

# ***Super Sauces and Divine Dressings***



**Presented by UK Health and Wellness**

**April 27, 2007**

## Apple-Pear Salad

16 ounces romaine lettuce  
6 ounces shaved Swiss cheese  
1 cup roasted, salted cashews  
½ cup sweetened dried cranberries  
1 large apple  
1 large pear

Toss all above with Lemon-Poppy Seed Dressing.

## Lemon-Poppy Seed Dressing

(Makes 1 ¼ cups)

2/3 cup light olive oil  
½ cup sugar  
1/3 cup lemon juice  
1 1/2 Tablespoon poppy seeds  
2 teaspoons finely chopped onion  
1 teaspoon Dijon Mustard  
½ teaspoon salt

Blend all ingredients in a blender until smooth. The dressing can be stored in an airtight container in the refrigerator for up to one week. Serve at room temperature.

***Southern Living March 2007***

## Fresh Herb Vinaigrette

(Makes ¾ cups)

1/3 cup olive oil or salad oil  
1/3 cup white or red wine vinegar, rice vinegar, or white vinegar  
1 to 2 teaspoons sugar  
1 tablespoon snipped fresh thyme, oregano, or basil or ½ teaspoon dried thyme, oregano, or basil, crushed  
¼ teaspoon dry mustard or 1 teaspoon Dijon-style mustard  
1 clove garlic, minced  
1/8 teaspoon black pepper

In a screw-top jar combine oil, vinegar, sugar, herb mustard, garlic, and pepper. Cover and shake well. Serve immediately or cover and store in refrigerator for up to 3 days if using fresh herbs. If using dried herbs, store covered in refrigerator for up to 1 week. Shake before serving.

**Apricot Vinaigrette:** Prepare as above, except use white wine vinegar and reduce amount to 2 tablespoons; add 1/3 cup apricot nectar.

**Balsamic Vinaigrette:** Prepare as above, except use regular or white balsamic vinegar instead of the listed vinegar options.

**Orange Balsamic Vinaigrette:** Prepare Balsamic Vinaigrette as above, except reduce balsamic vinegar to 3 tablespoons. Add ½ teaspoon finely shredded orange peel and ¼ cup orange juice.

**Ginger Vinaigrette:** Prepare as above, except use rice vinegar, substitute 2 teaspoons honey for the sugar, and use 1 teaspoon grated fresh ginger instead of the herbs. Add 2 teaspoons soy sauce.

***Better Homes and Gardens New Cookbook, Bridal Edition***

## Honey Mustard Dressing

(Makes 1 cup)

In a screw top jar, combine  $\frac{1}{4}$  to  $\frac{1}{3}$  cup coarse grain mustard,  $\frac{1}{4}$  cup olive or salad oil,  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{4}$  cup honey, and 2 cloves garlic, minced. Cover and shake well. Serve immediately or cover and store in refrigerator for up to 2 weeks. Shake before serving.

***Better Homes and Gardens New Cookbook, Bridal Edition***

## Tomato Vodka Sauce

(Makes 4 servings)

1 tablespoon butter  
1 tablespoon olive oil  
1 onion, chopped  
1 clove garlic, minced  
28 ounces canned, peeled, and diced tomatoes (we used half diced and half crushed tomatoes)  
1 cup heavy whipping cream (we used  $\frac{1}{2}$  and  $\frac{1}{2}$ )  
 $\frac{1}{4}$  cup vodka  
 $\frac{1}{4}$  teaspoon crushed red pepper flakes  
Salt and pepper to taste  
1 pound penne pasta  
2 tablespoons grated Parmesan cheese

In a large skillet over medium heat, melt butter with oil; add onion and garlic and sauté for 8 minutes or until transparent. Add tomatoes and cook for 25 minutes or until almost no liquid remains; stir frequently. Increase heat and add cream, vodka, and red pepper flakes; boil for 2 minutes or until thickened to sauce consistency. Season to taste with salt and pepper. Cook penne according to directions. Pour sauce over cooked pasta and toss to coat. Sprinkle with Parmesan cheese. Serve with poultry.

***Allrecipes.com***

## Chicken with Provençal Sauce

(Makes 4 servings)

4 boneless, skinless chicken breast halves (we used chicken tenderloins)  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
1  $\frac{1}{2}$  Tablespoons olive oil  
1 garlic clove (more is better ☺)  
1 cup fat free, low sodium chicken broth (Kitchen Basics brand is good)  
1  $\frac{1}{2}$  teaspoons Herbes de Provence (McCormick makes this blend)  
1 teaspoon butter  
1 teaspoon lemon juice

Heat oil in a large nonstick skillet over medium heat. Salt and pepper chicken, place in the hot skillet and cook 6 minutes on each side or until done. Remove chicken from the pan keep it warm. Add garlic to skillet and cook for one minute. Add broth and Herbes de Provence. Bring to a boil while scraping pan to loosen any browned bits of chicken or garlic. Cook until broth mixture is reduced to about a  $\frac{1}{2}$  cup. It will take around 3 minutes. Remove pan from heat. Add butter and lemon juice. Stir until butter melts. Serve sauce over chicken.

***Cooking Light January/February 2005***

## **Chicken with Cider and Bacon Sauce**

(Makes 4 Servings)

4 boneless, skinless chicken breast halves  
¼ teaspoon salt  
¼ teaspoon pepper  
2 bacon slices, chopped  
1/3 cup minced fresh onion  
¾ cup apple cider  
½ cup fat free, low sodium chicken broth

Sprinkle chicken evening with salt and pepper. Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan. Add chicken to pan with bacon drippings cooking for about 6 minutes on each side or until fully cooked. Remove chicken from pan and keep warm. Add onion to the pan cooking for 2 minutes until tender. Add cider and broth, bring to a boil. Scrape the sides of the pan to loosen browned bits of bacon, onion, and chicken. Cook until broth mixture is reduced to ½ cup (about 5 minutes). Add cooked chopped bacon back to sauce. Serve sauce over the chicken.

***Cooking Light January/February 2005***

## **Chicken with Barbeque-Bourbon Sauce**

(Makes 4 Servings)

4 boneless, skinless chicken breast halves  
¼ teaspoon salt  
¼ teaspoon pepper  
1 Tablespoon canola oil  
1 Tablespoon butter  
1/3 cup minced shallots  
¼ cup bourbon  
¾ cup fat free, low sodium chicken broth  
2 teaspoons tomato-based barbeque sauce

Sprinkle chicken evening with salt and pepper. Heat oil and butter in a large nonstick skillet over medium heat. Add chicken and cook for 6 minutes on each side or until cooked thoroughly. Remove chicken from pan and keep warm. Add shallots to pan and cook for one minute stirring constantly. Add bourbon, bring to a boil while scraping the pan. Cook until bourbon is reduced to 2 Tablespoons. Add broth and barbeques sauce to bourbon. Cook until mixture reduces to ½ cup. Serve sauce over chicken.

***Cooking Light January/February 2005***

## **Basic White Sauce**

(Makes 1 ½ cups)

2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
¼ teaspoon salt  
Dash of black pepper  
1 ½ cups milk

In a small saucepan melt butter. Stir in flour, salt, and pepper with a wooden spoon. Cook and stir flour and seasonings into melted fat over low heat until evenly combined, making a roux. After fat and flour are combined with no lumps, slowly add all of the milk. Stir consistently with a wooden spoon or wire whisk to evenly blend fat-flour mixture and milk. Stir the sauce over medium heat until the mixture bubbles across the entire surface. Cook and stir 1 more minute to completely cook the flour in the sauce.

**Curry Sauce:** Prepare as above, except cook 1 teaspoon curry powder in the melted butter for 1 minute before adding the flour. Stir 2 tablespoons chopped chutney into the cooked sauce. Serve with fish or poultry.

**Herb-Garlic Sauce:** Prepare as above, except cook 2 cloves garlic, minced, in the melted butter for 30 seconds. Stir in ½ teaspoon caraway seeds, celery seeds, or dried basil, oregano, or sage, crushed, with the flour. Serve with vegetables or poultry.

**Lemon-Chive Sauce:** Prepare as above, except stir in 2 tablespoons snipped fresh chives and 1 teaspoon finely shredded lemon peel with the flour. Serve with vegetables, poultry, or fish.

**Cheese Sauce:** Prepare as above, except omit salt. Over low heat, stir 1 ½ cups shredded Swiss, American, or Gruyere cheese; ½ crumbled blue cheese; or ¾ cup grated Parmesan cheese into the cooked sauce until melted. Serve with vegetables.

***Better Homes and Gardens New Cookbook, Bridal Edition***

## **Creamy Mushroom Sauce**

(Makes 1 ½ cups sauce)

1 cup sliced fresh mushrooms  
¼ cup chopped onion  
1 tablespoon butter or margarine  
1 tablespoon all-purpose flour  
1/8 teaspoon salt  
Dash of black pepper  
2/3 cup milk  
½ cup dairy sour cream

In a medium saucepan cook mushrooms and onion in hot butter until tender. Stir in flour, salt, and pepper. Stir in milk all at once. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Stir in sour cream; heat through (do not boil). Serve with beef or poultry.

***Better Homes and Gardens New Cookbook, Bridal Edition***

## **Sour Cream-Honey Fruit Salad Dressing**

(Makes ½ cup)

½ cup sour cream  
1 Tablespoon honey  
1 Tablespoon orange juice

Mix all ingredients above in a small bowl until smooth.

Fruit Salad: Strawberries, Bananas, Grapes, Mandarin Oranges, Pineapple  
**Bettycrocker.com**

## **Strawberry Sauce**

(Makes 1 cup sauce)

3 cups fresh strawberries or one 16-ounce package frozen, unsweetened whole strawberries, thawed  
¼ cup sugar  
1 teaspoon cornstarch

Place half of berries in a blender or food processor bowl. Cover and blend until berries are smooth. Repeat with remaining strawberries. In a medium saucepan, combine sugar and starch. Add berries. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Transfer to a bowl. Cover and chill for at least 1 hour.

**Better Homes and Gardens New Cookbook, Bridal Edition**

## **Vanilla Sauce**

(Makes 1 ¼ cups sauce)

½ cup sugar  
1 tablespoon corn starch  
1 cup boiling water  
2 tablespoons butter  
1 teaspoon vanilla paste or vanilla extract  
Dash of salt

In a medium saucepan, stir together sugar and cornstarch. Slowly stir in water. Cook over medium heat until mixture is gently boiling. Boil for 5 minutes; remove from heat. Stir in butter, vanilla, and salt. Cover and chill any leftovers for up to 3 days.

**Better Homes and Gardens New Cookbook, Bridal Edition**