

Chanukah

MENU



Caramelized Apple and Arugula Salad



Herbed Vegetable Rice Stuffing



Salmon with Lemon Vodka Cream Sauce
& Fried Sage



Rugulach Cookies



Pair all of these dishes except
the cookies with Chardonnay.

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Herbed Vegetable Rice Stuffing

Prep: 20 minutes **Cook:** about 1 hour, 45 minutes
Makes: 10 to 12 servings.

- 1 (32-oz.) container Health Valley Fat Free Chicken Broth
 - 2 cups brown and wild rice blend (Natural Foods Dept. bulk bin #632)
 - 3 tbsp. organic butter, divided
 - 2 tsp. Original Spike All Purpose Seasoning (salt-free or original)
 - 1 tsp. sage
 - 1 tsp. thyme
 - 1/2 tsp. poultry seasoning
 - 1 large onion, peeled and chopped
 - 2 large carrots, peeled and chopped
 - 3 stalks celery, chopped
 - 1 cup dried cranberries (bulk bin #608)
 - 3/4 cup walnuts, coarsely chopped (bulk bin #651)
- Salt and pepper to taste**

1. Bring broth, rice, 1 tbsp. butter and seasonings to a boil in a large saucepan. Reduce heat and simmer, covered, for 50 minutes. Remove from heat; let stand for 5 minutes, then fluff with a fork.
2. Meanwhile, preheat oven to 375°F. Melt remaining 2 tbsp. butter in a large skillet. Add onion; sauté over medium heat for 10 minutes, stirring frequently. Add carrots and cook for 5 minutes more. Remove from heat; stir in celery and cranberries. Season to taste with salt and pepper.
3. Spray a 2-quart casserole dish with olive oil spray. Stir together rice and vegetables; place in prepared dish and sprinkle with walnuts. Tent loosely with foil and bake for 20 minutes; remove foil and bake for 10 minutes more.

Nutrition per serving (based on 11): 240 calories, 8 g protein, 9 g total fat (2.5 g sat., 0 g trans), 36 g carbohydrate, 4 g fiber, 10 g sugar, 10 mg cholesterol, 240 mg sodium, 5 points

Caramelized Apple and Arugula Salad

Prep: 15 minutes **Cook:** 20 minutes **Makes:** 4 servings.

- 1 tbsp. butter
 - 1 tbsp. pure maple syrup
 - 1 large Granny Smith apple, peeled and sliced 1/4-inch thick
 - 1 (5-oz.) bag Ready Pac Arugula
 - 4 very thin red onion slices, quartered
- Apple Vinaigrette (recipe follows)**

1. Melt butter and syrup in a medium skillet. Cut apple slices in half and add to the skillet.
2. Cook over medium-low heat for 20 minutes, stirring frequently; let cool to warm.
3. In a medium bowl, toss arugula with apples, onions and vinaigrette.

Apple Vinaigrette: Whisk together 2 tbsp. apple juice concentrate, 2 tbsp. extra virgin olive oil, 1 tbsp. wine vinegar, salt and freshly ground pepper to taste.

Nutrition per serving: 180 calories, 3 g protein, 13 g total fat (3.5 g sat., 0 g trans), 14 g carbohydrate, 1 g fiber, 8 g sugar, 15 mg cholesterol, 180 mg sodium, 4 points

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Salmon with Lemon Vodka Cream Sauce and Fried Sage

Prep: 20 minutes **Cook:** about 30 minutes **Serves:** 4

- 1 **tblsp. butter**
- 2 **tblsp. minced shallots**
- 1 **cup heavy whipping cream**
- 1/2 **cup vodka**
- 1/2 **tsp. lemon zest**
- Salt and freshly ground pepper to taste**
- 2 **tblsp. vegetable or olive oil**
- 4 **to 8 fresh sage leaves**
- 4 **salmon fillets (about 1½ lbs.)**

1. Melt butter over medium heat in a medium skillet. Add shallots and cook, stirring frequently, for about 3 minutes or until golden. Add cream and vodka to pan and bring to a boil. Cook for about 15 minutes or until reduced by half. Stir in lemon zest and season to taste with salt and pepper; keep warm.
2. Heat oil in a small skillet over medium-high heat. Add sage leaves and fry until crisp and dark green on each side. Remove to paper towels to drain.
3. Season salmon with salt and pepper to taste; bake, broil or grill until cooked through (10 to 15 minutes). Serve warm sauce over salmon, then top with fried sage leaves. Recipe may be doubled.

Nutrition per serving (279 g): 740 calories, 48 g protein, 51 g total fat (20 g sat., 1 g trans), 1 g carbohydrate, 0 g fiber, 0 g sugar, 240 mg cholesterol, 230 mg sodium, 18 points



Rugulach Cookies

This recipe is courtesy of Carol Nicosia-Whelan. These cookies make excellent gifts.

Prep: 20 minutes **Chill:** 8 hours or overnight **Cook:** about 20 minutes
Makes: 32 cookies

- 1 **(8-oz.) package cream cheese, softened**
- 1 **cup butter, softened**
- 2 **cups flour**
- 1/4 **tsp. salt**
- 3 **tblsp. butter, melted**
- 1 **cup finely chopped walnuts**
- 3/4 **cup currants or finely chopped dried apricots**
- 1/2 **cup sugar, plus additional for sprinkling on top**
- 1 **tblsp. cinnamon**

1. Beat cream cheese and butter in the large bowl of an electric mixer until creamy. Add flour and salt and mix until smooth. Divide dough into two flat disks; wrap well and refrigerate for 8 hours or overnight.
2. Preheat oven to 350°F and let dough stand at room temperature for 15 minutes for easier rolling. Roll each disk into a 12-inch circle on a lightly floured surface; brush with melted butter.
3. Stir together *remaining* ingredients in a small bowl and sprinkle equal amounts over dough. Cut each circle into 16-pie shaped wedges, then roll each tightly, starting at the wide end. Place on large baking sheets and sprinkle with additional sugar; bake for 18 to 20 minutes or until lightly browned.

Nutrition per serving (36 g): 160 calories, 2 g protein, 12 g total fat (6 g sat., 0 g trans), 13 g carbohydrate, 1 g fiber, 6 g sugar, 25 mg cholesterol, 90 mg sodium, 4 points