

# *School of Cooking*

Martin's

## **Lighter Side of the Holidays**

Hosted by Chef Sara Ivarson

November 15, 2007

Martin's Super Markets at Heritage Square  
Mishawaka, Indiana

### **Blackened Shrimp with Pomegranate-Orange Salsa**

#### **Ingredients**

Salsa:

- 2 cups pomegranate seeds (about 4 pomegranates)
- 1 cup finely chopped orange sections (about 2 oranges)
- 1/3 cup chopped green onions
- 2 tablespoons minced seeded jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon salt

Shrimp:

- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 3/4 teaspoon dried thyme
- 3/4 teaspoon ground red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground allspice
- 36 large shrimp, peeled and deveined (about 1 1/2 pounds)
- 5 teaspoons olive oil, divided

### **Instructions**

To prepare salsa, combine the first 6 ingredients. To prepare shrimp, combine paprika and the next 7 ingredients (through allspice) in a large zip-top plastic bag. Add shrimp to bag; seal and shake well to coat. Remove shrimp from bag. Heat 2 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half of shrimp mixture; cook 2 minutes on each side or until done. Remove from pan. Repeat procedure with remaining 2 1/2 teaspoons oil and remaining shrimp mixture. Serve warm with salsa.

### **Nutritional Information**

12 servings (serving size: 3 shrimp and 1/4 cup salsa)  
CALORIES 127(23% from fat); FAT 3.2g (sat 0.5g, mono 1.6g, poly 0.7g); PROTEIN 12.4g; CHOLESTEROL 86mg; CALCIUM 45mg; SODIUM 235mg; FIBER 1.3g; IRON 1.9mg;  
CARBOHYDRATE 12.6g

## **Bistro Roast Chicken**

### **Ingredients**

2 chicken leg quarters (about 1 1/2 pounds)  
1 tablespoon chopped fresh or 1 teaspoon dried basil  
1 tablespoon chopped fresh or 1 teaspoon dried thyme  
1 tablespoon chopped fresh or 1 teaspoon dried rosemary, crushed  
2 teaspoons olive oil  
1/2 teaspoon salt  
1/4 teaspoon black pepper

### **Instructions**

Preheat oven to 375°. Rinse chicken with cold water; pat dry. Trim excess fat. Loosen skin from thigh and leg by inserting fingers, gently pushing between skin and meat. Combine basil and next 5 ingredients (basil through pepper). Rub herb mixture under loosened skin. Place chicken on a broiler pan. Bake at 375° for 45 minutes. Increase oven temperature to 450° (do not remove chicken from oven) Bake 30 minutes or until thermometer registers 165°. Cover chicken loosely with foil; let stand 10 minutes. Discard skin. making sure not to touch bone.

### **Nutritional Information**

CALORIES 358(38% from fat); FAT 15.2g (sat 3.5g,mono 7g,poly 2.9g); PROTEIN 33.7g; CHOLESTEROL 100mg; CALCIUM 165mg; SODIUM 682mg; FIBER 1.3g; IRON 4mg; CARBOHYDRATE 22.4g

## **Barley with Shiitakes and Spinach**

### **Ingredients**

2 teaspoons olive oil  
1 cup chopped onion  
1/2 teaspoon dried crushed rosemary  
3 garlic cloves, minced  
8 cups sliced shiitake mushroom caps (about 1 1/4 pounds)  
3/4 cup uncooked quick-cooking barley  
1/3 cup water  
1 (10 1/2-ounce) can beef consommé (or beef stock)  
8 cups baby spinach  
3 tablespoons grated fresh Parmesan cheese  
1/4 teaspoon freshly ground black pepper

### **Instructions**

Heat olive oil in a large nonstick skillet over medium-high heat. Add onion, rosemary, and garlic; sauté for 3 minutes or until onion is tender. Add mushrooms; sauté for 6 minutes or until tender. Stir in barley, 1/3 cup water, and consommé; bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until the barley is tender. Add spinach, cheese, and pepper; cook 3 minutes or until spinach wilts, stirring frequently.

### **Nutritional Information**

6 servings (serving size: 1 cup)  
CALORIES 172(17% from fat); FAT 3.3g (sat 0.9g,mono 1.5g,poly 0.5g); PROTEIN 8.6g; CHOLESTEROL 2mg; CALCIUM 94mg; SODIUM 362mg; FIBER 6.7g; IRON 3.7mg;  
CARBOHYDRATE 26.7g

## **Amaretto- Amaretti Pear Crumble**

### **Ingredients**

4 firm Bosc pears, peeled, cored, and cut into 1/2-inch-thick wedges (about 2 pounds)  
1 tablespoon fresh lemon juice  
1/2 cup apricot preserves  
1/4 cup amaretto (almond-flavored liqueur)  
1 1/2 tablespoons chilled butter, cut into small pieces  
1 cup amaretti cookie crumbs (about 16 cookies)  
1 1/2 cups vanilla low-fat ice cream

### **Instructions**

Preheat oven to 375°. Combine pears and juice in a large bowl; spoon into a 1-quart baking dish. Combine the apricot preserves and liqueur in a small bowl; spoon evenly over pears. Sprinkle butter over pear mixture, and top with 1 cup amaretti cookie crumbs. Bake at 375° for 30 minutes or until golden brown. Spoon pear mixture evenly into 6 bowls, and top each serving with 1/4 cup ice cream.

### **Nutritional Information**

6 servings

CALORIES 298(17% from fat); FAT 5.7g (sat 2.3g,mono 1g,poly 0.3g); PROTEIN 3g; CHOLESTEROL 10mg; CALCIUM 73mg; SODIUM 68mg; FIBER 4.5g; IRON 0.5mg; CARBOHYDRATE 60.2g