

# FOOD

Recipes by  
cooksrecipes.com

## Italian Pork Melts

### Ingredients

- 1 pound boneless pork roast, sliced into stir-fry strips\*
- 2 teaspoons olive oil
- 1/2 cup reduced-fat mayonnaise
- 4 (6-inch) submarine sandwich rolls, split
- 2/3 cup prepared pesto sauce
- 2 whole roasted red peppers, drained and halved
- 4 (1-ounce) slices part-skim mozzarella cheese



### Preparation

Heat oil in large nonstick skillet over medium-high heat; add pork strips to pan and brown nicely, stir-frying, remove from heat. While pork cooks, spread mayonnaise on bottom half of rolls; spread pesto on top half of rolls. Broil briefly just to lightly brown. Divide pork strips onto four roll halves, top with pepper pieces and a slice of cheese. Broil just until cheese is bubbly. Top with remaining half of rolls.

## Kabobs with Chutney

### Barbecue Sauce

#### Ingredients

- 1 (9-ounce) jar hot mango chutney
- 2 teaspoons white wine vinegar
- 4 boneless, skinless chicken breast halves, cut into 1 1/2-inch pieces
- 1 large red bell pepper, seeded and cut into 1 1/2-inch pieces
- 1 large green bell pepper, seeded and cut into 1 1/2-inch pieces
- 16 mushrooms, stems removed
- 1 red onion, cut into 1 1/2-inch pieces
- 8 (10-inch) skewers
- Salt/ground pepper to taste



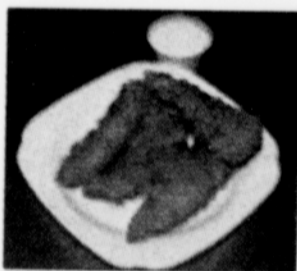
### Preparation

1. PLACE chutney and vinegar in blender; cover. Blend until smooth. Pour into small bowl.
2. ALTERNATELY thread chicken, bell peppers, mushrooms and onion onto skewers. Season with salt and pepper.
3. GRILL or broil kabobs, turning and basting with chutney barbecue sauce, for 10 to 15 minutes or until chicken is no longer pink.

## Sassy Buffalo Strips

### Ingredients

- 1 cup all-purpose flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 3 large egg whites
- 1 teaspoon hot pepper sauce
- 3 chicken breasts, split, boned, skinned, (about 1 pound), cut into 3 x 1/2-inch thick strips
- Vegetable oil for frying
- 1 cup prepared blue cheese dressing
- Assorted raw vegetable dippers: celery chunks, baby carrots, bell pepper strips and sugar snap peas



### Preparation

1. Mix together the flour, paprika, garlic powder and salt in shallow dish.
2. In another dish, beat egg whites and hot pepper sauce until frothy.
3. Lightly coat chicken strips with flour mixture; shake off excess. Dip into egg mixture; then again with flour mixture.
4. Fry a few strips at a time in hot oil until golden or done; remove and drain on paper towels. Keep chicken warm until ready to serve.
5. Serve chicken strips and vegetable dippers with the blue cheese dressing

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