

Asparagus with Hot Bacon Dressing

2 slices bacon, finely diced
½ medium onion, finely chopped
¼ cup vinegar
¼ cup water
2 tsp. sugar
1 pound asparagus, cooked

Steps in preparation:

Brown bacon in a skillet until crisp. Add onion and cook until tender, drain well. Add vinegar and water, bring to a boil. Remove from heat and stir in sugar. Pour dressing over asparagus and serve warm.

Yield: 4 servings –
Calories 50
Exchanges: 1 Vegetable, ½ Fat



Frozen Fruit Shrub

1 ½ cups seedless grapes, halved
1 ½ cups sliced ripe banana (about 3 medium)
1 ½ cups grapefruit sections (about 2 large)
1 ½ cups cubed fresh pineapple
1 ½ cups unsweetened pineapple juice
¼ cup water
1/3 cup frozen orange juice concentrate, thawed and undiluted

Combine all ingredients in a large bowl. Pour into a 13x9x2 baking dish. Cover and freeze 8 hours or until firm. Let stand at room temperature one hour before serving or until slightly thawed

Yield: 8 servings– 1 (4 ¼ x 3 ¼ piece)
Exchanges: 2 fruits
Calories: 120 per serving



Lemon Rosemary Rub for Lamb

1 ½ grated lemon peel
1 tsp dried rosemary leaves, crushed
¼ tsp. each salt, dried thyme, coarse ground pepper
2 large garlic cloves

Combine all ingredients. Store in an airtight container. Shake before using to blend.

Makes enough to season 2 pounds of meat.

Use rubs on tender cuts of meat to add flavor. To apply the rub, simply cover the outside surface of the meat with the seasoning blend prior to cooking. Flavors usually become more pronounced the longer the seasoning mixture is on the meat.



Dilled Peas & Potatoes Vinaigrette

1/3 cup olive oil
¼ cup plus 1 Tbsp wine vinegar
2 T minced fresh dill
½ tsp. salt
1 – 16oz. package frozen pea pods
¼ cup green onion, minced
8 small red potatoes, cooked and sliced

Combine first five ingredients in a jar with tight fitting lid; shake to blend well. Blanch peas in boiling water for 2 minutes; drain well. Toss peas, green onion and potatoes with dressing; cover and let stand up to two hours, stirring occasionally. Arrange salad on serving platter or in a salad bowl. Serve at room temperature.

Yield: 8 servings. Calories 197, Protein 4 gms, Fat 7g, Carbohydrate 30g, Cholesterol 0 mg, Sodium 86 mg.
Exchanges = 2 bread, 1 ½ fat

