



## COOKING CLASSES

### **Satay Burgers**

½ cup chopped fresh cilantro  
¼ cup finely chopped unsalted dry-roasted peanuts  
1½ tablespoons brown sugar  
2 tablespoons fresh lime juice  
1½ tablespoons fish sauce  
1 ½ teaspoons ground cumin  
½ teaspoon salt  
1 tablespoon jalapeno  
3 garlic cloves, minced  
¾ pound ground pork  
¾ pound ground turkey breast  
Cooking spray

Prepare grill. Combine first 11 ingredients. Divide mixture into 6 equal portions, shaping each into a ½-inch-thick patty. Place patties on a grill rack coated with cooking spray; grill 7 minutes on each side or until a thermometer registers 165°. Remove from grill; let stand 5 minutes. Serve with Poblano Sauce and whole wheat buns.

*Makes 6 servings (serving size: 1 patty)*

### **Poblano Cream Sauce**

3 poblano chiles  
½ (8-ounce) package cream cheese, softened  
¼ cup cilantro

Place chiles on an aluminum foil-lined baking sheet. Broil chiles 3 inches from heat 8 to 10 minutes on each side or until charred. Place chiles in a heavy-duty, zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel and seed chiles, discarding skins. Combine chiles, cream cheese and cilantro in food processor or blender; process until smooth.

## Chipotle Orange Glazed Pork Chops

2 tablespoons maple syrup  
2 tablespoons orange juice concentrate  
1 teaspoon finely chopped seeded chipotle with ½ teaspoon adobo  
4 (¾-inch thick) center cut pork loin chops (about 8 ounces each)  
½ teaspoons salt

In a small bowl combine the maple syrup, orange juice concentrate and chipotle.

Preheat grill pan. Sprinkle both sides of the chops with salt. Brush 1 side of chops generously with glaze. Place on grill pan glaze side down. Brush other side with glaze. Cook 3 to 4 minutes per side over medium-high heat

*Makes 4*

CALORIES 270      TOTAL FAT 9g      SATURATED FAT 3.5g  
MONOSATURATED FAT 4g      POLYUNSATURATED FAT 0.5g  
PROTEIN 34g      CARBOHYDRATES 10g      FIBER 0g  
CHOLESTEROL 90mg      SODIUM 390mg

## Onion and Squash Puree

1 large onion, sliced  
2 (12-ounce) packages frozen cooked butternut squash or winter squash  
¼ cup water or chicken stock  
1 tablespoon butter  
1 tablespoon maple syrup  
salt

Add butter to large saute pan to melt. Add onion and saute until browned on the edges. Add the frozen squash and water or stock into onions. Cover and cook over a medium heat, stirring frequently, until squash is thawed, about 10 minutes. Stir in the maple syrup and season with salt, to taste.

*Serves 4*

CALORIES 150      TOTAL FAT 3G      SATURATED FAT 2G  
MONOUNSATURATED FAT 1G  
POLYUNSATURATED FAT 0G  
PROTEIN 3G      CARBOHYDRATES 31G  
FIBER 2G      CHOLESTEROL 10MG      SODIUM 5MG