

# The Art of *Easy* French Cooking



## **Potage Parmentier**

The classic French creamy leek and potato soup

## **Salade Nicoise**

Fresh Mediterranean combination salad  
with zesty lemon vinaigrette

## **Supremes de Volaille a l'Ecossaie**

Succulent chicken breast poached in aromatic  
vegetables and cream sauce

## **Chou-rave et Champignons**

Smooth European kohlrabi salad with  
mushrooms and spinach

## **Fraise Banane Crêpe**

Delicate crepes with strawberries and  
banana, drizzled with sweet balsamic reduction sauce

### **Nutrition Information for Entire Meal:**

704 calories	20 g fat
5 g saturated fat	102 g carbohydrates
12 g fiber	39 g protein
591 mg sodium	122 mg cholesterol

# Potage Parmentier

**Serves: 11**

**Serving Size: ¾ cup**

## Nutrition Facts

<b>Calories</b>	<b>58</b>
<b>Fat</b>	<b>2 g</b>
<i>Saturated Fat</i>	<b>1 g</b>
<b>Carbohydrate</b>	<b>8 g</b>
<i>Fiber</i>	<b>1 g</b>
<b>Protein</b>	<b>3 g</b>
<b>Sodium</b>	<b>76 mg</b>
<b>Cholesterol</b>	<b>6 mg</b>

## INGREDIENTS

- 1 medium (½ lb) potato, sliced, diced, and peeled
- 1.5 (½ lb) leeks including tender green, thinly sliced
- 1-quart water
- Pinch of salt
- 2 cups 2% milk
- 1/3 cup parmesan cheese
- 2-3 Tb minced parsley or chives

## INSTRUCTIONS

1. Add vegetables to water, add salt. Bring to boil, and keep partially covered for 40-50 minutes until the vegetables are tender.
2. Drain water and blend the vegetables with 2% milk in a blender.
3. Add cheese, let melt.
4. Add parsley or chives.

**Fun Fact:** In French homes or little restaurants, delicious soups are made with leek-and-potato base. Leftover vegetables or sauces and fresh items are added. You can add a cup or two of vegetables to the base of the soup. Examples of vegetables that are commonly added are: carrots, turnips, tomatoes, dried beans, lentils, peas, cauliflowers, cucumbers, broccoli, lima beans, peas, zucchini, okra or string beans.

# Salade Nicoise

Serves: 6

Serving Size: 1 cup

## Nutrition Facts

Calories	132
Fat	11.5 g
Saturated Fat	2 g
Carbohydrate	5 g
Fiber	2 g
Protein	2 g
Sodium	172mg
Cholesterol	47 mg

## INSTRUCTIONS

1. Line bowl with all the lettuce, drizzle with 3 Tbsp vinaigrette
2. Season beans and tomatoes with 1 Tbsp vinaigrette in a separate bowl.
3. Place ½ cup lettuce on plate, combine 5-7 beans, 1 wedge tomato, 2 olives, and 2 egg wedges.
4. Pour the remaining vinaigrette over all salads and top with herbs.

**Fun Fact:** Ditch the packaged salad dressings and make your own vinaigrette at home. The basic ingredients for vinaigrette are oil and vinegar with a ratio of 3:1, respectively. As long as you remember this ratio, you can make your own delicious dressing anytime! You can also either add or replace the vinegar with fruit, such as lemon juice, orange juice or pureed peaches. Since citrus fruits are more acidic, you can use the ratio of 2:1.

## Homemade Lemon Vinaigrette

### INGREDIENTS

- 4 Tbsp olive oil
- 2 Tbsp lemon juice
- ½ tsp Dijon mustard

### INSTRUCTIONS

1. Blend all ingredients in a cup to shake or blender to blend

## Salade Nicoise

### INGREDIENTS

- 2 cups lettuce, separated, washed, drained, and dried
- 1 cup cold, blanched, green beans
- 2 tomatoes, quartered
- 4 Tbs home-made lemon vinaigrette
- 12 black olives, pitted
- 3 hard-cooked egg, cold, peeled, quartered
- 2-3 Tb fresh oregano, thyme, or tarragon, minced

# Supremes de Volaille a l'Ecossaise

Serves: 4

Serving Size: 3 oz chicken with vegetables and sauce

## INGREDIENTS

### Nutrition Facts

<b>Calories</b>	<b>160</b>
<b>Fat</b>	<b>3.5 g</b>
<i>Saturated Fat</i>	<b>1 g</b>
<b>Carbohydrate</b>	<b>6.5 g</b>
<i>Fiber</i>	<b>1 g</b>
<b>Protein</b>	<b>21.5 g</b>
<b>Sodium</b>	<b>240mg</b>
<b>Cholesterol</b>	<b>67 mg</b>

- 4-3oz boneless, skinless chicken breast
- ½ cup carrots, peeled and julienned
- ½ cup celery, cut in julienne
- ½ cup white onion, cut julienne
- 1 tsp lemon juice
- ½ cup low sodium chicken broth
- 4 Tbsp dry white vermouth
- Dash of salt
- Pinch of white pepper

For Sauce:

- 1 cup 2% milk
- 1 ½ tsp corn starch, mixed in milk until smooth (no clumps)
- Parsley, minced

## INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Place chicken, mirepoix (carrots, celery, and onion), lemon juice, chicken broth, vermouth, salt and pepper on the stove. Place lid and bring liquid to boil. As soon liquid begins to boil, place in the oven for about 10 minutes with lid on.
3. When cooked through (internal temperature of 160°F), remove chicken and vegetables from liquid. Replace liquid on the stove.
4. Place corn starch at the bottom of a separate bowl. Pour the cold milk slowly into bowl, stirring constantly to dissolve corn starch. Make sure that corn starch is completely dissolved, without any clumps. Add milk mixture to sauce, bring to a simmer and remove from heat.
5. Pour sauce on chicken, sprinkle with parsley, and serve at once.

**Cooking Tip:** When using cornstarch as a thickener, it needs to be mixed in a cold liquid. Once added to heat, it needs to be cooked only until the liquid has thickened. If you cook it too long, it will break down, and the liquid will lose its thickness.

# Chou-rave et Champignons

Serves: 7

Serving Size: ¾ cup

## Nutrition Facts

<b>Calories</b>	<b>185</b>
<b>Fat</b>	<b>2 g</b>
<i>Saturated Fat</i>	<b>0 g</b>
<b>Carbohydrate</b>	<b>38 g</b>
<i>Fiber</i>	<b>3 g</b>
<b>Protein</b>	<b>5 g</b>
<b>Sodium</b>	<b>13mg</b>
<b>Cholesterol</b>	<b>0 mg</b>

## INGREDIENTS

- Cooking spray
- 1 ½ cup kohlrabi, julienned
- 3 cups mushrooms, sliced
- 1 cup spinach
- 1 Tbsp minced garlic
- ½ cup green onions
- 2 tsp paprika
- Lemon juice to taste
- 3 ½ cup cooked brown rice
- Pinch of salt

## INSTRUCTIONS

1. Spray pan with cooking spray, add kohlrabi.
2. When beginning to brown, add mushrooms, spinach, and green onion one at a time.
3. When ingredients begin to soften, create donut shape exposing pan. Add garlic to hole, stir only garlic for about 30 seconds then stir into ingredients.
4. Combine mixture with brown rice.
5. Add paprika, lemon juice, and salt.

**Helpful Tip:** To remove the smell of garlic from your hands, rinse them in cold water, rub with table salt, rinse again in cold water, then wash with soap and warm water.

**Fun Fact:** Kohlrabi originated in Northwestern Europe. Its German name literally translates to “cabbage turnip.” Unlike turnips, kohlrabi is not a root vegetable; the large bulb is actually part of the stem, not the root system.

# Fraise Banane Crêpe

## Nutrition Facts

**Serves:** 4

**Serving Size:** 2- 6 inch crepes

<b>Calories</b>	<b>168</b>
<b>Fat</b>	<b>2 g</b>
<i>Saturated Fat</i>	<b>0 g</b>
<b>Carbohydrate</b>	<b>44 g</b>
<i>Fiber</i>	<b>7.5 g</b>
<b>Protein</b>	<b>3.4 g</b>
<b>Sodium</b>	<b>91 mg</b>
<b>Cholesterol</b>	<b>2.5 mg</b>

### INGREDIENTS FOR SAUCE:

- 18 oz balsamic vinegar

### INGREDIENTS FOR CREPE

- ½ cup Egg Substitute
- ½ cup 2% milk
- 2 tsp granulated sugar
- ¼ cup whole wheat flour
- Cooking spray

### INGREDIENTS FOR FILLING

- 4 cups strawberries, sliced
- 1 tsp sugar
- 2 medium bananas, sliced
- Powdered sugar, for garnish
- Optional: Mint and whipped cream, for garnish

### INSTRUCTIONS

1. In a saucepan, bring vinegar to a boil. Reduce heat and cook until liquid has thickened to 6 oz, about 30-40 minutes (done when it begins to smell sweet).
2. Place ingredients in the blender in the order listed. Use an electric blender to combine crepe ingredients. Make sure all flour is blended without clumps or flour sticking to the sides.
3. Meanwhile, combine sugar and strawberries in separate bowl and set aside.
4. Using an 8-inch pan, add enough cooking spray to grease the entire pan. Add ¼ cup of batter to the center of the pan and immediately, but gently, tilt and swirl the pan to spread the batter out evenly. Cook until the crepe begins to bubble and is lightly browned and the batter is set, about 45 seconds to 1 minute. Set crepe on side to cool.
5. Place ½ cup of strawberries and ¼ of a banana in a line on each crepe and roll.
6. Drizzle with balsamic reduction sauce.
7. Dust with powdered sugar.
8. Garnish with mint and small dollop of light whipped cream.