



Recipes of the Month



Roasted Tenderloin & Red Potatoes

- 1 (1 1/2) pound beef tenderloin, trimmed
- 2 cloves garlic, thinly sliced
- 1 tablespoon minced fresh thyme
- 1 1/2 teaspoons coarsely ground pepper, divided
- 3 tablespoons olive oil
- 7 small red potatoes, cut into chunks
- 1/2 cup low-sodium beef broth

Cut small slits in the tenderloin; place a garlic slice in each slit. Combine thyme and 1 teaspoon pepper; rub over beef. In a skillet, brown beef in oil. Remove to a roasting pan; cover and keep warm.

Toss potatoes with remaining pepper; add to skillet. Cook and stir until lightly browned. Remove to the roasting pan.

Gradually add broth to skillet; bring to a boil. Stir to loosen browned bits. Pour over meat and potatoes.

Bake, uncovered, at 375 degrees F for 25-40 minutes or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F medium, 160 degrees F well-done, 170 degrees F). The Yield: 10 servings.

Lime Jalapeno Chicken

- 1/4 cup lime juice
- 2 tablespoons canola oil
- 1 tablespoon white vinegar
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 jalapeno, sliced
- 1 1/4 pounds boneless, skinless chicken breasts, trimmed of fat, tenders removed

Whisk lime juice, oil, vinegar, cumin and salt in a small bowl. Stir in jalapeno. Place chicken in a shallow baking dish and pour the marinade over it, turning to coat both sides. Cover and refrigerate for at least 1 hour, turning once, or overnight.

Preheat grill to high heat. Oil the grill rack. Grill the chicken until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Let cool slightly; thinly slice crosswise. Serve warm or chilled. Yield: 8 servings



Zucchini Brownies

submitted by Jan Houser

- 2 cups grated zucchini
- 2 cups sugar
- 1/2 cup oil
- 1 tsp. salt
- 2 tsp Vanilla
- 2 cups flour
- 1/4 cup cocoa
- 1 1/2 tsp. soda
- 1/2 cup nuts

Grease & flour a 9x13 pan. Cream together squash, sugar, oil, salt, & vanilla. Add dry ingredients, mix well and add nuts. Bake 35 to 40 minutes at 350 degrees. These will have the texture & consistency of a moist cake that needs no frosting, and believe it or not, no eggs!



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