

Cocina Europea

*Easy-to-Make
European Style Dishes*



Granola Parfait Recipe

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"> ● Granola: (makes 4 cups) ● 1 1/2 cups <u>rolled oats</u> ● 1/4 cup canola oil ● 1/2 cup <u>turbinado</u> or light brown sugar ● 2 teaspoons ground cinnamon ● 1/2 cup <u>raw sunflower seeds</u> ● 1/2 cup packed sweetened shredded coconut ● 1/4 cup <u>raw wheat germ</u> ● 1/4 cup <u>sesame seeds</u> ● 1/4 cup chopped almonds ● 1/4 cup chopped walnuts ● 1/2 cup raisins ● Filling: ● 1 1/4 cups blueberries ● 1 1/4 cups raspberries ● 1 1/4 cups quartered or sliced strawberries ● 4 cups plain yogurt <ul style="list-style-type: none"> ● Prep Time: 20 minutes ● Cook Time: 40 minutes ● Total Time: 60 minutes ● Yield: 8 servings Granola Parfait 	<p>make the granola: Heat oven to 300 degrees. In a large bowl, combine oats, oil, sugar, and cinnamon. Spread oat mixture in an even layer on a baking sheet and bake, stirring occasionally, until it is fragrant and lightly toasted, about 20 minutes.</p> <p>Add sunflower seeds, coconut, wheat germ, sesame seeds, almonds, and walnuts to mixture in pan, stir together, and spread into an even layer and bake until golden brown, about 15 minutes. Stir in raisins and cool completely. Store in an airtight container in a cool, dry place.</p> <p>To make the filling and assemble the parfaits: In a large bowl, toss berries together. In each of 8 parfait glasses, add a layer of berries, then a layer of yogurt, followed by a layer of granola. Add a second layer of berries, followed by additional layers of granola and yogurt. Top the parfait with berries. Serve at once or Keep refrigerated for up to 4 hours.</p>



Reduced-fat Mac Recipe

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">● 1 box (13.25 ounces) whole-grain penne pasta● 4 cups broccoli florets (about 2 stalks)● 1 cup skim milk● 1 tablespoon all-purpose flour● 1 teaspoon Dijon mustard● 1/2 teaspoon salt● 1/4 teaspoon black pepper● pinch of cayenne pepper● 8 ounces 2% sharp Cheddar cheese, grated (2 cups)	<ol style="list-style-type: none">1. Heat large pot of lightly salted water to boiling. Add <i>pasta</i> and cook 6 minutes. Add broccoli and cook an additional 4 minutes. Drain.2. Meanwhile, whisk milk and <i>flour</i> together in a small saucepan. Bring to a simmer over medium heat, then simmer 3 minutes, until thickened. Remove from heat and whisk in mustard, salt, pepper and cayenne.3. Add grated Cheddar, whisking constantly until melted. Transfer pasta and broccoli to serving <i>bowl</i>. Pour <i>cheese</i> sauce over pasta-broccoli mixture and stir until coated.

Chicken Schnitzel

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">● 2 large <i>eggs</i>● 1 clove <i>garlic</i>, minced● 1/2 teaspoon minced <i>fresh parsley</i>● <i>coarse salt</i>● <i>ground pepper</i>● 1 cup fresh <i>breadcrumbs</i> (made from 3 slices <i>white bread</i>)● 1/2 cup <i>grated parmesan cheese</i>● 4(6 ounce) <i>chicken cutlets</i>, pounded to an even 1/4 inch thickness● 4 <i>tablespoons olive oil</i>● 1 <i>tablespoon butter</i>● 1/4 cup <i>dry white wine</i>● 1/2 cup <i>chicken broth</i>● 1 <i>tablespoon fresh lemon juice</i>	<ul style="list-style-type: none">● Beat <i>eggs</i> in a shallow bowl with <i>garlic</i>, <i>parsley</i>, <i>salt</i> and <i>pepper</i>.● In a separate shallow bowl, combine <i>bread crumbs</i> (I pulse the <i>bread slices</i> in the food processor to get nice fresh crumbs) and <i>parmesan cheese</i>.● Dip each <i>cutlet</i> into <i>egg mixture</i> to coat completely, then dredge in <i>breadcrumb mixture</i>, patting it on to help it stick.● For each 2 <i>cutlets</i>, heat 2 <i>tbsp oil</i> in a large <i>nonstick skillet</i> over <i>med-high heat</i>.● Cook 2 <i>cutlets</i> at a time until <i>golden brown</i> and cooked through, about 3 minutes per side.● Transfer the cooked <i>chicken cutlets</i> to an <i>oven-proof platter</i> or <i>pan</i>, and keep warm in the oven while cooking the remaining <i>cutlets</i> and making the <i>sauce</i>.● Wipe the <i>skillet</i> clean with <i>paper towels</i>.● Heat <i>butter</i> until melted and add <i>wine</i>.● Heat 30 seconds and stir in <i>broth</i> and <i>lemon juice</i>.● Season with <i>salt</i> and <i>pepper</i>.● Simmer 2 minutes.● Pour <i>broth mixture</i> over <i>cutlets</i> and serve.● Garnish with <i>parsley</i> and <i>lemon slices</i>.
	