

Show 40: A Fifties Meal with a Millenium Twist

Field Salad with Warm Soy Dressing

Use prepacked greens, rinsed in your sink

2 (5-oz) bags salad greens
1 cup red bell pepper strips
1 cup diagonally sliced snow peas
1/3 cup diagonally sliced green onions
2 T pine nuts, toasted*
¼ cup low sodium soy sauce
3 T apple juice
2 T rice vinegar
1 T murin (sweet rice wine)(sake)
1 T dark sesame oil
1 t. minced peeled fresh ginger
1t. garlic, minced

Combine first 5 ingredients in a large bowl. Combine soy sauce and remaining ingredients in a microwave-safe bowl. Microwave at High 90 seconds and stir well. Pour dressing over salad, tossing gently to coat.

Toast pine nuts on a baking sheet at 350 for five minutes or on the stove top, using Pam. They burn quickly, so watch them!

Look for the Sake in the Oriental section of your grocery store wine section.

Steamed Corn on the Cob with Fresh Herbs

Using the husks (and no silk), make a layer on the bottom of a large stock pot. The husks will act as your natural steamer.

Cover with water.

Place the corn on top and layer with herbs. And turn on the heat!

Fresh Herb Suggestions:**

- Basil
- Dill
- Lovage
- Oregano
- Parsley
- Tarragon
- Thyme

And steam until tender, about 15 minutes.

Herb Butter for Topping

1/3 Cup melted butter *
1/3 cup finely chopped herb mix, ie cilantro, mint & parsley

Pour over corn just prior to serving.

* If you use margarine, be sure the container says, "can be heated"

** Rosemary is a very aromatic herb and will overpower the others herbs, may not be the best choice for a mix like this.

Frozen Vanilla Pudding Pops with Surprise Tops

2 Packages of Vanilla Pudding
Milk
12 Dixie Cups, 5 oz., waxed
Pop cycle sticks
Toppings: mini chocolate chips
 Colored sprinkles

Chocolate sprinkles
Orange sugar sprinkles
4-pack of cake topping sprinkles

Prepare pudding according to package directions.

Cover the bottom each Dixie cup with a layer of a topping

Pour pudding into cups, about ½ way

Place stick in each

Freeze for several hours

Remove from freezer, and with the heat of your hand,
just twist off the cup and enjoy!

Grilled Herb & Orange Pork Chops

Be sure to look for boneless loin chops

Six chops can be added to the marinade:

½ cup fresh orange juice
2 T fresh herbs (we used oregano)
¼ cup reduced sodium soy sauce
2 T dry sherry wine
1 T sesame oil
2 t. peeled and finely chopped fresh ginger
2 t. finely chopped garlic
Salt & freshly ground pepper, to taste.

- Combine all the marinade ingredients in a shallow container. Add the pork chops and coat well. Cover and chill for up to overnight. You can use a zip lock bag also. Remove from the refrigerator 1 hour prior to grilling.
- On the grill rack, cook the chops for about 6 minutes per side, over hot coals, 3" from heat source, brushing with any remaining marinade.

Purple Potatoes

These subtle, nutty flavor potatoes are loaded with more than four times the antioxidant potential present in today's most common potatoes. To best preserve the color during cooking, we suggest microwaving, but steaming and baking are also favorable methods of preparation.

Choices for toppings include:

- any kind of fruit yogurt
- freshly chopped herbs
- sliced mushrooms sautéed in butter and dry sherry
- Finely blanched and shredded or sautéed fennel, frizzled prociutto and chives
- Handful of red, yellow & green peppers, wilted baby spinach and spring onions sautéed in butter