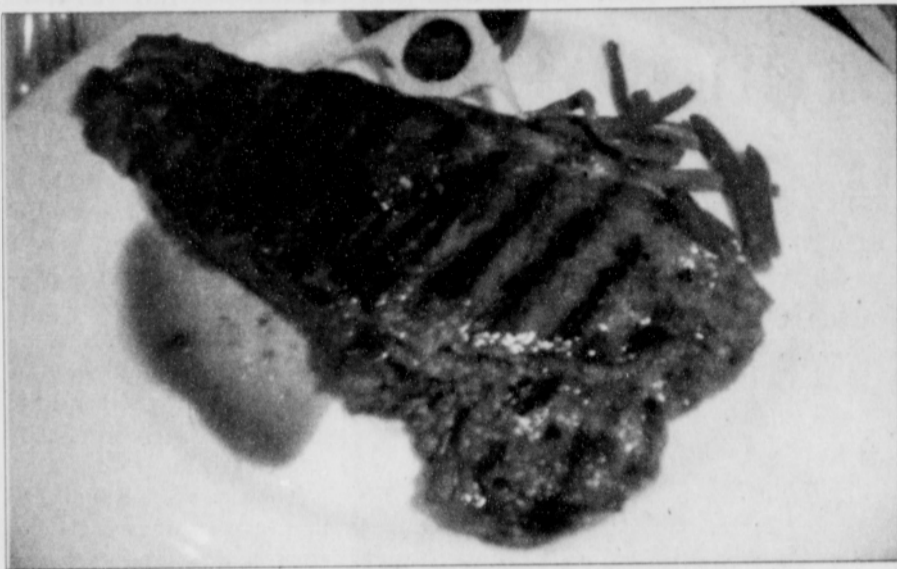


# FOOD



## New York strip steak with whiskey-mushroom sauce

### Ingredients

- 2 New York strip steaks, each 4 ounces, trimmed of all visible fat
- 1 teaspoon trans-free margarine
- 3 garlic cloves, chopped
- 2 ounces sliced shiitake mushrooms
- 2 ounces button mushrooms
- 1/4 teaspoon thyme
- 1/4 teaspoon rosemary
- 1/4 cup whiskey

### Directions

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
2. Grill or broil the steaks until slightly pink on the inside, about 10 minutes each side. Or until a food thermometer indicates 145F (medium rare), 160F (medium) or 170F (well done). Transfer to a plate and keep warm.
3. In a small saucepan, heat the margarine over medium heat. Add the garlic, mushrooms, thyme and rosemary. Saute lightly until the mushrooms are tender, about 1 to 2 minutes. Remove from the heat and carefully add the whiskey (be careful not to flame). Stir the sauce for another minute. 4. Top the steaks with the mushrooms sauce and serve immediately.

## Peaches a la mode

### Ingredients

- 2 medium peaches, peeled and thinly sliced
- 1/8 teaspoon cinnamon
- 1/3 cup low-fat granola
- 1 cup fat-free vanilla ice cream



### Directions

1. Preheat the oven to 350 F. Lightly coat a small baking dish with cooking spray.
2. Place the peaches in the baking dish. Sprinkle with cinnamon and granola. Bake until the fruit is bubbling, about 30 minutes. Let cool 5 to 10 minutes.
3. To serve, divide the ice cream into two bowls (1/2 cup each). Top each with 1/2 of the baked peaches. Serve immediately.

## Chicken Caesar pitas



### Ingredients

- 1 can (5 ounces) chunky white meat chicken packed in water, drained
- 3/4 cup chopped romaine lettuce
- 1 Roma tomato, chopped (about 3/4 cup)
- 1/4 cup grated fresh Parmesan cheese
- 1/3 cup fat-free Caesar dressing
- 1 whole-wheat pita bread, cut in half

### Directions

1. In a small bowl, add the chicken, lettuce, tomato, Parmesan cheese and Caesar dressing. Toss to mix evenly. Cover and place in the refrigerator for 10 minutes.
2. Stuff the chicken mixture into the pita bread halves. Serve immediately.

## Crab salad

### Ingredients

- 1/4 cup lime juice
- 1/4 cup rice wine vinegar
- 1 teaspoon sugar
- 1 cucumber, seeded and thinly sliced
- 1/3 cup fresh mint, chopped
- 12 ounces crab meat
- 4 cups mixed salad greens romaine lettuce
- 4 lime wedges



### Directions

1. In a small bowl, combine the lime juice, vinegar, sugar, cucumber and mint. Add the crab and toss to coat well.
2. Divide the lettuce among individual plates. Top with the crab mixture. Spoon any remaining dressing over the crab. Garnish with lime wedges and serve immediately.

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