

# Entrees

Submitted By:  
Lightbridge Academy Staff,  
Family and Friends



# PORK TENDERLOIN WITH SPICED APPLE CHUTNEY

Submitted By: Dawn Avagliano-Schumaker

## Ingredients:

### MARINADE:

3 cups unsweetened apple juice  
3 tablespoons kosher salt  
3 tablespoons brown sugar  
1/2 teaspoon fresh ground pepper  
6 whole cloves  
1 bay leaf  
3 cups cold water  
2 (1 pound) pork tenderloins



### APPLE CHUTNEY:

2 cups unsweetened apple juice  
1 teaspoon butter  
1 teaspoon olive oil  
1 1/2 cups diced onion  
4 cups diced peeled ROME apple (@ 3 large)  
1/2 cup golden raisins  
2 tablespoons brown sugar  
1 tablespoon cider vinegar  
1 teaspoon minced peeled fresh ginger  
1/2 teaspoon kosher salt  
1/4 teaspoon fresh ground pepper  
1/8 teaspoon cardamom  
1/8 teaspoon cinnamon

## Cooking Instructions:

- Combine 3 cups apple juice + next 5 ingredients through bay leaf in a saucepan + bring to a boil. COOK for 1 minute and then remove from heat.
- ADD 3 cups of water, and cool to room temperature. POUR LIQUID into a large ziplock bag. ADD pork tenderloins to bag; seal + MARINATE in refrigerator 8 HOURS or overnight, turn the bag occasionally.
- To prepare CHUTNEY, bring 2 cups juice to boil in a large saucepan. Remove from heat. RESERVE juice mixture.
- Heat butter + 1 teaspoon oil in pan over medium low heat. Add onion; cook for 15 min or until golden brown, stirring frequently. Stir in APPLE, cook 5 minutes.
- ADD reserve juice mixture, raisins + next 7 ingredients through cinnamon.
- Bring mixture to a boil over med / high heat ; reduce heat to medium . Cook 30 minutes or until APPLE is tender + mixture is thick. Remove from heat.
- PREHEAT oven to 350
- Remove pork from bag and brush it w/ 1 teaspoon of oil, sprinkle on all sides with a teaspoon of fresh ground pepper. Place pork on a broiler pan coated w/ cooking spray.
- BAKE at 350 for 40 MINUTES (OR until a thermometer registers at 160 degrees).
- Place pork on a platter + let stand 5 min. Cut pork across the grain into thin slices. SERVE w/ the APPLE CHUTNEY.

# Arroz Con Gandules

Submitted By: Haywood

## Ingredients:

3 cups long grain rice  
1 can tomato sauce  
1 can gandules  
1/2 cup of sofrito (frozen or jar)  
1 package of Sazon (con achiote)  
1 lg cooking spoon olive oil  
(Goya)  
4 cups of water  
1 tbsp adobo  
1 tsp black pepper  
1 packet of powdered ham (Goya)  
or a jamon de cocinar



## Cooking Instructions:

Add to large saucepan, on medium heat, olive oil, safrito, adobo, ham, sazon. Wait 1 minute until dissolved. Add tomato sauce, stir. Add gandules and all their canned water. Stir to a low boil. Add rice, stir and mix together. Slowly add water. Cover. Once most of the water is evaporated, stir again. Turn the heat to low and cover for about 30 minutes.

# Tara's California Burritos

Submitted By: Handy

## Ingredients:

Lg flour tortillas

Shoestring French fries

Limes

Salt & Pepper

Sour Cream

shredded cheddar

Top Round Steak

Garlic Powder



## Cooking Instructions:

Cut limes into wedges.

Place meat on a plate-squeeze the limes onto the steak so it's pretty saturated. Sprinkle with salt, pepper and garlic powder. Let marinate at least one hour. The longer you let it stand, the better the flavor.

Cook fries in the oven about half an hour before you begin grilling steak.

Once the fries are 5 minutes away from being done, place steak on grill and cook for approximately 5 minutes or cooked to liking.

Cut the steak into small pieces.

Put tortillas in microwave for 10 seconds to warm up.

Put tortillas on plate. Spread on sour cream. Place meat on top.

Pile on fries and cheese.

Wrap up and enjoy!

# Balsamic Chicken

## Ingredients:

1 1/2 lbs chicken cutlets

3 eggs, beaten

1 pkg sliced mushrooms

2 scallions

2 heaping tsp of chopped garlic

1 cup dry white wine

can of fat-free chicken broth

1/4 cup of lemon juice

1/2 cup balsamic vinegar

2 tbsp butter

## Cooking Instructions:

Place cutlets in large Ziploc bag with beaten eggs. Close and squeeze it to moisten the cutlets with egg.

Put oil in large skillet.

One cutlet at a time, remove, dip in breadcrumbs and fry in hot oil.

Drain on paper towel. Place cutlets into a baking or aluminum pan.

In a small skillet, sauté scallions, garlic and mushrooms in butter adding chicken broth, balsamic vinegar, white wine and lemon juice.

Sprinkle a little basil, oregano and parsley into the liquid. Just bring to boil and pour over cutlets. Cover with foil and bake for 30 minutes at 375 degrees.

Taste is better if put together ahead of time and baked when

# Chicken Casserole

Submitted By: Behnke

## Ingredients:

2 cups wild rice

1/2 stick of butter

1/4 cup flour

6 oz can sliced mushrooms

Chicken broth

1 1/2 cups light cream

3 cups dices cooked chicken

1/4 cup diced pimento

2 tbsp parsley

1 1/2 tsp salt

1/4 tsp pepper



## Cooking Instructions:

Prepare 2 cups rice according to package directions.

Cook 1/2 stick butter until tender but not brown. Stir in 1/4 cup of flour.

Drain 6 oz can of sliced mushrooms reserving liquid.

Add enough chicken broth to liquid to 1 1/2 cups.

Gradually stir into flour mixture. Add 1 1/2 cups of light cream.

Cook until mixture thickens.

Mix wild rice, mushrooms, 3 cups chicken, 1/4 cup pimento, 2 tbsp parsley, 1 1/2 tsp salt, 1/4 tsp pepper and sauce mixture.

Place in 2 quart casserole.

Bake at 350 degrees for approx 30 minutes or until hot.

# Jake's Chicken

Submitted By: Kowalski

## Ingredients:

2 cups Ketchup  
1 cup Honey  
1 Cup Soy sauce  
1/2 cup Lemon juice  
3-4 lbs chicken pieces



## Cooking Instructions:

Mix first 4 ingredients and then dip chicken pieces in until covered. Place chicken in baking dish bone side up and cover with remaining sauce. Bake at 400 degrees for 20 min then lower to 350 for 50 min. Turn chicken half way through baking.

# Aunt Carlene's Chicken Cordon Bleu

Submitted By: Cyndy Rintzler

## Ingredients:

6 medium boneless, skinless chicken breasts.

8 oz thinly sliced swiss cheese

8 oz thinly sliced ham (deli)

1 tsp paprika

6 tbsp butter

2 tbsp flour

1/2 cup dry white wine

1 chicken bouillon cube

1 tbsp cornstarch

1 cup heavy cream

toothpicks

## Cooking Instructions:

Spread chicken breast flat: Fold cheese and ham slices to fit on top -roll chicken breast up and fasten with toothpicks.

Mix flour and paprika on a separate dish. Coat chicken with mix.

In a large skillet, heat butter on medium heat.

Cook chicken until browned on all sides.

Add wine and bouillon. Reduce heat to low.

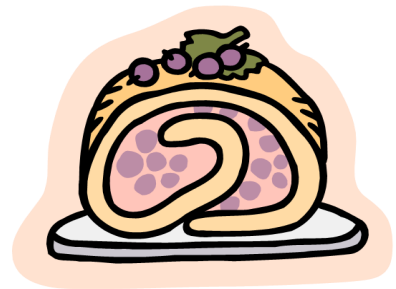
Cover and simmer 30 min. or until fork-tender.

Remove all toothpicks.

In cup, blend cornstarch and heavy cream until smooth.

Gradually stir into skillet. Cook, stirring constantly until thick.

Serve over chicken with rice.





# Chicken Francaise

Submitted By: Kim Lanton

## Ingredients:

1 pkg thin sliced chicken breast cutlets  
1 egg, beaten  
1/2 cup flour (on flat plate)  
1 14 oz can chicken broth  
4 tbsp olive oil  
3 tbsp chopped shallots  
1 cup dry white wine  
juice of one lemon  
1 tbsp flour  
chopped parsley  
1 stick butter  
salt and pepper (to taste)  
lemon wedges

## Cooking Ingredients:

Preheat oven to 350 degrees.

Dip chicken into egg, coat with flour from plate. Lightly sauté in olive oil-don't brown. Season with salt and pepper. Set aside.

In same pan, melt butter and sauté shallots until they become aromatic (1-2 minutes). Stir in 1 tbsp flour. Add wine, lemon juice and chicken broth. Let boil for 5 minutes until it has reduced slightly.

Lay chicken in a baking pan, pour sauce over chicken, cover tightly with foil and bake for half an hour.

Sprinkle with parsley and serve over pasta or rice with wedges.



# Chicken Rice Tortillas

Submitted By: Kaiser

## Ingredients:

1 Tbsp. oil

1 lb boneless skinless chicken breasts cut into strips

2 c. water

10 flour tortillas

1 c. salsa

2 c. mi-

nute white rice

1 pkg. taco seasoning

Shredded cheddar cheese (optional)

Shredded lettuce (optional)



## Cooking Instructions:

Heat oil in large non-stick skillet on medium high heat. Add chicken and stir 6 min. or until cooked through. (hint: substitute 1 pkg. pre-cooked grilled chicken breast strips and omit oil and just add to pan without heating up) Add water, salsa and taco seasoning. Bring to boil. Stir in rice and cover pan. Cook on low heat for 5 min. Spoon chicken mixture onto tortillas and sprinkle with cheese. Fold up sides to enclose filling. Serve with lettuce, sour cream, or other favorite taco toppings.

# Dijon Flounder

Submitted By: Tami Cymerman



## Ingredients:

1-1 1/2 lb filet of flounder or tilapia

1 tsp. melted butter or margarine

1/2 c. mayonnaise

1/4 c. Dijon mustard

(optional) 1/2 c. bread crumbs or cornflake crumbs

## Cooking Instructions:

Preheat oven to 350 degrees. Place fish into a lightly buttered baking dish. Combine all ingredients (except for bread crumbs) and spread over fish. Then sprinkle bread crumbs over top. Bake at 350 for 15 min.

# Penne With vodka Sauce

Submitted By: Silverman



## Ingredients:

1/4 c. extra virgin olive oil

4 cloves garlic, minced

1/2 tsp. crushed red pepper flakes

1 28 oz can crushed tomato in puree

1/4 c. parsley chopped

3 Tbsp. salt

1 lb penne

2 Tbsp. vodka

1 c. heavy cream

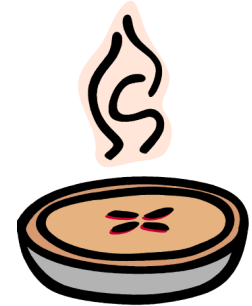
## Cooking Instructions:

In large, cold skillet combine oil, hot pepper flakes and salt. Stir to coat with oil. Cook over moderate heat until garlic turns golden, but does not brown (2-3 min).

Add crushed tomatoes; stir to blend. Simmer uncovered until sauce begins to thicken (about 10 min). Boil pasta with 3 Tbsp. salt, cook until tender but firm to the bite. Drain thoroughly. Add cooked pasta to the skillet with the tomatoes and toss. Add vodka and toss. Add cream and toss again. Cover, reduce heat to low and let stand for 1-2 min. Add parsley and toss again. Serve hot.

# Shepard's Pie

Submitted By: Lamastra



## Ingredients:

1 lb. ground beef	1/4 tsp. basil
1 med. Onion	1/8 tsp. pepper
10 oz. bag frozen veg.	3 c. mashed potatoes
1 can tomato soup	1 c. cheddar cheese
1 tsp. Worchester sauce	1/2 tsp. salt

## Cooking Instructions:

Crumble beef in 2 qt. casserole dish. Add onion and microwave on high 4-6 min, or until meat loses pink color. Break meat and drain. Microwave veg. in pkg. (poke holes) 2-3 min. on high. Mix together soup, Worchester, salt, basil and pepper. Pour and stir into meat. Top with veg. and then potatoes. Microwave on high 5-7 min. Top with cheese and cook another 2-3 min. Let stand 3 min. before serving.

Recommended veg: Peas, carrots or green beans

# Shrimp Di Parma

Submitted By: Williams



## Ingredients:

1/2 c. virgin olive oil

1 tsp. or 1Tbsp. Fresh chopped garlic to taste

Thinly sliced Di Parma Prosciutto

Fresh pesto sauce

1 fresh lemon 1/4 Rd.

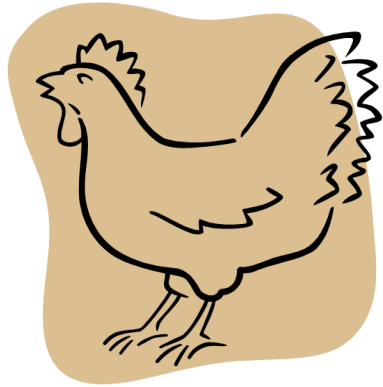
## Cooking Instructions:

Mix garlic, oil, and 1/2 lemon squeezed in a bowl. Peel and Devain shrimp, mix into oil, garlic and lemon juice. Leave 5-10 min. Wrap one shrimp at a time in one piece of prosciutto. Leave last fold on bottom. Place on greased cookie sheet. Cook 10-12 min at 350 degrees. Remove, put on plate put 1/2 teaspoon of pesto sauce on each shrimp. Toothpick and serve. Cocktail sauce optional. If you cook shrimp on the BBQ only cook 2-3 min on each side.

# Sweet Chicken Murphy

Submitted By: Williams

## Ingredients:



One 3-4lb Chicken (cut into approx 10 pieces)  
2-3 lbs sweet Italian sausage  
1 pint sliced sweet bell pepper (jar)  
2 potatoes  
2 green peppers  
1 tsp Chopped garlic  
2 pints Chicken broth  
1 large onion  
2 red peppers  
1 stick of butter

## Cooking Instructions:

Cook Italian sausage at 350 degrees for 20-25 minutes-set aside.

Brown chicken parts in skillet-Remove and set aside.

Slice onion and peppers into 1-1 1/2" pieces. Cube potatoes.

Saute onions and peppers together in skillet chicken was browned in.

Add 1 pint chicken broth and 1 tsp garlic and 1 stick of butter.

Bring to boil, stirring often to remove any drippings from chicken.

Transfer to a 4 quart pot.

Add 1 more pint of chicken broth, sausage slices, chicken, peppers, onions, cubed potatoes and whole jar of sweet peppers (juice and all).

Bring to boil. Reduce, cover and simmer for 30-45 minutes.

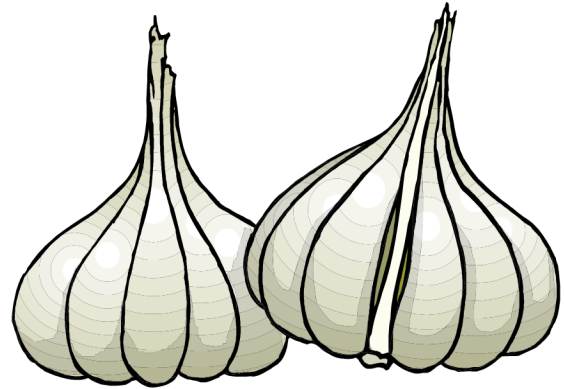
Stir often. Add salt and pepper to taste.

Serve over noodles or rice.

For Hot Murphy- substitute jar of hot cherry peppers instead of sweet.

# Garlic Baked Chicken

Submitted By: Tami Cymerman



## Ingredients:

- 2 tsp. crushed garlic
- 1/4 c. olive oil
- 1/4 c. dry bread crumbs
- 1/4 c. grated parmesan cheese
- 4 skinless, boneless chicken breasts

## Cooking Instructions:

Preheat oven to 450 degrees. Warm garlic and oil to blend flavors. Turn off stove. In a separate dish, combine cheese and breadcrumbs. Dip chicken in garlic-oil mixture and then in breadcrumb mixture. Place chicken in shallow baking dish. Bake for 30-35 minutes uncovered.



# SLOPPY JOES

Submitted By; Jennifer Repko

## Ingredients:

1 Small onion—diced  
1 lb. ground beef  
1 can tomato soup  
1 tsp. sugar  
1 tsp. mustard  
1 tbsp. vinegar  
3-4 Tbsp. ketchup  
Salt and pepper to taste



## Cooking Instructions:

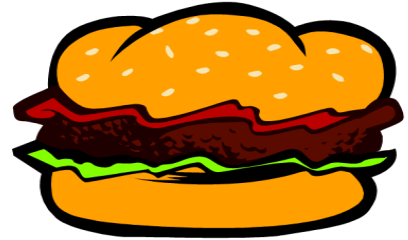
Brown 1 lb. of ground beef. Drain fat from meat. Add all other ingredients. Simmer for about an hour. Serve over noodles, rice or rolls. Makes 4 servings.

# Super Sloppy Joes

Submitted By: Wolfe

## Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 1 1/4 lbs. ground beef sirloin
- 1/4 c. brown sugar
- 2 tsp. steak seasoning blend such as McCormack's
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 1 Tbsp. red wine vinegar
- 1 Tbsp. Worcestershire sauce
- 2 c. tomato sauce
- 2 Tbsp. tomato paste
- 4 rolls, split, toasted and lightly buttered, sliced tomatoes and pickles to garnish



## Cooking Instructions:

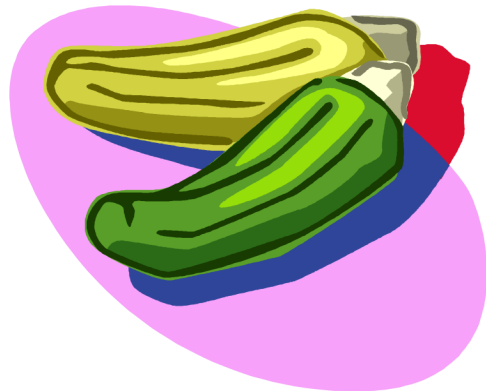
Heat a large skillet over medium-high heat. Add oil to the pan, spreading it around the pan to break it up. Combine brown sugar and steak seasoning, then add the mixture to the skillet and combine. When the meat has browned, add onion and red pepper. Reduce heat to medium and cook for 5 min. Add vinegar, stirring briefly to reduce, then add Worcestershire, tomato sauce and paste, stirring to combine. Reduce heat to simmer and cook Sloppy Joe mixture 5 min longer. Using a large spoon or ice cream scoop, pile sloppy meat onto toasted buttered bun bottoms and cover with bun tops. Serve with your favorite sides or sliced tomatoes seasoned with salt and pepper. Have plenty of napkins on hand.

# Zucchini Quiche

Submitted By: Fran Flanagan

## Ingredients:

4 Eggs, slightly beaten  
3 c. unpeeled, shredded zucchini  
1 c. bisquick  
1/2 c. chopped onion  
1/2 c. parmesan cheese  
1/2 c. veg. oil  
2 cloves minced garlic  
1/2 tsp. salt  
1/2 tsp. oregano  
1/2 tsp. basil  
Paprika



## Cooking Instructions:

Mix all ingredients together. Fill a well greased quiche dish with mix. Sprinkle top with paprika. Bake at 350 for 50 min.