

Serve with lowfat whipped topping if desired.
Serves 4

TURKEY CURRY WITH RAISIN RICE

1 lb. ground turkey
1 c. chopped unpeeled apple
1 c. chopped onion
1 1/2 T olive oil
2 T all-purpose flour
1 T curry powder
1 T beef bouillon granules
1/2 c. nonfat dry milk
2 c. skim milk

In large saute' pan, saute' the turkey over med high heat, stirring frequently, until browned evenly.
Drain the turkey on paper towels and set aside

Spray a wide nonstick skillet with vegetable oil spray.
Over med heat, saute' the apple and onion, stirring frequently, until the onion is translucent.
Set aside.

In another large skillet, heat the olive oil over low heat just until it is warm. Stir in the flour and curry powder.
Heat and stir over medium-low heat until the flour begins to bubble.
Combine the bouillon granules, dry milk, and skim milk; whisk until combined.
(The bouillon granules will dissolve when they are heated in the sauce)
Gradually add the milk mixture to the curry mixture, continuing to stir over medium-low heat until the mixture thickens.
When the mixture is thick, add the turkey and the apple-onion mixture.
Stir well and heat through.
Serve over Raisin Rice
Serves 4

Raisin Rice: In large nonstick skillet, toast 1 c. raw white rice over med. heat, stirring frequently, until most of the rice is brown.
(Appearance may be mottled; this is desirable)
Add 1/2 c. raisins and 2 1/4 c. lowfat chicken stock (from killer pancake recipe)
Bring the mixture to a boil, reduce the heat to low, cover the pan, and cook for 25 min or until the liquid is absorbed.

SHRIMP (CHICKEN) RISOTTO WITH PORTOBELLO MUSHROOMS

1 T dry sherry
1 1/2 c. chopped portobello mushrooms
4 to 4 1/2 c. lowfat chicken stock from killer pancake recipe
1 c. water
1 tsp old bay seasoning
3/4 lb. (about 20-22) large "Easy-Peel" Shrimp
1 T olive oil
1/2 c. finely chopped onion
1 Garlic clove, pressed
1 1/4 c. Arborio rice
1 tsp. finely chopped fresh thyme
4 c. broccoli florets

Pour the sherry over the chopped mushrooms, stir, and set aside to marinate while you prepare the risoto.

In large saucepan, bring 1 c. of chicken stock, water and old bay seasoning to boil.
Add the shrimp and poach for 3-5 min or until just pink.
Remove and shell; set aside

Heat 2 tsp of olive oil in a heavy-bottomed skillet.
Add onion and saute' over med heat for 2-5 min or until limp.

Add the garlic and rice.

Cook and stir for 1 min or until the rice just begins to change color.

Continuing to stir over med low heat, add the remaining chicken stock 2/3 c. at a time, stirring until the liquid is absorbed.

Continue the process until the rice is tender and the mixture is creamy (this can take up to 30 min)

Heat the other tsp of olive oil in a small saute' pan and briefly saute' the marinated mushroom pieces over med. high heat until they release their liquid. Remove from the heat

Steam the broccoli for 5-6 min or until it is bright green and tender

Stir the cooked shrimp, fresh thyme and mushrooms into the cooked risotto and stir over med low heat until heated through.

Place the broccoli around the edge of a large platter.

Fill the center with the risotto.

Serves 4-6

MY NOTE: Leave out Shrimp, old bay seasoning and 1 c. chicken stock. Replace with chicken breast in sherry, cooked in garlic. Use chopped mushrooms in place of portobello mushrooms.

KILLER PANCAKES

2 c. all purpose flour

1 c. sugar

1 tsp baking soda

1/2 tsp salt

2 egg whites

1 16 oz. can juice-packed fruit cocktail, drained and juice reserved

Maple syrup or chopped fresh strawberries macerated with a little sugar

Preheat oven to 350

Spray 2 nonstick cookie sheets with veg oil and set aside.

Sift the dry ingredients together and set aside.

Beat the egg whites until frothy.

Beat in the juice.

Gradually add the dry mixture, stirring until well blended.

Fold in the fruit cocktail.

Using a 1/8 cup (2 T) measure, scoop dollops of pancake batter onto the sprayed pans, leaving at least 2 inches between the pancakes.

Bake for 10 to 15 min or until puffed and golden.

Serve hot with maple syrup, fresh strawberries, peaches or other fruit.

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