

COOK'S CORNER BY Catherine Hannon

SUMMER RECIPES: Heart Healthy Friendly Recipes for the summer or year round

Chinese Chicken Stir-Fry Serves 6

1 $\frac{1}{2}$ cups uncooked instant brown rice, 3 tbs. cornstarch, 1 $\frac{1}{3}$ cups fat free low sodium chicken broth, 3 tbs. dry sherry or orange juice, 2 tbs. soy sauce (lowest sodium available), 1 tbs. plain rice vinegar, 2 tsp. chili oil, 1 tbs. gingerroot, peeled and grated, 3 medium garlic cloves, minced, 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes, 2 tsp. toasted sesame oil, 8 ounces mushrooms, sliced, 1 cup diced red bell pepper, 1 8-ounce can water chestnuts, drained, $\frac{3}{4}$ cup sliced green onions, $\frac{1}{2}$ cup pecan halves dry roasted, $\frac{1}{4}$ tsp crushed red pepper flakes.

1. Prepare the rice using the package directions, omitting the salt and margarine. Set aside.
2. Put the cornstarch in a medium bowl. Add the broth, soy sauce, and vinegar, whisking to dissolve. Set aside.
3. In a large skillet or wok, heat the chili oil over high heat, swirling to coat the bottom. Cook the gingerroot and garlic for 1 minute, stirring constantly. Reduce the heat to medium high. Stir in the chicken. Cook for 4 minutes, or until the chicken is lightly browned, stirring constantly. (the chicken won't be done at this point.) Transfer to a plate. Wipe the skillet with paper towels.
4. In the same skillet, still over medium-high heat, heat the sesame oil, swirling to coat the bottom. Cook the mushrooms, bell pepper, and water chestnuts for 5 to 7 minutes, stirring frequently.
5. Whisk the broth mixture. Stir it into the mushroom mixture. Stir in the chicken. Cook for 3 to 4 minutes or until the chicken is no longer pink in the center.
6. Stir the green onions, pecans, and red pepper flakes into the chicken mixture. Cook for 2 minutes, stirring frequently. Serve over rice.

GRILLED SALMON WITH LIME: Serves 4

2 tbs. olive oil, 2 minced garlic cloves, $\frac{1}{4}$ cup lime juice, 1 tbs. grated lime peel, 1 tbs. white wine, 1 tsp. honey, 1 tbs. dried dill, nonstick vegetable cooking spray, 4 6-oz salmon fillets, 4 cups broccoli florets, 1 cup cauliflower florets, 1 cup sliced carrots, 1 cup long-grain brown rice cooked according to directions, without salt or fat.

1. Preheat grill or broiler to medium heat. In a small saucepan add olive oil and minced garlic. Cook 1 minute and stir in lime juice, wine, grated lime peel and honey. Remove from heat and stir in dill.
2. Brush salmon with olive oil mixture. Spray grill or broiler pan with nonstick vegetable cooking spray. Grill or broil salmon 3 to 4 minutes per side, basting occasionally and turning, until fish flakes easily with a fork. Meanwhile, steam broccoli, cauliflower and carrots and serve with hot brown rice.