE

2 TSP KOSHER SALT

1 TSP CRUSHED RED PEPPER

2.5# LARGE SHRIMP, SHELLED & DEVEINED

(DIPPING SAUCE!)

1 TBSP OLIVE OIL

1 TBSP MINCED FRESH GINGER

1 LARGE CLOVE OF GARLIC, MINCED

3 STALKS LEMONGRASS, BULB ONLY, MINCED

1.5# TOMATOES, PEELED/SEEDED/ CHOPPED

1 TBSP FRESH LIME JUICE

2 TBSP CHOPPED CILANTRO

KOSHER SALT

1. IN A LARGE BOWL, MIX THE OIL WITH THE SPICES (FIRST LIST). ADD THE SHRIMP & TOSS TO COAT. COVER, REFRIGERATE FOR 2 – 4 HOURS.
2. IN A MEDIUM SAUCEPAN, HEAT THE OIL (SECOND LIST). STIR IN GINGER, GARLIC & LEMONGRASS & COOK OVER MEDIUM HEAT UNTIL FRAGRANT, ~2 MINUTES. ADD TOMATOES; COOK OVER MODERATE HEAT, STIRRING OCCASIONALLY UNTIL SLIGHTLY THICKENED (ABT. 10 MINUTES). LET COOL TO ROOM TEMP; STIR IN LIME JUICE & CILANTRO. SEASON WITH SALT. TRANSFER TO RAMEKINS.
3. LIGHT GRILL. LOOSELY THREAD SHRIMP ONTO 10 SKEWERS. GRILL OVER MODERATELY HIGH HEAT, TURNING ONCE, UNTIL LIGHTLY CHARRED & COOKED THROUGH. TRANSFER SHRIMP ONTO PLATES & SERVE WITH TOMATO SAUCE.

