

Try walnuts with chicken, cabbage rolls

WALNUT CHERRY CHICKEN

4 six to eight-ounce boneless, skinless chicken breasts
2 whole eggs
1/2 cup milk
1/4 cups bread crumbs
3/4 cup finely chopped walnuts
1/2 cup olive oil
For the sauce:
1 cup chicken stock
1/2 cup white wine (chardonnay suggested)
2 cups dried cherries (one cup pureed)
1/4 cup finely chopped walnuts

Combine bread crumbs and walnuts in a small bowl. Whisk the eggs and milk in another small bowl to make egg wash.
In a medium saute pan, heat olive oil over medium heat. Dip chicken into egg wash, then bread crumb-walnut mixture. Place into heated pan. Saute chicken about four minutes per side or until instant-read thermometer registers 170 F.
Meanwhile prepare sauce by first placing one cup of the cherries into a food processor to make a puree. Place pureed cherries in a saute pot and add remaining ingredients. Bring to a boil and

simmer for five minutes. Serve over sauteed chicken. Serves four.
Recipe compliments of Executive Chef Keith Dysarczyk, Franklin Grill, Franklin.

MINI CHEESE AND WALNUT CABBAGE ROLLS

1 head cabbage (about 2 pounds)
2/3 cup reduced-sodium chicken broth
1/3 cup raisins
1 Italian plum tomato or other small tomato, chopped
2 1/2 cups fresh white bread crumbs
1 1/4 cups grated fat-free

Mozzarella or Cheddar cheese
3/4 cup chopped California walnuts
1/4 cup low-cholesterol egg product
1 teaspoon dried rosemary
Salt and pepper to taste

Bring a large pot of water to a boil. With a small sharp knife, remove and discard the white core from the center of the cabbage. Drop the whole cabbage into the boiling water and cook 10-12 minutes. Remove the cabbage from the water and let stand until cool enough to handle.

Carefully peel away 12 of the outer leaves, keeping them as whole as possible, and set aside to be stuffed. Chop enough of the remaining cabbage to make 1 1/2 cups and place in a large bowl. To the chopped cabbage, add the broth, raisins, tomato, crumbs, cheese, walnuts, egg product and rosemary.

Stir vigorously to combine, then season the mixture with salt and pepper to taste. You will have about 3 cups of stuffing.

Preheat oven to 375 degrees F. Saute a 9-inch square baking dish or other dish that will hold the cabbage rolls snugly.

Lay whole cabbage leaves on a work surface. Place about 1/4 cup of stuffing near the base of each leaf. Fold in sides to cover filling; then roll each leaf up to make a neat sausage-shaped package. Place the rolls, seam side down and close together, in the baking dish. Separate the leaves of what remains of the whole cabbage and lay them, overlapping on top of the rolls. Bake for 35 minutes.

Cool about 10 minutes, then remove and discard the leaves from the top. Serve the cabbage rolls warm or at room temperature. Serves six.

Recipe compliments of the Walnut Marketing Board.

Calories: 189, Fat: 6.4g

CHERRY SMOOTHIE

Ingredients:
2 cups frozen tart cherries
1 ripe peeled banana
1/2 cup orange juice concentrate
1 cup tart cherry juice or blend
6 ounces fat free or low fat vanilla yogurt

Method:
Put all ingredients in a blender or food processor, along with several ice cubes. Puree until smooth and serve immediately.

Serves: 2

Cherries from page B1

3 tablespoons balsamic vinegar
1 tablespoon Dijon-style mustard
Salt and pepper, to taste
Method:
Bring water to boiling in a medium saucepan; stir in cou-

couc. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; let cool 10 minutes.
Put cooked coucous, dried cherries, carrots, cucumber, bell pepper, green onions and almonds in

a large mixing bowl; mix well. Pour over coucous mixture, stirring to coat all ingredients. Season with salt and pepper. Serve chilled or at room temperature.
Note: Coucous is tiny grains of pasta often used in Moroccan

cooking. It combines well with dried cherries in this salad. Use as an accompaniment to pork, lamb, poultry or fish entrees. Serve alone as a vegetarian lunch plate.

Serves: 6
Nutrition Analysis per serving:
Calories: 171, Fat: 5.6g

CHERRY RICE PILAF

Ingredients:
1 cup chopped onion
1 cup chopped celery
1/2 cup dried tart cherries
1/2 cup chopped almonds
1 tablespoon chopped fresh thyme (or 1 teaspoon dried)

Serves: 6
Nutrition Analysis per serving:
Calories: 171, Fat: 5.6g

1 tablespoon chopped fresh marjoram (or 1 teaspoon dried)
1/2 teaspoon ground black pepper
1 tablespoon margarine
3 cups cooked brown rice

Method:
Put onion, celery, cherries, walnuts, thyme, marjoram, pepper and margarine in a large non-stick skillet. Cook, uncovered, over medium heat 10 minutes, or until vegetables are tender; stir occasionally. Add rice; mix well. Cook 3 to 4 minutes, or until thoroughly heated. Serve hot.
Serves: 8
Nutrition Analysis per serving:

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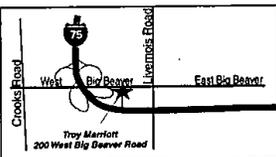
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