

Coffee Crusted Pork Loin Steak

Serving Size: 1 Steak

Serves: 4

Ingredients

1 tablespoon black peppercorns
½ teaspoon coriander seeds
1 tablespoon coffee beans
Pinch of salt
4 - 6oz pork loin steaks, thick cut
1 cup red wine
½ cup balsamic vinegar
1 clove garlic, crushed
1 teaspoon paprika

Directions

Grind the peppercorns, coriander seeds and coffee beans in a mortar or coffee grinder. Combine with the salt and press the spice mixture onto both sides of the steaks. Place in a baking dish.

Combine the wine, vinegar, garlic and paprika and pour over the steaks. Cover and refrigerate for several hours. Turn the steaks once or twice during marinating.

Remove the meat from the marinade and pat dry with paper towels. Reserve the marinade. Sear the steaks in a hot skillet until browned on each side. Reduce the heat and add the remaining marinade. Finish cooking the steaks in the marinade to an internal temperature of 165 degrees. Baste the steaks with the marinade as they cook.

When done, serve the steaks topped with some of the cooked marinade as a sauce for added flavor. A sprig of fresh parsley adds eye appeal and a creative touch.

Exchanges per serving:

5 Lean Meats, ½ Starch

Nutrients per serving:

Calories: 338

Calories from fat: 99

Total Fat: 11g

Saturated Fat: 4g

Cholesterol: 92mg

Sodium: 110mg

Carbohydrate: 8g

Dietary Fiber: 1g

Protein: 37g

Twice Baked Sweet Potatoes

Serving Size: 1 half of 1 potato

Serves: 4

Ingredients

3 medium sweet potatoes
2 tablespoons margarine
2 tablespoons fat free sour cream
Dash of coarse ground black pepper
Dash of salt
2 tablespoons cheddar cheese, grated (optional)
2 tablespoons chopped chives

Directions

Preheat oven to 350 degrees.

Bake the sweet potatoes for ~30 minutes until fork tender. Remove from the oven and allow to cool.

Cut each potato in half lengthwise. Being careful to keep the skin intact, scoop out the cooked centers and reserve 4 of the skins and all of the sweet potato meat. Arrange 4 potato skin halves on a baking sheet.

In a mixing bowl, combine the sweet potato meat, margarine, sour cream, salt and pepper. Mix well.

Using a pastry bag, pipe the filling back into the 4 potato skins. Sprinkle with the cheddar cheese and chives. Return to the oven for 10 to 15 minutes just to melt the cheese. Serve hot.

Exchanges per serving:

1 Starch, 1 Fat

Nutrients per serving:

Calories: 141

Calories from fat: 48

Total Fat: 5g

Saturated Fat: 2g

Cholesterol: 2mg

Sodium: 145mg

Carbohydrate: 21g

Dietary Fiber: 3g

Protein: 2g