Page Al6

The Hortland Observer Black History Month \_\_\_\_\_

February II, 2009

# FOOD DINNER for TWO

## Cranberry and Apple Stuffed Pork Chops

#### INGREDIENTS

- 1 tablespoon olive oil
- 1/2 onion, chopped
- 1 large Granny Smith apple peeled, cored and diced
- 2 tablespoons balsamic vinegar
- 1/2 cup dried cranberries
- salt and pepper to taste
- 2 (6 ounce) boneless pork
- chops • 1 tablespoon olive oil

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#### DIRECTIONS

1. Heat 1 tablespoon olive oil in a skillet over medium heat. Stir in the onion and apple; cook and stir for 5 minutes. Stir in the cranberries and balsamic vinegar, and continue cooking until the apple and onions have softened, about 5 minutes more. Season to taste with salt and pepper, then scrape the mixture onto a plate, and refrigerate until cold.

2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.

3. Cut a large pocket into the pork chops using a sharp, thin bladed knife. Stuff the cooled apple mixture into the pork

### Philly Shrimpin-Love Pasta



- 1 cup frozen cleaned raw shrimp, thawed
- 1/2 (19 ounce) can diced tomatoes
- 1/4 cup PHILADELPHIA Cream Cheese Spread
- 1 cup torn fresh spinach leaves

#### DIRECTIONS

1. Cook pasta according to package directions. Meanwhile, cook and stir shrimp, tomatoes and cream cheese in large skillet on medium-high heat 3 to 4 minutes or until shrimp are cooked through and sauce is well blended.

2. Drain pasta; place in large bowl. Add spinach; mix lightly. Add shrimp mixture; toss to coat.

## Lemon Rosemary Salmon

#### INGREDIENTS

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets, bones and skin removed
- coarse salt to taste
  1 tablespoon olive oil, or as needed

#### DIRECTIONS







chops, and secure with toothpicks if needed. Heat the remaining 1 tablespoon olive oil in a large skillet over mediumhigh heat. Season the pork chops with salt and pepper to taste, and place into the hot skillet. Cook on each side until browned, about 3 minutes, then transfer to a baking dish. Top with the remaining apple mixture, and cover the baking dish

with aluminum foil.
4. Bake in preheated oven until the pork is no longer pink in the center, about 40 minutes depending on the thickness of the pork chops. Uncover, and bake about 10 minutes longer until the apple mixture has browned around the edges.

1. Preheat oven to 400 degrees F (200 degrees C).

2. Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with

salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil.

3. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork



## Avocado-Shrimp Salad

#### INGREDIENTS

- · 2 avocados peeled, pitted, and cubed
- · 2 tomatoes, diced
- · 1 small sweet onion, chopped
- · 1 pound cooked salad shrimp
- 1 pinch salt and pepper to taste
- 2 tablespoons lime juice

#### DIRECTIONS

1. Stir together avocadoes, tomatoes, onion, and shrimp in a large bowl. Season to taste with salt and pepper. Stir in lime juice. Serve cold.

## White Chocolate Raspberry Cheesecake

#### INGREDIENTS

- · 1 cup chocolate cookie crumbs
- 3 tablespoons white sugar
- 1/4 cup butter, melted
- 1 (10 ounce) package frozen raspberries
- 2 tablespoons white sugar
- 2 teaspoons cornstarch
- 1/2 cup water
- 2 cups white chocolate chips
- 1/2 cup half-and-half cream
- 3 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 3 eggs
- 1 teaspoon vanilla extract

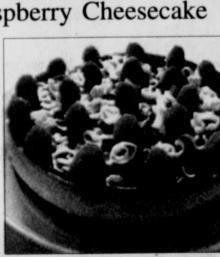
#### DIRECTIONS

1. In a medium bowl, mix together cookie crumbs, 3 tablespoons sugar, and melted butter. Press mixture into the bottom of a 9 inch springform pan.

2. In a saucepan, combine raspberries, 2 tablespoons sugar, cornstarch, and water. Bring to boil, and continue boiling 5 minutes, or until sauce is thick. Strain sauce through a mesh strainer to remove seeds.

Preheat oven to 325 degrees F (165 degrees C). In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring occasionally until smooth.
 In a large bowl, mix together cream cheese and 1/2 cup sugar until smooth. Beat in eggs one at a time. Blend in vanilla and melted white chocolate. Pour half of batter over crust. Spoon 3 tablespoons raspberry sauce over batter. Pour remaining cheesecake batter into pan, and again spoon 3 tablespoons raspberry sauce over the top. Swirl batter with the tip of a knife to create a marbled effect.

5. Bake for 55 to 60 minutes, or until filling is set. Cool, cover with plastic wrap, and refrigerate for 8 hours before removing from pan. Serve with remaining raspberry sauce.



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