

FOOD



Pork Lion chops with Apples

Ingredients

- 6 boneless pork loin chops - 3/4 inch
- Salt and pepper to taste
- 1 tbsp. vegetable oil
- 2 apples, peeled, cored and sliced
- 1 clove garlic, whole
- 1/4 c. dry white wine
- 1/3 c. chicken broth

Directions

1. Heat the oil in a skillet large enough to hold chops and apples (when they are added) in a single layer. Add the chops and garlic to the skillet and brown well on both sides.
2. Push the chops to the side and add the apples in one layer. Cook for about 15 minutes, turning frequently to brown and cook evenly.
3. Remove chops and apples to a warm serving dish. Pour the fat from the skillet. Add the wine, stirring to dissolve browned particles.
4. Add broth and simmer to a sauce-like consistency. Discard garlic.
5. Pour sauce over chops and apples.

Crunchy Parmesan Chicken Tenders

Ingredients

- 4 tablespoons plus 1/2 cup extra-virgin olive oil
- 1 cup buttermilk
- 1 1/2 pounds chicken tenders (about 18)
- 3 large garlic cloves, minced
- 1/2 teaspoon salt
- 3 tablespoons balsamic vinegar
- Freshly ground black pepper
- 1 1/4 cups freshly grated Parmesan
- 3/4 cup Italian-style seasoned bread crumbs



Directions

1. Preheat the oven to 500 degrees F.
2. Brush 1 tablespoon of oil over each of 2 heavy large lined baking sheets. Place the buttermilk in a large bowl. Add the chicken tenders and stir to coat. Let stand at least 15 minutes and up to 30 minutes.
3. Meanwhile, mash the garlic with the salt in a medium bowl. Whisk in the vinegar and then the remaining 1/2 cup of oil. Season the vinaigrette, to taste, with pepper. Transfer the vinaigrette to a small serving bowl.
4. Stir the Parmesan and bread crumbs in a pie dish. Remove the chicken tenders from the buttermilk and dredge them in the bread crumb mixture to coat completely, pressing to adhere. Arrange the coated chicken tenders on the prepared baking sheets, spacing evenly. Drizzle the remaining 2 tablespoons of oil over the chicken tenders and bake until they are cooked through and golden brown, about 12 minutes.
5. Transfer the chicken tenders to a platter and serve the vinaigrette alongside for dipping.

Salmon Cakes Moist

Ingredients

- 1/2 fillet of salmon
- 1 tsp barbecue sauce
- 1 tbs spectrum light cannola mayo (vegan)
- 1/4 c & 2 tbs eggbeaters
- 2 1/2 tbs panko
- 1 tsp garlic (minced)
- 1/4 med orange bell pepper
- 2 tbs green onion
- 1/4 tsp salt
- pepper to taste



Directions

1. Bake salmon in barbecue sauce for about 15 minutes at 350.
2. Then put egg, salmon, lemon juice, pepper and mayo in bullet and blend till mixed and salmon shredded.
3. Chop green onions and bell pepper finely and put in mixing bowl along with salmon mixture, garlic, pepper and panko. Mix thoroughly.
4. Spray a medium sized frying pan with cooking spray and set heat on medium.
5. Drop mixture into pan and flatten, cook in pan for about 4 minutes each side.
6. Serving suggestion: Tastes amazing with a little extra light mayo, tomatoes and avocado.

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