

School of Cooking **Martin's**

A Healthy Resolution

Hosted by Chef Scott Rossen

January 8, 2008

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Stir Fried Vegetables

Makes approx. 8 portions

Ingredients

2 ounces olive oil
24 ounces stir fried vegetables
S+P to taste

Instructions

Heat sauté pan and add oil then vegetables and toss until cooked to your desire, season and serve.

Teriyaki Pork Tenderloin

Makes approx. 8 portions

Ingredients

3-4 pounds trimmed pork tenderloin

2 cup soy sauce
1-ounce sesame oil

2 ounce O.J. or fresh squeezed orange
1-cup honey
2 ounces minced ginger
1 cup chopped scallions
2 ounces chopped garlic
2 ounces sesame seeds

Instructions

Trim fat and silver skin off of pork, then combine remaining ingredients and set aside half of the sauce to use for saucing after cooked. Place pork in remaining amount of sauce and let marinate for 24-48 hours. To cook, heat sauté pan and add 1 tablespoon olive oil then sear tenderloins around all sides. Then place in 375 degree oven for 20-30 minutes or until internal temperature reaches 150 degrees or above. Let set for about ten minutes then slice and serve with remaining sauce on top.

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Fat Free Berries and Cream

Makes approx. 8 portions

Ingredients

1-cup blueberries
1-cup raspberries
1 cup black berries
2 cups sliced strawberries
24 ounces fat free cool whip
4 ounces amaretto (or any other of your favorite liquors)

Instructions

Lightly toss berries with liquor and let marinate for 8-24 hours, then gently fold berries into cream and serve.