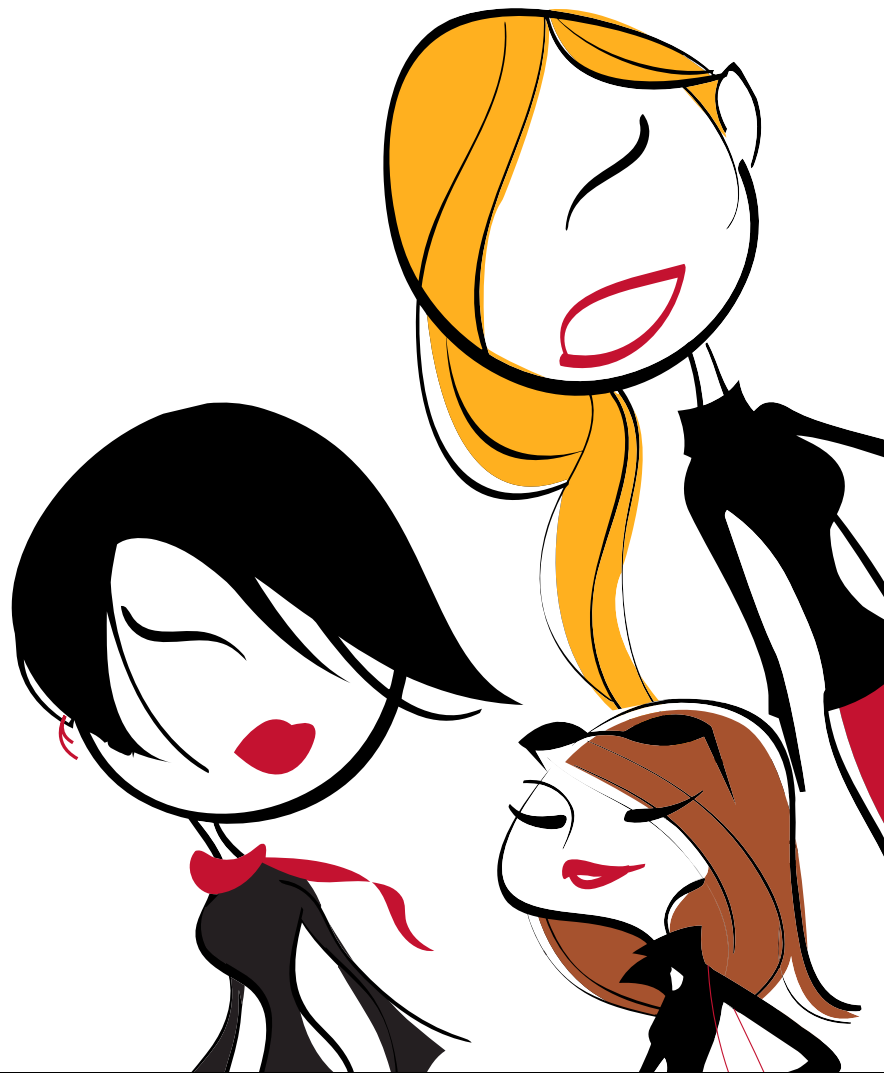


Recipes from Kathleen Daelemans

4th Annual Centegra Health Strong Woman Event

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 **Centegra**
HealthSystem

WELL BEYOND EXPECTATIONSM

Peanut Butter Truffles

(Makes 16 Truffles)

When you're going through vending-machine withdrawal, these nutrient-rich peanut butter truffles really hit the spot. Make yourself dig out the food processor: the truffles will mix better. Crunch peanut butter is drier than creamy, so if you use it, you may need an extra drizzle of honey.

Ingredients:

- 1/2 cup creamy peanut butter
- 1/2 cup nonfat dry milk powder
- 1/4 cup wheat germ
- 1/4 cup Old fashioned oatmeal
- 2 teaspoons – 1 Tablespoon honey
- 1 Bag of Ghirardelli bittersweet or semisweet chocolate chips, melted

Combine all ingredients in a food processor and pulse or mix until thoroughly combined.

Roll into a rope and cut 16 equal slices. Roll each slice into a round ball and serve. So you're not tempted to eat too many, wrap them individually. They keep for 1 week refrigerated and up to a month frozen.

Salmon Cakes with Dipping Sauce

Fish cakes are a great way to get “Eww, it’s fish” haters to try fish. If Micky you-know-who’s Filet-O-Fish is the closest they’ve come to eating real fish, skip the dipping sauce here and serve with tartar sauce instead. Put the salmon cakes on a bun if you like. Don’t make them too thick, though, or they’ll need more oil to cook.

Dipping Sauce Ingredients:

- 3 tablespoons rice vinegar
- 1 tablespoon fish sauce
- 1 teaspoon Asian sesame oil
- 1/2 teaspoon Vietnamese chili paste
- 1 tablespoon dark brown sugar

Salmon Cakes Ingredients:

- 1 1/4 pounds fresh salmon, skin removed, cut into 1-inch chunks
- 1/2 cup loosely packed, coarsely chopped fresh cilantro
- 3 scallions, white parts only, minced
- 2 teaspoons minced fresh ginger
- 2 teaspoons grated lime zest
- 1 large egg white
- 1 tablespoon white or yellow miso
- 1 teaspoon dark brown sugar
- 1 teaspoon roasted peanut oil

To Make the Dipping Sauce:

In a small bowl, combine all ingredients. Set aside.

To Make the Salmon Cakes:

In a food processor, combine salmon, cilantro, scallions, ginger, and lime zest. Pulse until combined. Add egg white, miso, and brown sugar. Pulse until thoroughly incorporated. Form into 8 flat 3-inch-wide patties.

To Cook the Salmon Cakes:

Heat oil in a large nonstick skillet over medium heat until hot but not smoking. Add patties and cook, turning once, until golden on both sides and cooked through, 3 to 4 minutes per side. If your pan isn’t large enough to hold all the patties, transfer finished cakes to a cookie sheet and hold in a 200°F oven. Serve cakes immediately with dipping sauce.

Fennel, Carrot, Cranberry Salad

(4 Generous Servings)

I guarantee your family and friends will go berserk over this salad. It really is good enough to forget the rest of the meal. Pair it with a piece of white fish (you microwave), grilled fish or chicken breast and dinner is done.

[Tip] To cut the fennel slaw style, use a mandoline, the largest setting on a hand cheese grater or use the grater attachment on a food processor or upright mixer. If you're good with a knife, you can slice the fennel very thinly and it will taste just as good.

[Tip] To julienne any fruit or vegetable; peel, core and remove root ends as necessary. Using a sharp knife, cut into thin slices. Stack slices neatly on top of one another, then cut slices into matchstick thin strips. To mince or cut into fine cubes, neatly stack the matchsticks and cut crosswise.

[Tip] The salad is great eaten right away and even better if you let it sit for awhile. If you choose to let it sit, split the dressing in half. Pour half the dressing over the salad, toss well and place the salad in the refrigerator. The fennel will throw a lot of it's natural water which concentrates the flavor of the fennel. You may wish to drain off some of the excess liquid. Just before serving add the remaining dressing, toss well and serve immediately.

Ingredients:

- 1 head of fennel, cored and shredded or cut into fine julienne
- 1 bag of pre-grated carrots, a 5 oz. bag
- 1/4 cup dried cranberries
- 1/4 cup red wine vinegar
- Tablespoons honey
- Tablespoons olive oil (to taste) coarse grained salt and cracked black pepper to taste

In a small bowl whisk together red wine vinegar, honey and olive oil. Place the fennel, carrots and cranberries in a medium bowl and toss with half the dressing. Let stand refrigerated, four hours. The fennel will throw a lot of water so just before serving, drain off and discard the dressing and all the liquids. Pour second half of dressing over salad. Taste and adjust seasonings. Serve immediately.

Thai Shrimp (or Chicken)

(Serves 4)

The temptation to order carry-out lessens when you master a few super-quick meals, and this is definitely a quickie. Challenge yourself to come up with five fast meals and then keep the ingredients around all the time. Don't forget to fix at least one salad and veggie with this entrée.

Ingredients:

- 1/2 pound rice-stick noodles (angel hair style)
- 1 tablespoon roasted peanut oil
- 1 teaspoon minced garlic
- 1/2 cup lime juice
- 2 tablespoons fish sauce
- 1/2 teaspoon Vietnamese chili paste
- 2 Tablespoons (sugar or) dark brown sugar (to taste)
- 1 pound large shrimp, peeled and deveined (or 1 – 1 1/4 pound boneless, skinless chicken lightly pounded, cut into half inch or bite size chunks)
- 1/2 cup loosely packed, coarsely chopped
- fresh cilantro
- 2 whole limes (to cut during demo)

Prepare rice noodles according to package instructions. Set aside.

Place remaining ingredients except shrimp and cilantro in a 10-inch nonstick pan. Bring to a boil over medium-high heat and add shrimp. Reduce heat to medium-low and cook until shrimp are tender, 3 to 4 minutes. Using a slotted spoon, remove shrimp from pan and place over cooked rice noodles in a serving bowl. Add cilantro to sauce. Taste and adjust seasonings, pour sauce over shrimp and noodles, and serve.

[TIPS] Before you leave for work in the morning, whisk together in a Mason jar or measuring cup all the ingredients except the shrimp and cilantro.

If you like your sauce a little thicker, reduce it to the desired consistency before you add the cilantro.