

## Resolution Solution

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White-Wine Vinaigrette

Quinoa Pilaf

Poached Chicken Breast With Arugula Pesto

Going Green Smoothie

## White-Wine Vinaigrette

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*This is very simple to make. Try it on any of your favorite green salads. Be sure to use a good-quality white-wine vinegar.*

¾ cup Dry white wine  
½ cup Olive oil  
¼ cup White wine vinegar  
1 tsp Oregano  
½ tsp Dry mustard  
Freshly-ground black pepper, to taste  
Salt, to taste

Blend all in a food blender or by shaking in a jar. Store covered in the refrigerator. Keeps very well. This recipe will make 1 ½ cups of dressing.

Servings: 1

Recipe Type: Salads/Dressings

### Source

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Author: Jeff Smith

Source: THE FRUGAL GOURMET by Jeff Smith

## Quinoa Pilaf

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- 2 cups vegetable broth
- 1 cup quinoa, rinsed well
- 1 bay leaf
- 1 tsp salt
- Freshly-ground black pepper, to taste
- 1 Tbs olive oil
- 1 Red Pepper small diced
- 1 Tbsp shallot, diced fine
- Fresh parsley leaves, for garnish

- 1 In a small saucepan, sweat the shallot and red pepper in olive oil.
- 2 Add broth, quinoa, bay leaf, salt, and pepper in a saucepan and cover. Simmer until moisture is absorbed, about 15 to 20 minutes. Turn off heat. Let set 15 minutes. Top with parsley and serve.
- 3 This recipe yields 4 servings.

Servings: 4

Recipe Type: Rice/Grains

## Poached Chicken Breast With Arugula Pesto

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- 3 cups arugula - (packed), washed well, and spun dry
- 1/3 cup pine nuts, toasted, cooled
- 1/2 cup freshly-grated Parmesan cheese
- 1/2 tsp salt
- 1 large garlic clove, chopped
- 3 Tbs olive oil
- 1/4 cup hot water, plus additional, if desired
- 3 cups chicken broth
- 2 cups water
- 6 boneless skinless chicken breasts halves, (abt 2 1/4 lbs)

- 1 In a food processor pulse together all sauce ingredients except oil and water until arugula is chopped fine. With motor running add oil in a stream, blending mixture until smooth. Sauce may be made up to this point 1 week ahead and chilled, its surface covered with plastic wrap. Bring sauce to room temperature to continue. Stir in 1/4 cup hot water plus additional for thinner consistency if desired.
- 2 In a 6-quart saucepan bring broth and water to a boil. Add chicken and simmer, covered, 9 minutes. Remove pan from heat and let chicken stand in cooking liquid, covered, until, cooked through, about 20 minutes. Chicken may be poached 1 day ahead, cooled completely, uncovered, in cooking liquid, and chilled, covered. Bring chicken to room temperature to continue.
- 3 Drain chicken and slice 1/4-inch thick. Serve with sauce.
- 4 This recipe yields 6 servings.

Servings: 6

Recipe Type: Chicken, Main Dish, Poultry

### Source

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Source: COOKING LIVE with Sara Moulton - (Show # CL-9408) - from the TV FOOD NETWORK

## Going Green Smoothie

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*Smoothies are a great way to get more vegetable servings in your daily diet. Disguised with fruit, even finicky eaters will slurp them down.*

- 1 cup (160 g) green grapes
- ½ cup (78 g) pineapple
- 2 cups (60 g) fresh spinach
- ½ ripe banana, peeled
- ½ cup (120 ml) water
- 1 cup (240 ml) ice cubes

- 1 Place all ingredients into the Vitamix container in the order listed and secure lid.
- 2 Select Variable 1.
- 3 Turn machine on and quickly increase speed to Variable 10, then to High.
- 4 Blend for 60 seconds or until desired consistency is reached. Serve immediately.

Yield: : 3 ½ cups (840 ml)