

CRANBERRY CHICKEN

INGREDIENTS

- Skinless, boneless chicken breasts
- salt and pepper to taste
- 1 cup fresh cranberries or 1/4 cup dried (unsweetened)
- 1/3 cup olive oil
- 2 tablespoons balsamic / red wine vinegar
- 2 tablespoons lemon juice
- 1 teaspoon crushed garlic
- 1/2 teaspoon dried rosemary, crushed



DIRECTIONS

- Heat grill to medium. Rinse chicken and pat dry. Season with salt and pepper to taste.
- To Make Sauce: In a medium bowl combine the cranberries sauce, olive oil, vinegar, lemon juice, garlic and rosemary. Mix well. Set aside.
- Grill chicken pieces, on uncovered grill over medium hot coals for 10 minutes. Turn chicken, brushing often with the sauce during the last 15 minutes of cooking and grill for another 10-15 minutes or until tender and juices run clear.

TURKEY MEAT LOAF

INGREDIENTS

- 1 can (6 ounces) tomato paste
- 1/2 cup dry red wine
- 1/2 cup water
- 1 clove garlic, minced
- 1/2 tsp dried basil leaves
- 1/4 tsp dried oregano
- 1/4 tsp salt
- 1 pound ground turkey breast
- 1/2 cup oatmeal – Regular *not* Quick Oats
- 1/4 cup liquid egg substitute or 1 egg
- 1 cup shredded zucchini



DIRECTIONS

- Preheat the oven to 350 degrees F.
- Combine the tomato paste, red wine, water, garlic, basil, oregano, and salt in a small saucepan. Bring to a boil, and reduce the heat to low. Simmer, uncovered, for 15 minutes. Set aside.
- Combine the turkey, oatmeal, egg / substitute, zucchini, and 1/2 cup of the tomato mixture in a large bowl. Mix well.
- Shape into a meat loaf, and place in an ungreased 8- x 4-inch loaf pan. Bake for 45 minutes. Discard any drippings. Pour 1/2 cup of the remaining tomato mixture over the top of the loaf. Bake for 15 minutes longer. Remove to a serving platter. Cool for 10 minutes before slicing. Serve the remaining tomato sauce on the side.