



River Recipes

All the ingredients found in these delicious recipes can be found at your local Weis Market – Where Freshness Matters.



Heart Healthy

These recipes are from my Heart Healthy class...all very tasty adding a lot of flavor without the fat.

- * Dakini Chicken
- * Grilled Vegetables with Quinoa
- * Watermelon with Balsamic Vinegar
- * Basic Garam Masala Blend
- * Grilled Fruit and Pineapple/Coconut Granita

Dakini Chicken

Marinade

1 Tablespoon Cayenne Pepper
2 Tablespoons Garam Masala Blend
1 Tablespoon Garlic, minced (add more if you want)
1 Tablespoon Ginger, Freshly grated
¾ cup Fresh Cilantro, chopped
2 Tablespoons Cumin, ground
¼ ounce Turmeric
½ cup Lemon Juice
¼ cup Lime Juice
¼ cup Orange Juice
2 cups yogurt-plain

5 pounds boneless, skinless chicken breast

Baste for chicken

½ cup honey
2 Tablespoons oil
1 Teaspoon Cayenne Pepper
2 Tablespoons Orange Juice
1 Tablespoon Orange Zest

Mix together above ingredients to make marinade. Clean chicken and immerse chicken in a bowl with the marinade. Cover completely and cover with plastic wrap. Marinate for at least three hours or overnight.

When you are ready to grill your chicken, cook on medium heat. Throw out marinade. While your chicken is cooking, prepare the baste by combining all ingredients in a bowl. The baste will give the chicken a sweet/spicy flavor and enhance caramelization. Do not baste too early. This will burn the outside of the chicken and now allow it to fully cook inside. Use a thermometer to test doneness.

Once chicken is done, it may be served in a pita with lettuce and other vegetables of your liking or chopped up for a salad topping. It is also wonderful to cut the chicken into tenders, marinate them, then skewer them for the grill. This is a heart healthy recipe. Low fat and low sodium.

Grilled Vegetables with Quinoa

1 Zucchini, sliced ½ inch thick
1 Yellow Squash, slice ½ thick
3 Portobello Mushrooms, whole
1 Red Pepper, sliced ½ inch thick
1 Red Onion, sliced ¼ inch thick
½ cup Quinoa or Rice, prepared to your liking

Marinade

¼ cup Balsamic Vinegar
¾ cup Olive Oil
1 Tablespoon Italian Seasoning
1 Tablespoon Garlic, Minced (add more if you like)
1 Lemon, juiced

Slice all of your vegetables and place in a shallow pan. Next, mix together all ingredients for the marinade. Pour marinade over your vegetables and let stand in refrigerator for at least 1 hour. While that is marinating, prepare your rice or quinoa as directed. You may substitute barley or another grain of your choice.

After marinating is complete, spray your grill well with a non stick cooking spray that does not contain corn oil. Medium heat is best. Cook vegetables until tender. Place your rice or quinoa in the center of your plate and arrange vegetables to your liking.

A final garnish with either a squeeze of fresh lemons or a sprinkle of fresh herbs will complete a beautiful and healthy entrée.

If you would like to use this recipe for kebobs, cut vegetables into chunks suitable for skewers. Marinate as usual and follow the same cooking directions. If you are using wooden skewer, soak them for 30 minutes in water to prevent burning on the grill.

Entrée or Appetizer –Grilled Vegetable Kebobs.

Alternate presentation: Chop vegetables into ½ cubes. Using an empty soup can (spray inside of the can with cooking spray before use; place about an inch of quinoa in the bottom-press firmly to pack it. Next layer chopped vegetables on top of quinoa and gently pack down. Continue to layer vegetables and quinoa until you reach the top. You may substitute rice, kasha or couscous.

Gently slide the can off and serve with marinara sauce and present.

Watermelon with Balsamic Vinegar

Watermelon, chopped into small chunks
Balsamic Vinegar, enough to sprinkle
Chopped fresh basil or mint

Place the watermelon into a serving bowl. Sprinkle with a bit of balsamic vinegar. Garnish with chopped mint or basil to your liking. Serve chilled. Strawberries may be added for color and variety. Enjoy!

Basic Garam Masala Blend

5 Teaspoons Black Pepper, ground
5 Teaspoons Bayleaf, powdered
3 Teaspoons Cinnamon, ground
3 Teaspoons Cardamon, ground
1.5 Teaspoons Cloves, ground
5 Teaspoons Corriander, toast then grind
4.5 Teaspoons Cumin Seed, toast then grind
1 Teaspoon Mace, ground
3 Teaspoons Nutmeg, ground

It is best to use whole, fresh spices and grinding them yourself in an electric coffee bean grinder. Toasting the seeds will release the oils inside and give you a more intense flavor. When you are finished grinding your spices, combine all of the above spices in a bowl and mix together. Pour the mixture in an airtight container and store away from heat and light to retain optimum flavor and freshness.

Grilled Fruit and Pineapple/Coconut Granita

Pineapple/Coconut Granita (*Granita is an Italian ice*)

1 cup boiling water
3/4 cup sugar
1/2 cup cream of coconut
1 tablespoon lime juice
1 tablespoon orange juice
A pinch of nutmeg or mace
1 can of pineapple chunks with juice or
2 cups of fresh pineapple

In a bowl, mix the water, sugar and cream of coconut. Stir until the sugar is dissolved. Similar to a simple syrup. Cool down to room temperature. Stir in the nutmeg/mace, orange juice and lime juices together. Puree the pineapple (with juice) or add a small amount of water to the fresh and blend until smooth. Add the sugar/coconut mixture and blend well. Transfer to a large, shallow container with a lid that fits well. Place in the freezer. Every now and then, using a fork, scrape the mixture to make sure it is evenly frozen. Once it is completely frozen, you may store it in the freezer for up to a week or so. Cover it well so that it does not absorb flavor or other aromas from your freezer.

Before serving, let it stand out at room temperature so it is easier to scoop. Serves 8 or 4 dessert crazy people.

Grilled Fruit

Fresh Pineapple, sliced in half or quarters
Nectarines or Peaches, sliced in 1/2 moons
Plantains, peeled and sliced in 1/2 lengthwise

Make sure your grill is clean and sprayed well with a non-stick spray that does not contain corn oil. Place fruit on grill until you achieve a doneness that you like.

Remove from grill, plate and serve with a scoop of Pineapple/Coconut Granita or your favorite ice cream or sorbet.

Garnish with a sprig of mint for color.