

No Fat Tomato Basil Salsa (other)

1 can petite diced tomatoes no salt added	1-½ tsp. ground basil
¼ cup white onions	2 green onion tops

In a mixing bowl add tomatoes and basil together. Finely dice the onions and add to bowl. Hand mix until uniform. Refrigerate for ½ - 72 hours.
Serve with pita chips or other dipping snack foods.

Note: best if used in 12 – 24 hrs.

HINT: to reduce "onion tears" refrigerate onion about ½ hour before cutting

Low Fat Home Fried Potatoes (breakfast)

1 can diced new potatoes (drained)	½ tsp. garlic powder
½ tsp. onion powder	1 teaspoon cooking oil
2 tablespoons water	1 dash fresh ground black pepper
1 dash chipotle chili pepper (if desired)	
1 dash cayenne pepper (if desired)	

Mix oil, water and spices in Teflon frying pan. Drain potatoes and add to pan. Cook over med. heat turning several times until liquid is absorbed. Brown on two sides.

Dijon/Herb Rolled Pork Chops (dinner)

1 lb. thick cut pork chops	2 tbs. freeze dried chives
1 tsp dried thyme	2 tsp. rubbed sage
½ tsp. crushed rosemary	3 tsp. Dijon mustard
3 cloves garlic minced or pressed	½ tsp. fresh ground black pepper

Mix chives, thyme, sage and rosemary together. Mix in 2 tsp. water and set aside.. Mix mustard, pepper and garlic together and set aside. Trim fat from chops. Slice almost through starting at the short side of the chop. Coat both insides with 2/3 of the mustard mixture and one side with 2/3 of the spice mixture. Roll up starting at the short side and pin with metal pin. Spread remaining mustard and then remaining spice mixtures on top. Bake @ 350 for 20-30 minutes until meat juice at base of chop is brown.

Wine: chardonnay

Veg: frozen broccoli w/ 1 tsp. basil & 3 Tbs. water - microwave for 10 - 12 minutes on 30%