

Lemon Asparagus Chicken (dinner)

1 lb. skinless chicken breasts	¼ cup of skim milk
1 can Cream of Asparagus soup	3 cloves fresh garlic
1/4 teaspoon black pepper	2 tablespoon water
1 tablespoon lemon juice	
½ teaspoon Smart Balance oil	

Add pepper and lemon juice to milk. Stir in soup and set aside. Mince or press garlic cloves. Add oil, water and garlic to fry pan. Cut chicken breasts in quarters. Add chicken to pan. Cover and cook approx. 10 minutes over medium heat turning once. Remove cover and stir in milk mixture. Cover and simmer on low heat ~ 10 minutes. Remove cover & reduce to taste.

Vegetable: fresh asparagus steamed in ½ inch of water w/1 tsp. salt (use steamer).

Wine: chardonnay

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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.

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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 & 2 Tbs. water - microwave for 3 – 5 minutes

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