

Make It a Date – Lesson 1

The Big Picture

Consider scrambling things up with a little egg dish. Eggs are so simple—and when prepared correctly, they can be very tasty (even for dinner). ..and healthy, too: Egg substitute products contain mostly egg whites. They are an excellent alternative to eggs if you want to cut fat and cholesterol.

Recipe: Spanish Eggs – 1 hour preparation and cook time



Serves 4

Ingredients:

- 3 cups nonfat liquid egg product
- ½ cup flour
- 1 teaspoon kosher salt
- ½ teaspoon pepper
- ½ cup diced mild green chilies
- 1 pint cottage cheese
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 4 dashes of Tabasco sauce
- 4 ten-inch tortillas

Directions:

Preheat oven to 400°. In a large mixing bowl whisk eggs, flour, salt, and pepper. Add chilies, Tabasco sauce, and cheeses, and blend together. Cut tortillas in half, and then slice into half-inch strips. Fold into egg- and-cheese mixture.

Spray a 9 x 13 baking dish with nonstick cooking spray. Pour egg mixture into pan, cover, and freeze if desired. When ready to serve, thaw and bake 35 to 45 minutes, until set. Then broil on high just until brown.

Let stand for 5 minutes before serving.

Make It a Date – Lesson 2

Building Rapport and Walking in Another Couple's Shoes

We have some friends who were sailing in Alaska last summer and a boat next to them came in with 18 halibut. They shared their halibut to all the fellow boaters nearby...our friends included. Instant *rapport* was established with the generosity of this gift. Our friends' experience is the reason we associate halibut with gaining instant *rapport*. This recipe is simple to prepare, delicious and healthy, too!

Recipe: Potato Crusted Halibut – 1 hour preparation and cook time



Serves 4

Ingredients:

4 – 6 ounce halibut fillets, skin removed

4 tablespoons mayonnaise

2 tablespoon honey mustard (or Dijon)

Salt

Lemon pepper seasoning

2 russet potato, peeled and very thinly sliced (A vegetable peeler works well.)

2 tablespoons vegetable oil

Directions:

Slather both sides of halibut fillets with mayonnaise and coat with mustard. Sprinkle with salt and lemon pepper seasoning. Arrange potato slices on a piece of plastic wrap, being sure pieces of potato touch and overlap in places. Place fillet on top of potato and using plastic wrap, fold potato over fillet like a jelly roll, being sure to cover fillet completely. Wrap well with plastic wrap and refrigerate briefly, pressing potato onto halibut fillet so coating sticks well.

Meanwhile, preheat oven to 400.

Heat cast iron pan or heavy skillet over medium high heat. When hot, add vegetable oil and heat till shimmering. Place prepared halibut fillets in pan and cook for 5 minutes, or until potato crust is well browned. Do not move fillets or the crust will crumble. When browned on one side, carefully flip fillets over and cook briefly (2 minutes) on the other side.

Move pan to oven and complete cooking, approximately 15 minutes, or until fish is firm to the touch. Wonderful served on a bed of sautéed spinach.

Make It a Date – Lesson 3

Working as a Team and Agreeing on Outcomes

For this date we highly recommend that you *work together as a team*. After all, that is what this lesson is all about. It works well for one to make the sauce and the other to prepare the filling. Of course, you can certainly substitute some purchased Salsa Verde for the homemade sauce to save time...

Recipe: Beef, Sweet Potato and Black Bean Enchiladas – 1 hour preparation and cooking time



Serves 4 - 6

Ingredients:

Filling:

- 2 tablespoons olive oil
 - 1 small yellow onion finely chopped
 - 4 ounces ground beef (or leftover pork, chicken or turkey)
 - 1 teaspoon ground cumin
 - 1 teaspoon chili powder (I used spicy)
 - Salt and coarse ground black pepper
 - 2 cups cooked diced sweet potato
 - 1/2 cup chopped green chilies
 - 1 15 ounce can black beans, rinsed and drained
 - 2 tablespoons chopped cilantro
 - 1 -1/2 cups shredded Mexican cheese blend, divided
 - 8 6-inch flour tortillas
- Sauce:
- 1 cup roasted green chilies, skins and seeds removed (about 6 large)
 - 1-1/4 cups vegetable or chicken stock
 - 2 cloves garlic, chopped
 - 1 teaspoon cumin
 - 1 teaspoon chili powder
 - 1 tablespoon cornstarch or arrowroot

Directions:

Place sauce ingredients into blender and blend until smooth, adding more stock if necessary to make a smooth sauce with a fairly thick consistency. Set aside.

Spray a casserole dish with cooking spray and set aside. Preheat oven to 350 degrees.

In a large sauté pan, heat oil, add onion and sauté until softened. Add ground beef and cook, crumbling with a fork until no longer pink. Add cumin, chili powder and cook for additional 2 minutes, stirring constantly. Remove beef/onion mixture to a bowl and add sweet potatoes, chilies, cilantro and black beans. Taste for seasoning and add salt and pepper as required.

Lay tortillas flat on work surface and place approximately half a cup of filling along one edge. Top with some of the grated cheese. Roll tortilla and place seam side down into prepared casserole dish. Repeat with remaining tortillas. Casserole may be refrigerated at this point to be reheated later.

Pour sauce over filled tortillas and top with remaining grated cheese. Bake for 25 to 30 minutes until enchiladas are hot and sauce is bubbling. Serve with sour cream, fresh cilantro and additional salsa if desired.

Make It a Date – Lesson 4

Asking Meaningful Questions and Listening Aggressively

The Original Sloppy Joe Sandwich was invented by a cook named Joe at a cafe in Sioux City, Iowa, as a variation of the popular "loose meat" sandwich. Joe asked his customers what they wanted and listened well. Bring a big napkin and plan for plenty of conversation ...very little preparation is required.

Recipe: Super Simple Sloppy Joes – 30 minutes preparation and cooking time



Serves 4 - 6

Ingredients:

- 1 pound lean ground beef
- 1 package dry onion soup mix
- 1 cup marinara sauce
- 1 cup barbecue sauce
- 6 hamburger buns

Directions:

In a large frying pan, brown ground beef 10 to 12 minutes over medium-high heat.

Line a dinner plate with paper towels and place cooked beef on it to drain.

In the same pan, blend sauces and onion soup mix. Add cooked beef and simmer on low 10 to 20 minutes.

This recipe can also be prepared ahead of time and placed in sealed container in the refrigerator or freezer; then warm mixture on stove top.

Serve in hamburger buns.

Make It a Date – Lesson 5

Fielding Questions and Telling your Stories

This recipe is a fun option because it can be cooked on the barbeque (or in the oven). It is a delicious recipe to serve with friends and share an evening together telling stories.

Note: This recipe requires placing chicken pieces in marinade up to 12 hours before cooking the chicken.

Recipe: Grilled Raspberry Chicken – 15 minutes preparation for marinade; and 45 minutes for cooking time



Serves 4

Ingredients:

Place 1 resealable bag inside a stable container.

Add the following:

Chicken (4 breasts or 2 breasts, 2 thighs and 2 legs)

¼ teaspoon black pepper

¼ teaspoon crushed red pepper

1 teaspoon chopped garlic

1 tablespoon ginger puree

½ cup raspberry preserves

2 tablespoons rice wine vinegar

2 tablespoons orange juice concentrate

½ cup hoisin sauce

Seal the bag and allow chicken to marinate 12 hours

Directions:

Remove chicken from marinade (reserve marinade for glaze). Place chicken pieces in baking pan sprayed with nonstick cooking spray.

Place baking pan on grill; cook in covered grill on medium-high for 30 to 35 minutes, or bake in a conventional oven at 375° for 30 to 35 minutes (or until internal temperature of chicken reaches 165°).

Meanwhile, bring marinade to a boil, reduce heat, and simmer 10 to 15 minutes until thickened into a glaze (internal temperature 140°). If it becomes too thick, stir in a little hot water.

Baste chicken with glaze halfway through cooking.
Serve remaining glaze on the side for dipping.

Make It a Date – Lesson 6

Praying Together and Staying Sharp

You need a good sharp knife for this recipe. Traditionally, people use stones to sharpen knives. But, you don't need a stone. Something as soft as a leather strap can be used to give a razor-sharp edge to a good quality knife. The same is true for a good marriage. Staying sharp is easier than it may seem.

Recipe: Asian Chopped Chicken Salad – 1 hour preparation and cooking time



Serves 4

Ingredients:

3 cups cooked and chopped chicken
2 cups chopped celery
½ cup sliced almonds
1 chopped green bell pepper
1 cup chopped green onions
1 cup sliced carrots
⅓ cup sliced water chestnuts
1 cup chopped baby corn
3 tablespoons lemon juice
1 teaspoon kosher salt
4 tablespoons light soy sauce
1 tablespoon sesame oil
1 cup low-fat sesame dressing
2 cups dry chow mein noodles

Directions:

Preheat oven to 350°.

Spray a 9 x 13 baking dish with nonstick cooking spray.

Combine all ingredients except noodles and spread evenly in the baking dish.

Top ingredients with noodles.

Bake uncovered for 25 to 35 minutes.

Make It a Date – Lesson 7 *Being Yourself and Spotting Red Flags*

This soup recipe is a wonderfully fresh and healthy soup...but you can prepare the meal from your favorite can of soup and spend the extra time just being yourself!

Recipe: Hearty Garden Patch Soup – 1 hour prep and cooking time (or more if desired).



Serves 4

Ingredients:

1½ to 2 pounds hamburger or Italian sausage

4 to 5 stalks celery, diced

½ medium onion, diced

Brown these 3 ingredients in a large skillet.

1 can (28 oz) diced tomatoes

2 cans (14 oz each) beef broth

2 cans (16 oz each) dark red kidney beans (including liquid)

2 cans (15 oz each) tomato sauce

½ medium head of cabbage cut into bite-size pieces

¼ teaspoon chili powder

salt and pepper to taste

Directions:

Combine all ingredients, including browned hamburger or sausage, in a large kettle.

Simmer for 1-2 hours (or boil for 20 minutes if you are in a hurry).

Note: If you want to freeze the recipe, cool completely, then pour into a container, seal it, and place in freezer. Warm on stove top when ready to serve.

Helpful hints: For larger quantities, add another can each of beef broth and tomato sauce.

This soup goes very well served with corn bread.