

In a nonstick skillet, heat 1 T olive oil over med. heat.
Add onions and cook until they are translucent.
Add garlic, stir, and lower heat.
Cook very briefly, only until garlic is also translucent.
Do not brown the onions or the garlic.

In another wide skillet, heat the remaining 2 T olive oil over med heat.
Add rice and saute' until golden brown.
Add cooked onions and garlic, stock, tomato juice, sherry, paprika, and salt.
Cover the pan and cook 20 to 30 min or until juices are absorbed.

While the rice is cooking, bring to quart of water to a boil. Add the Old Bay seasoning and the shrimp.
Cook just until the shrimp has turned pink.
Drain immediately and discard seasoned water.
Do not overcook the shrimp. Peel, devein and set the shrimp aside until the rice is cooked.
Remove the cover from the rice and add the shrimp, pineapple, and peas.
Raise the heat to med. and cook, stirring, until the peas are just cooked and the mixture is heated through.
Serve immediately.

Serves 4

NOTE: delete Bay Seasoning and Shrimp. Sub. chicken cooked in garlic or garlic seasoning.

SOUR CREAM CHERRY COFFEE CAKE

1/4 pound (1 stick) unsalted butter
1 c. granulated sugar
2 lg eggs
1 c. fat free sour cream
2 cups all-purpose flour (high altitude: add 2 T)
1 tsp baking powder
1 tsp. baking soda
1/4 tsp salt
1 tsp. pure vanilla extract
1 T finely chopped lemon zest
1/2 c. best quality cherry preserves
Preheat oven to 350

Butter 2 8 inch square cake pans.

In a large mixer bowl, beat butter with sugar until well combined.

Add eggs one at a time and beat well.

Add sour cream and mix thoroughly.

In a small bowl, mix together the flour, baking powder, baking soda and salt.

Add the dry ingredients to the butter mixture.

Batter will be stiff.

Stir in the vanilla, zest, and cherry preserves.

Spread batter in pans.

Bake 20 to 30 min. or until a toothpick inserted in the center comes out clean.

Makes 2 cakes.

4 1/2 c all-purpose flour
1 3/4 c. sugar
5 tsp baking powder (high altitude: 4 1/2 tsp)
1 3/4 tsp salt
1 3/4 c mashed ripe banana
1/4 c. canola oil
2 lg. eggs
1 1/3 c. nonfat milk
1 3/4 c. pecan halves (do not chop)

In a large bowl, mix together the flour, sugar, baking powder, and salt.

Set aside.

In another large bowl, mix together the banana, canola oil and eggs.

Gradually add dry ingredients to banana mixture, alternating with the milk, adding dry ingredients last. Stir in the nuts.

Measure out batter evenly into lined muffin cups, filling cups 7/8 full.
Bake 25 min until muffins are puffed and golden brown.

Check with toothpick for doneness.
Serve warm, or cool muffins on racks.
Freeze for longer storage.

Makes 2 doz.

Note: Muffins are about 15 percent fat; to make them even lower in fat, omit the pecans

RAINY SEASON CHICKEN SOUP

2 dried porcini mushrooms
2 T butter
2 leeks, white part only, split, rinsed, and diced
1 med. size carrot, diced
1 med. size onion diced
1 lg celery rib, diced
2 boneless, skinless chicken breast halves
2 T all-purpose flour
2 T dry white wine
4 C. chicken stock, divided (preferably the homemade lowfat chicken stock made from the recipe in killer pancakes)
1 c. fat-free sour cream
1 c. fideo (fine-cut egg noodles)
salt and pepper

Using a small pan, bring a cup of water to boiling and drop in the porcini mushrooms.

Cook uncovered over med high heat for 10 min. then drain the mushrooms, pat dry and slice thinly.

Set aside.

In a large saute' pan, melt the butter over low heat.

Put in the leeks, carrot, onion, celery, and chicken, stir gently and cover to cook over low heat for 5 min.

Take off the cover, stir the vegetables, turn the chicken and check for doneness.

(The chicken should be about half done.)

Cover and cook another 5 min or until chicken is just done—not overdone.

Remove the chicken from the pan and set aside to cool.

Sprinkle the flour over the melted butter, vegetables and pan juices, and stir to cook over low heat for 2 min.

Slowly add the white wine and 2 c of the chicken broth.

Stir and cook until bubbly and thickened.

Add the sour cream very slowly, and allow to cook gently while you slice the chicken into thin, bite-size pieces.

In a large frying pan, bring the remaining 2 cups of stock to boiling, and add fideo.

Cook 4 min or until almost done.

Do not drain.

Slowly add the noodle mixture to the hot vegetables and sour cream mixture.

Add the chicken and the mushrooms and bring back to boiling.

Serve immediately.

Serves 4

NOTE: Try hashbrowns instead of the egg noodles.

CINNAMON GRIDDLE SCONES

1 c. all-purpose flour
1/2 tsp cream of tartar
1/4 tsp salt
1 tsp sugar
1/2 tsp baking soda
1/2 tsp cinnamon