

## Living Well Dinner Menu 2005

Honey-Mustard Glazed Pork Tenderloin  
Parmesan Confetti Couscous  
Ginger Roasted Sugar Snaps  
Apricot Carrots  
New Orleans Bread Pudding with Blueberries

### Dinner Menu Recipes

#### Honey-Mustard Glazed Pork Tenderloin

2 pork tenderloins

Marinade:

Soy sauce	½ cup
Minced garlic	2 Tbsp
Minced ginger	1 Tbsp
Green onion bottoms, chopped	4 stalks
Honey	½ cup
Dijon mustard	2 Tbsp
Chicken stock	½ cup
Canola oil	¼ cup

Remove silver skins from tenderloins.

Mix marinade in a bowl.

Place tenderloins and marinade in a large zip-lock bag. Toss. Refrigerate for at least 4 hours or overnight.

Pull tenderloins from marinade. Bake @ 325 degrees until done (170-180 internal temperature).

While meat cooks, place marinade in sauce pan and bring to a boil, then reduce heat to low and simmer for at least one hour.

Plating: Slice each tenderloin into 16 pieces. Serve each person four slices and drizzle with reduced marinade.

Serves: 6-8

#### Ginger Roasted Sugar Snaps

Frozen sugar snap peas	1 lb.
Red bell pepper, julienned	1 each
Olive Oil	2 Tbsp
Salt	1 tsp
Pepper	to taste
Minced garlic	1 Tbsp
Thyme	¼ tsp
Ginger	1 tsp

Combine all ingredients in a large zip-lock bag and toss to coat well. Let set for about an hour.

Pour mixture onto a jellyroll pan. Bake at 400 degrees for 20 minutes or until tender-crisp, stirring occasionally. Adjust salt and pepper to taste after cooking.

Serves: 6

## Apricot Baby Carrots

Baby carrots	1 ½ lb.
Chicken stock	14 oz.
Apricot preserves	1/3 cup
Soy sauce	2 Tbsp
Ginger	½ tsp
Pepper	to taste
Brown sugar	to taste

Combine carrots and chicken stock in a skillet over medium-high heat. Bring to a boil, stirring often, for about 15 minutes or until carrots are tender-crisp. Stir in the remaining ingredients and cook, stirring constantly, for about 10 minutes or until mixture thickens and carrots are glazed.

## Parmesan Confetti Couscous

Chicken stock	14 oz.
Lemon juice	2 Tbsp
Salt	½ tsp
Plain couscous	1 10oz. Box
Olive oil	1 Tbsp
Pimentos, chopped	1 4 oz. Jar
Frozen green peas, thawed	1 10oz box
Parmesan cheese	½ cup
Slivered almonds, toasted	½ cup

Bring chicken stock, lemon juice, and salt to boiling in a medium size saucepan. Stir in couscous and immediately remove from heat. Cover and let stand for 5 minutes for couscous to absorb liquid. Stir in remaining ingredients. Fluff with a fork.

Serves: 6

## New Orleans Bread Pudding

Large eggs	3 each
Sugar	1 ¼ cups
Vanilla extract	1 ½ tsp
Ground nutmeg	1 ¼ tsp
Ground cinnamon	1 ¼ tsp
Unsalted butter, melted	¼ cup
Milk	2 cups
Raisins or blueberries	½ cup
Chopped pecans	½ cup
French bread cubes, with crusts on	5 cups

Cut French bread into cubes. Allow to get stale or dry in oven at low temperature.

In a large bowl, beat the eggs until they are extremely frothy, about 3 minutes. Add the sugar, vanilla, nutmeg, cinnamon, and butter and beat on high until well blended. Beat in the milk, then stir in the raisins or blueberries and pecans.

Place the bread cubes in a greased loaf pan. Pour the egg mixture over them and toss until the bread is soaked. Let sit for about 45 minutes, pressing the bread down into the liquid occasionally. Place in a

preheated 350 degree oven. Immediately lower the heat to 300 degrees and bake for 40 minutes. Increase the temperature to 425 degrees and bake until pudding is well browned and puffy, about 15-20 minutes.

If blueberries were used, serve with warm blueberry sauce.

Serves: 8

## **Blueberry Sauce**

Fresh or frozen blueberries	1 ½ cups
Lemon juice	¼ cup
Sugar	½ cup
Cornstarch	2 Tbsp

Bring lemon juice, sugar, and cornstarch to a boil over medium heat in a saucepan, stirring constantly. Reduce heat; add blueberries, and simmer, stirring occasionally. Gently mash some blueberries against side of saucepan while cooking for about 3-5 minutes. Serve warm over bread pudding.