

### Guacamole

**Ingredients:**

- 2 or 3 garlic cloves
- 2 or 3 ripe avocados
- 1 tsp. ground cumin
- 1 tsp. salt
- 1 tbsp. lemon or lime juice
- 1 bunch (handful) of cilantro finely chopped
- Chopped jalapeno to taste

**Preparation:**

1. Press cleaned garlic cloves into mortar using pestle (or mince in a food processor). Remove. Add remaining ingredients and process until smooth.
2. Add chopped tomatoes, if desired.
3. Chill briefly and serve.

Makes 6 servings  
Calories 166; Total Fat 15g; Cholesterol 0mg; Sodium 396mg; Carbohydrate 10g;  
Dietary Fiber 7g; Protein 2g



Photo: Fine Cooking

### Dill Mustard Sauce

**Ingredients:**

- 1/4 cup Dijon-style mustard
- 1 tsp. ground dry mustard
- 2 tbsp. sugar
- 2 tbsp. white wine vinegar
- 1/3 cup olive oil
- 3 tbsp. chopped fresh dill

**Preparation:**

1. Combine the mustards, sugar and vinegar in a small bowl.
2. Slowly whisk in the oil until creamy.
3. Stir in the chopped dill.
4. Serve over fish, chicken or vegetables.

Makes 8 servings  
Calories 126; Total Fat 12g; Cholesterol 3mg; Sodium 42mg; Carbohydrate 5g; Dietary Fiber 0g; Protein 0g



Photo: Bizzy Bakes



## Roasted Pork with Fennel

### Ingredients:

6 tbsp. softened butter  
4 tbsp. finely chopped fennel  
Pork roast approximately 4 lbs.  
Pepper to taste

### Preparation:

1. Mix butter, fennel and pepper together.
2. Spread thinly over pork roast. Bake at 325° for 2 ½ to 3 hours until internal temperature reaches 170°F.
3. If desired, make a pan gravy with the drippings.



Photo: National Pork Board

Makes 8 servings

Calories 564; Total Fat 41g; Cholesterol 159mg; Sodium 99mg; Carbohydrate 2g;  
Dietary Fiber 1g; Protein 46g

## Tabbouleh

### Ingredients:

¾ to 1 cup bulgur wheat  
1 ½ to 2 cups water  
1 cup parsley (mint leaves may be substituted for parsley or  
combines in equal measures to reach 1 cup)  
⅓ cup fresh lemon juice  
¼ cup olive oil  
2 cucumbers chopped  
1 to 2 tomatoes chopped

### Preparation:

1. Heat water to hot, but not boiling
2. Add bulgur wheat and allow it to set about 30 minutes until water is absorbed
3. Chop parsley (and mint) and add to bulgur wheat
4. Add fresh lemon juice and olive oil
5. Add chopped cucumber and tomatoes
6. Add salt to taste
7. Chill and serve as a salad or side dish

*A staple in Middle Eastern and Mediterranean regions, bulgur is made from whole-grain, hard red wheat that has been parboiled, dried and cracked.*



Photo: Apple Crumbles

Makes 8 servings

Calories 138; Total Fat 7g; Cholesterol 0mg; Sodium 20mg; Carbohydrate 18g; Dietary Fiber 4g; Protein 3g